

Count Your Blessings

During Lent, many Christians think about the time Jesus spent in the desert without anything to eat or drink. Lots of people give up something they enjoy or they reflect on the things they have and remember those who don't have as much. Lent is a good time to take actions that make a difference for people all over the world.

Put up this poster somewhere you'll see it every day. Each week has a different topic for you to learn about and there's an action for you to take every day. By taking action, praying and giving some money to Christian Aid, you can help people across the world to transform their lives. Find a jar and put your *Count Your Blessings* donations into it. If you want, you can decorate it with a label!

Week 1

1-5 March Our neighbours

Who are your neighbours? We sometimes think of our neighbours as being the people who live next door to us, but really our neighbours are everyone we share our town, country and planet with. This week, we are thinking about how we can be a good neighbour to all.



Wednesday 1

Meet a new neighbour today! At school, say 'hello' to someone you've never spoken to before.

Thursday 2

Do you know the people who live in your street? Give 10p for every household your family knows there.

Friday 3

Today, pray for your neighbours around the world. Choose two countries in the news, find out where they are on a map and why they are in the news, then pray for the people there.

Weekend 4 & 5

Make a card or some cakes for a neighbour or someone new to your school or community and, with a grown up, take these to them as a surprise. Tell them about *Count Your Blessings*!

Total:

Week 2

6-12 March Let's be fair!

The money in our world isn't distributed equally. This week is part of Fairtrade Fortnight, so we're celebrating organisations that make sure farmers around the world are paid fair prices for their produce.



Monday 6

Visit fairtrade.org.uk and find out more about Fairtrade. Name five Fairtrade things you can buy in the shops. Can you buy one of them this week?

Tuesday 7

Do you love chocolate? Go to divinechocolate.com and celebrate Fairtrade chocolate by entering the poetry competition.

Wednesday 8

Today is International Women's Day! Make a list of important women in your life and thank God for them. Tell them why they are important to you.

Thursday 9

Write a list of your favourite things to eat. Give 5p for each item on the list.

Friday 10

Today, thank God that Fairtrade is making life better for producers, farmers and their families, by paying workers fairly.

Weekend 11 & 12

At your local food shop, see how many Fairtrade products you can see and give 10p for each that you find. If you can't find any, speak to the manager and ask them to stock more Fairtrade items. Encourage your family to buy Fairtrade.

Total:

20-26 March

Emergencies

Week 4

Emergencies can be caused by natural disasters such as floods or earthquakes, or by wars.

Across the world right now, around 65 million people have had to abandon their homes because of emergencies.

Monday 20

What would you take with you if you had to leave your house in an emergency? Give 50p for your most treasured possession.

Tuesday 21

We have emergency services to help when there's a disaster, but some people around the world don't. Make a card for your local police, ambulance or fire service to say thank you for what they do.

Thursday 23

Read a child-friendly newspaper or news website and find out where there are emergencies around the world. Pray for the people there.

Wednesday 22

In emergencies, people need food. Give 10p for each box of cereal in your cupboard.

Friday 24

Can you think of a way you could raise money that could be used when an emergency strikes around the world? Plan your idea.

Weekend 25 & 26

This Sunday is Mothering Sunday! Plan a surprise to thank the women in your life that care for you. You could give them some Fairtrade chocolate or flowers.

Total:

Total:

Talk to your family and friends about how you can all fight climate change and write a pledge of action for your house. Maybe you could promise always to turn off lights and taps, or to investigate solar energy?

Weekend 18 & 19

Friday 17

Sometimes the problem is not enough rain. Make a list of all the ways you use water in your house and pray for people who don't have enough water.

Thursday 16

What do you do when it rains too much? Give 10p for every coat or pair of wellies you own.

Wednesday 15

Recycling helps reduce the greenhouse gases that cause global warming and change our weather. Talk to your teacher or school council about how you could recycle more in school.

Monday 13

What's the weather like where you are today? Put 50p in your pot if it's sunny or 30p if it's rainy. Put in £1 if it's snowing!

Tuesday 14

If disaster struck and you had to leave, what would you miss about your home? Make a list.

Week 3

13-19 March Climate change

The way we live and the pollution we cause is changing our weather. Sea levels are rising and floods, droughts and hurricanes increasing. It's often poor countries that experience the worst weather. But Christian Aid is helping people like Juleka (pictured above) and her family from Bangladesh to cope with the changing weather.

27 March-2 April Staying healthy

Week 5

To stay healthy, we all need enough food to eat and clean water to drink. But in some parts of the world food is scarce, children eat the same things every day and only have access to dirty water. Christian Aid is helping families like Sharith's in Colombia to grow nutritious fruit and vegetables essential for a healthy diet.

Monday 27

Give 5p for each different type of food you eat today.

Help to make the dinner at home.

Weekend 1 & 2

Make some posters about the importance of having clean water and healthy food to eat and ask if you can display them at home, school or church, along with a pot for donations every time someone washes their hands.

Friday 31

Fight poverty with porridge! Ask a grown up to order a Big Brekkie pack from caweek.org and help organise a breakfast fundraiser at home, school or church.

Thursday 30

In many parts of the world, collecting water is the job of the children. What could you do at home today to help out?

Wednesday 29

Around the world, 2.5 billion people have no access to clean water. Thank God every time you turn on a tap today.

Tuesday 28

Week 7

10-16 April Safer homes

What's your home like? This week, we're thinking about the importance of homes and having a safe place to live. Christian Aid is helping people like Marvin (pictured here) from the Philippines to repair his home and get back to school after they were damaged by a typhoon.



Monday 10

How many rooms are there in your house? Give 10p for each room.

Tuesday 11

In some countries, such as Nepal in central Asia, floods have destroyed people's houses. Pray that people around the world find a safe place to live.

Wednesday 12

Climate change is making the weather more extreme. Pray for people in the UK whose homes have been flooded in recent storms.

Friday 14

Make a model house out of boxes, toy bricks or craft materials to remind you how important it is to have a safe place to live. Show it to your family and friends.

Thursday 13

Walk around your home and thank God for something in each room.

Week 6

3-9 April Journeys

Around the world, 65 million people have had to leave their homes due to fighting or disasters, going on difficult journeys to find a safe place to live. People who have to do this are called refugees. Christian Aid is helping people like Eunice (pictured) who had to leave his home and family in South Sudan due to fighting there.



Monday 3

Think about the last long journey you went on. Give 10p for every hour it took you to reach your destination.

Tuesday 4

Christian Aid was started just after the Second World War to help refugees. Pray for Christian Aid's work around the world today.

Friday 7

Write a list of the different ways you can make a journey. Give 10p for each different way you've made a journey before.

Weekend 8 & 9

With a grown up, go on a journey around the place you live. Pray for the people who live there and thank God for the places you like to go. Ask God to help it to be a safe welcoming place to live.

Wednesday 5

You might love or hate school but how would it affect you if you couldn't go to school? Talk to a family member about why it's important to go to school.

Thursday 6

How could your church or school be more welcoming to new people? Talk to your minister or teacher about it.

Total:

Weekend 15 & 16

This Easter, thank God for your home and give 10p for every egg you receive. Thank you for counting your blessings with Christian Aid!

Total:

Thank you

Name: _____

Age: _____

Amount raised: £ _____

Thank you for counting your blessings

christian
aid

We believe in life
before death

Children: ask a grown-up to write a cheque for the total amount you raised. You can also send in your money online! Ask a grown up to go on our website, caid.org.uk/lent

Grown-ups: cut out this disc and send it with your cheque to:
Christian Aid, 35 Lower Marsh, London SE1 7RL.
Please make sure that you write your name, address and 'Children's CVB' on the back of the cheque.

Thank you!