

Count Your Blessings

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

Stick 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 do 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 to put your Count Your Blessings donations into. If you want, you can decorate it with a label!



The money in our world isn't distributed equally. Fairtrade Fortnight starts this week so we're celebrating organisations that make sure farmers around the world are paid fair prices.

29 Feb-6 March Fair pay!

Week 4

Monday 29 There's only a 29 Feb every four years. Give 20p for every leap year there's been in your life!

Tuesday 1 Go to fairtrade.org.uk and find five fairtrade things you can buy in the shops.

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

Thursday 3 It's World Book Day! Why not hold a book sale and add the money to your Count Your Blessings total?

Wednesday 2

Friday 4 Today, thank God that fairtrade is making life better for producers, farmers and their families by paying workers fairly.

Weekend 5 & 6 Happy Mother's Day! Make a card thanking the women who care for you and buy them some fairtrade chocolate or flowers.

Total:

7-13 March Gender

Week 5

In many societies, girls are considered less important than boys and do not have choices over their lives. Dilza (pictured on the left) is learning to speak up and make decisions at the Girls Building Bridges after-school club in Angola.

Monday 7 In some places women aren't allowed to make decisions. Give 50p if you are able to make a decision today.

Today is International Women's Day! Thank God for one important woman in your life.

Friday 11 Pray for equality in countries where there is less freedom for girls.

Thursday 10 What job would you like to do when you are older? In some countries, women have no choice. Ask five women you know with a job to give 10p each to your jar.

Wednesday 9 Hold a family discussion making sure that everybody's opinion is listened to whether they are a boy or a girl.

Weekend 12 & 13 By working together, groups of women in Bangladesh are earning more than if they worked alone. Why not join with some friends this weekend to make something to sell to raise money for your jar?

14-20 March Hunger

Week 6

In some parts of the world, children eat the same food every day and sometimes just one meal a day. Christian Aid is helping families like Aola's in Mali to grow vegetables so they will have a mixture of food to eat and sell.

Monday 14 Give 5p for each different type of food you eat today.

Tuesday 15 What's your favourite school dinner? Say thank you to the cooks at your school for the nutritious meals they make.

Thursday 17 Write a list of your favourite things to eat. Give 10p for each item on the list.

Wednesday 16 Help make the dinner at home today.

Friday 18 Make a healthy eating poster to display at school.

Weekend 19 & 20 Fight poverty with porridge! Ask a grown up to order a Big Brekkie pack from caweek.org and help organise a breakfast fundraiser.

Total:

Week 1

10-14 February Climate change

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

Wednesday 10 Do you moan about the weather? Give 50p if you do and 30p if you don't!

Thursday 11 What do you do when it rains too much? Give 10p for every waterproof jacket or pair of wellies in your house.

Friday 12 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.

Weekend 13 & 14 Visit fortheLoveof.org.uk and make a green heart to show your love for the world. Send it to a friend or family member.

Total:

Week 2

15-21 February Emergencies

Across the world right now, 59.5 million people have had to leave their homes because of emergencies.

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

Monday 15 What would you take with you if you had to leave your house in an emergency? Give 50p for your most treasured possession.

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 crew service to say thank you for what they do.

Wednesday 17 In emergencies, people need food. Give 10p for each box of cereal in your cupboard.

Thursday 18 Read a child-friendly newspaper and find out where there are emergencies around the world now. Pray for the people there.

Friday 19 Can you think of a way you could raise money that could be used when an emergency strikes? Plan your idea.

Go to christianaid.org.uk/resources/games and launch Global Explorers to find out more about some children around the world who have had to leave their homes.

Total:

There are about 57 million children around the world who aren't able to go to school.

Total:

Give thanks for the learning you do at weekends. Bake a cake using a new recipe and raise money by asking friends and family for a donation for a slice.

Weekend 27 & 28

Friday 26 Today, pray for education for children around the world who can't go to school.

Thursday 25 Give 10p for each piece of school uniform you wear today.

Wednesday 24 What's your favourite subject at school? Thank your teacher for teaching you about it.

Give 5p for every year of school that you have completed.

Monday 22 What wouldn't you be able to do if you didn't go to school? Talk to a family member about why it's important to go to school.

22-28 February Education

You might love or hate school but this week we're thinking about how important learning is in helping to fight poverty.

21-27 March Safer homes

Week 7

What's your home like? This week, we're thinking about the importance of homes and having a safe place to live. Thanks to Christian Aid, Farhad's house in Bangladesh now has corrugated iron walls that provide protection from the wind and the rain.

Monday 21 How many rooms are there in your house? Give 10p for each room.

In some poor countries, like Haiti, earthquakes have destroyed people's houses. Pray that people around the world will have safe places to live.

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

Friday 25 Build a model house from boxes and recycling to remind you how important it is to have a safe place to live. Show it to your family and friends.

2.5 billion people don't have access to clean water where they live. Put a donation pot in your bathroom and ask family and friends to donate every time they wash their hands.

Weekend 26 & 27 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**

Children: ask a grown-up to write a cheque for the total amount you raised.

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!