

Counting our blessings



Children's Edition
(Primary School Ages)

day by day



During Lent, many Christians give up something that they enjoy doing. This helps us to remember the time that Jesus spent in the desert without anything to eat or drink, and to remind us that lots of people around the world don't have all of the things that we have.

Use this calendar to spend time each day giving thanks for something in your life – things that you might otherwise take for granted. Each day, too, there is something for you to give, to think about or to pray for. Through this, you can help make sure other people across the world have the things that they need too.

Wednesday

5

March

All over the world, our climate is changing because of more greenhouse gases in the atmosphere. In some places, climate change makes it hard to know when rain will fall, and this can make life very difficult for people who grow their own food.

Do you know what produces greenhouse gases? Find out something new about why our climate is changing.

Thursday

6

Climate change could make natural disasters, such as floods, happen more often. Poor people often suffer the most when disaster strikes as, for example, their homes are not always very stable.

Give 10p if your roof keeps the rain out and 5p for every solid wall in your house.



Friday

7

Rainforests are really important for the planet – they help to make the oxygen we need to breathe. But if we carry on cutting down trees, the world's rainforests could be gone within 100 years.

Count how many pieces of paper you have used today, and make sure that any you have finished with go in the recycling and not the rubbish bin.

Saturday 8 & Sunday 9



Parts of Iraq, in the Middle East, are getting much drier because of climate change. Until recently, people from the village of Zanan Bchuk regularly had to leave the village in the dry times, to find water. But, with help from Christian Aid, the village now has a reservoir to collect rainwater, and this means the village has water all year round.

Pray for famers around the world – that they will harvest enough to feed themselves and support their families.



Monday
10
March

One person in every ten in the world cannot get safe drinking water. That means the water they have to drink might make them sick.

Give 5p for every glass of water you've had today.

Tuesday
11

One in every six children doesn't have enough to eat – that's nearly 100 million children around the world. Going without food can prevent them from growing up healthily.

Have you felt hungry today? Give thanks for the meals that you have eaten.

Wednesday
12

We use more water every day just by flushing the toilet than people in poorer countries have for all their needs.

How many times have you flushed the toilet today? Talk with an adult in your house about how you could save water.

Thursday
13

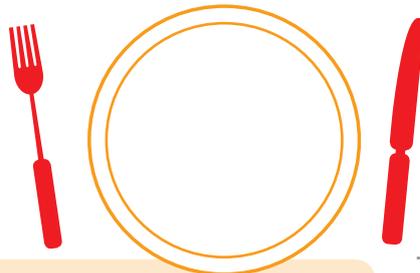
When collecting water, women in Africa often carry it on their heads. It could easily weigh 20kg – as heavy as a big holiday suitcase!

Count how many steps there are from where you are to the nearest tap. Give 5p per step and give thanks it's not far!

Friday
14

Sixty six million children around the world go to primary school hungry.

It's really hard to concentrate when you're hungry. Give 20p if you had breakfast this morning.



Saturday 15 & Sunday 16



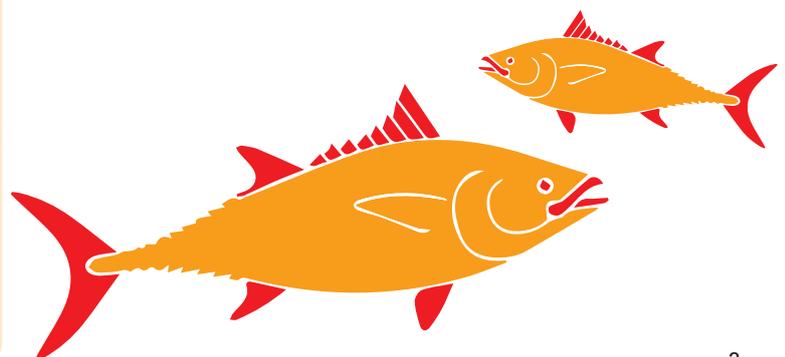
The reservoir not only helps the people of Zanan Bchuk to grow more crops – the community also decided to fill it with fish! Now they have fish and a variety of vegetables all year round, which gives them a healthy diet.

Have you eaten any protein today? Find out why protein is good for you and give thanks for your favourite food.

Monday
17

Going to school gives you the knowledge and skills to get a job when you're older, but it can also help make the world a better place! When more children go to school it makes communities healthier, more peaceful and better able to cope with disasters.

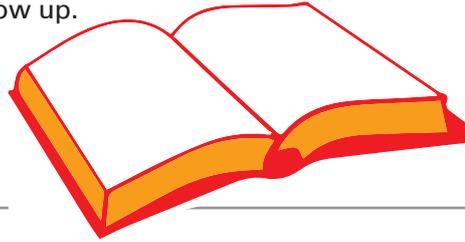
How many years have you been at school? And how many years is it until you will finish?



Tuesday
18
March

Good news! More children around the world are in school than ever before. Finishing school means that children are less likely to live in poverty when they grow up.

Share with your family another piece of good news that you have heard this week.



Wednesday
19

Lots of children in the world have to work in order to earn money to help their families. One hundred and fifteen million children do a dangerous job that could result in them getting hurt.

What jobs around the house could you do safely? Ask if you can help with the chores in exchange for a donation to Christian Aid.

Thursday
20

In Afghanistan, the life expectancy (the length of time most people will live) is just 49 years. In the UK it's 80 years!

How many people do you know who are over 50? Say a little prayer of thanks for them.

Friday
21

Girls don't always have a choice about when they will get married. One out of every nine girls in developing countries will be married before their 15th birthday.

Have you ever been to a wedding? Talk about what made it a happy occasion.



Saturday 22 & Sunday 23



Sarmand Wahid (left) loves going to school. When he grows up he wants to be a policeman. The school isn't in Sarmand's village, so in the winter, when the weather is very bad, he sometimes misses classes. The people of Sarmand's village hope that soon they will have their own school.

What do you want to be when you grow up? Draw a picture of what you would like to be, next to a picture of Sarmand as a policeman, and stick them up where you will see them every day. This week, pray for Sarmand's future.

Monday
24

Women are often paid less than men for doing the same jobs.

What do you think about that?

Tuesday
25

70% of the world's poor people are women: that means women are more likely to be poor than men.

Give 10p if any woman in your family has a job.

Wednesday
26
March

In Angola, Christian Aid supports a project called Girls Building Bridges, which provides classes for girls to learn new skills and practise making decisions. In a country where girls aren't always treated well, the classes help the girls prepare for the future.

Did you know that around the world girls are less likely to finish school than boys? Give 10p for every person in your family who has finished primary school.

Thursday
27

In Kenya, just over half of all women give birth to their babies without a doctor or nurse there to help them. This can be dangerous for the women if something goes wrong.

Donate your pocket money for today if you were born in a hospital.

Friday
28

Only one in five politicians around the world is a woman!

Find out whether your local politician is a woman. Ask an adult to help you look it up online.

Saturday 29 & Sunday 30

Mothering Sunday

Christian Aid supports organisations like REACH, in Iraq, to make sure that women are able to have a say in decisions that affect them.

Say a prayer for women around the world who work hard to look after their families and communities but aren't always treated equally to men.



Monday
31

Children and young people have special rights! That means adults and people in power are supposed to make sure that children can go to school and don't have to do dangerous jobs.

With an adult, go online and find out about the Convention on the Rights of the Child.

Tuesday
1
April

When we buy things, some of the money goes to the government in tax. Tax money then pays for the services we use in our community – schools, hospitals and roads.

Find out how many schools and hospitals there are in your town.

Wednesday
2

Dielem Viana Printes is eight years old. She lives in the Brazilian rainforest. Her community earns money by collecting and selling brazil nuts.

Look at any nuts you have in your kitchen cupboard and find out where they were grown.



Thursday
3
April

Did you take an action as part of the Enough Food For Everyone IF campaign? Because of the campaign, the government took action on world hunger and promised to do more. Now we need to make sure that it keeps those promises!

Give 10p if you have never heard of the Enough Food for Everyone IF campaign.

Friday
4

Around the world, a third of children who are not in school have a disability.

Visit the [Send my Friend to School](#) website and find out more about the campaign to make sure every child in the world can go to school.

Saturday 5 & Sunday 6



The people in the village of Zanan Bchuk knew that having electricity would improve their lives: they could have lights at night, keep food longer by using fridges and use a pump to get water from their reservoir. They sent people from the village to visit their local government to ask for the electricity, and the government agreed.

Count how many items you have in your room that use electricity, and give 5p for each one.



Monday
7

Many children still die from diseases that are spread by not having anywhere safe to go to the toilet or to wash.

How many toilets do you have in your house? Give 10p for each one.

Tuesday
8

Since the year 2000, measles vaccines have stopped over 10 million people from dying!

Give 10p if you have had a vaccination that protects you from illness.

Wednesday
9

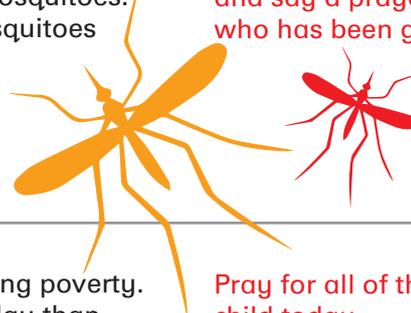
If we get sick, we are able to see a doctor for free. In lots of countries in the world there aren't enough doctors, and you have to pay to visit them.

How many times have you been to the doctor this year?

Thursday
10

This year, over 600,000 people will die from malaria, a disease spread by mosquitoes. Sleeping under a net keeps mosquitoes away and can save lives.

Build a den around your bed using sheets, and say a prayer of thanks for every child who has been given a net this year.



Friday
11

We are making progress in ending poverty. 14,000 fewer children die each day than in 1990.

Pray for all of the families who have lost a child today.

Saturday 12 & Sunday 13



How do you get to the hospital if you have to see a doctor? There needs to be a road, of course! There is a good road for most of the way from Zanan Bchuk to the nearest town, but the tarmac doesn't start until you get a few kilometres outside the village!

Look at a map and find out where the nearest hospital is. Give 20p if it's within 10 miles.

Monday
14
April

Nearly a billion people live in city slums. They are crowded and usually lack clean water and electricity.

Give 10p if you have your own room to sleep in.

Tuesday
15

War and conflict make poverty worse – people's homes and jobs are destroyed, and essential services like schools and roads are damaged.

Pray for any places where there is fighting tonight, and for people who are going to sleep scared.

Wednesday
16

Last year, more than 10 million people were made refugees – people forced to leave their home countries because of disasters or emergencies.

Give 2p for every room in your house.

Thursday
17

When they leave their homes, many refugees can only take with them what they can carry.

What would you take with you? Pray for all refugee children who have to leave special things behind.

Friday
18

This weekend, we think about Jesus' death in Jerusalem. Jerusalem is still a divided city today.

Pray for everybody who lives in Jerusalem, that people in the city will soon live together in peace.

Easter Sunday 20

Zanan Bchuk has been through a lot of fighting in recent decades. The village was bombed and villagers had to leave their homes in order to escape the violence. Today there is peace, which allows the villagers to rebuild their lives. They are working hard to get things back to normal and, with the help of Christian Aid partner REACH, life is much better than it was before.



Happy Easter!
Thank you for counting your blessings this Lent.



Add up the amount you've collected and ask an adult to write a cheque for the total, made out to Christian Aid. On the back of the cheque, write your name, address and the code A018637. Please send it to Christian Aid, 35 Lower Marsh, London SE1 7RL.
Thank you!