

Count Your Blessings

Many years ago Jesus spent 40 days and 40 nights in the desert without anything to eat or drink. Can you imagine? It must have been very difficult!

Christians think about the time Jesus spent in the desert during Lent. Lent is an excellent time to give up something you enjoy, as Jesus did, and to remember people around the world who don't have as much.

Put up this poster somewhere you will see it every day. For each week of Lent we are going to learn about a different challenge faced by some of our neighbours around the world who have had to leave their homes. Each day we'll do something, pray or give some money to help change their lives!

So find a jar to put your Count Your Blessings donations into – you could even decorate it – and let's go!

Week 1 14-18 February Our neighbours

Who are your neighbours? Lots of us think that our neighbours live in the house next door but, actually, our neighbours are everybody! People we share our road, town, country and planet with! For the first week of Count Your Blessings, remember all your neighbours, wherever they are in the world. Think about how you can be a good neighbour to them.



Wednesday 14

Be brave today and say hello to a neighbour or someone at school you don't know. You being friendly might just make somebody's day!

Thursday 15

Do you know anybody from a different country? Find out some facts about the country they are from and put 10c in the jar for every new fact you learn. If you don't know anybody from a different country, choose a country from a map.

Friday 16

Ask an adult to go on a walk with you around your local area. Pray for your neighbours as you walk and thank God for all the things you love about where you live.

Weekend 17 & 18

This weekend, surprise a neighbour by doing something nice for them! Why not knock on their door with a grown up and give them some homemade cakes or ask if you can help with any jobs? Remember to tell them about Count Your Blessings too!

Total:

Week 2 19-25 February Safer homes



What's it like where you live? Sadly, many of our neighbours around the world have to leave their homes because they are in danger. Sometimes their home isn't safe because of fighting and sometimes because of terrible weather. Christian Aid helps people like Lis Joanna Chuqui (pictured here), whose home in Bolivia was destroyed by floods, find a safe place to call home.

Monday 19

Every time you walk through the front door to your home today, thank God for your home and put 20c in your jar.

Tuesday 20

Draw, paint or make a model of your home and think about what makes a home special. Show a friend what you have made and find out what they think about their own home.

Thursday 22

Walk around your home and find something you are grateful for in each room. Thank God for each of those things!

Wednesday 21

How many pairs of shoes do you have? Put 10c in the jar for each pair.

Friday 23

If you had to leave your home what would you pack? Write a list with the people you live with. Remember you might have to carry it all, so think about what's really important!

Weekend 24 & 25

Do you have clothes you don't wear or toys you don't play with? Why not do a garage or car-boot sale with a grown up and put the money you make in the jar? Or take the items to your local charity shop so somebody else can enjoy them!

Total:

Week 4 5-11 March Equality

In many places around the world girls and boys are not considered as special or equal as each other. Bokiya (pictured here) had to leave her home because she was being forced to marry a man a lot older than her. All around the world, Christian Aid helps girls like Bokiya to be seen as equal to boys in their communities, and to achieve their dreams for the future.

Monday 5

Learn this verse from the Bible where God shows that he loves each of us the same: Galatians 3:28.

Tuesday 6

We are all different from one another – it's one of the reasons we're so special! Put 5c in the jar for every friend you have who is special to you.

Wednesday 7

How can you show others that you are all special and equal? Maybe you could look out for someone at school who doesn't have as many friends as you or who looks sad, and play with or talk to them.

Weekend 10 & 11

This Sunday is Mother's Day. Think about someone who shows you love and write them a thank you letter for their kindness and everything they do for you.

Friday 9

How many people live in your home? I bet they are all different from one another, but they are all special! Put 20c in the jar today for each person you share your home with.

Thursday 8

It's International Women's Day today! Pray for all women living in difficult situations around the world where they are not seen as special, and ask God to show them his love.

Total:

Week 3 26 February - 4 March Climate change

The weather is changing around the world. One of the reasons for this changing weather is the way we live and the pollution we produce. Sadly, bad weather can sometimes damage or destroy people's homes.

Monday 26

Record the weather where you live this week. Is it sunny, rainy, snowy, cold or hot?

Tuesday 27

Thank God for the weather you have today – whether it is sunshine or rain – and ask that he helps our neighbours around the world who are struggling with bad weather.

Thursday 1 March

The pollution from our cars is one of the things that contributes to the changing and sometimes bad weather around the world. Put 20c in the jar for every journey you made in a vehicle today.

Wednesday 28

What do you do when it's really hot outside? Put 10c in the jar for every sun hat, pair of flip flops and swimming outfit you own.

Weekend 3 & 4

Collect and measure the water that falls this weekend, using an old water bottle or bucket. The big problem in some places around the world is not enough rain! Talk with your family this weekend about how you can waste less water in your home.

Friday 2

Ask your teacher what your school is doing about pollution. Could your class help the school to recycle more?

Total:

Week 5 12-18 March School

We are really lucky to be able to go and learn in a safe place. Lots of our neighbours around the world, like Elema Denge (pictured here) from Kenya, aren't able to go to school even if they want to. Elema has to look after his family's goats.

Monday 12

We need lots of things to help us learn – like pens and pencils! Put 5c in your jar for every item in your pencil case.

Tuesday 13

Write or draw five things you love about school and put them up in your bedroom, so you can remember the good things when you need to!

Thursday 15

Teachers work very hard to make sure you learn everything you need to know. Today, say thank you to your teachers for doing such a great job!

Wednesday 14

Put 20c in your jar for every year you have been at school so far.

Weekend 17 & 18

This weekend, plan and teach a lesson or put on a show for the people you live with, to share one of the favourite topics you have learned at school.

Friday 16

In many countries around the world, children have to go to work instead of school. They have very long, hard days. Pray for children around the world who aren't able to go to school.

Total:

Week 6 19-25 March Emergencies

Around the world, about 65 million people have had to leave their homes because of emergencies like flooding, drought or war. That must be very difficult! How would you feel?

Monday 19

In emergencies, people need food. Give 20c for every meal you eat today.

Tuesday 20

We are very lucky to have excellent Garda, fire and ambulance services here that help us when things go wrong. Make a card for your local emergency service to say thank you for all their hard work.

Thursday 22

Did you have a shower today? Give 10c for each minute of your shower, or €1 if you had a bath.

Wednesday 21

If you had to leave your home because of an emergency, what five items would you take? Put 20c in your jar for each of them.

Friday 23

Ask an adult to tell you about a country that is in the news because of an emergency. Pray for the people in that country.

Weekend 24 & 25

This Sunday is Palm Sunday, when Jesus was welcomed into Jerusalem by people cheering and waving branches. How many trees can you see from your home? Give 10c for each one, or €1.50.

Total:

Week 7 Holy Week 26 March - 1 April Working together

If you are in an emergency or have to leave your home it's really important to work together to keep everyone safe. Christian Aid works together with people in an emergency to help them recover. We work together with God when we pray for our neighbours around the world, too!

Monday 26

How could your church or school do more to help people around the world who have had to leave their home? Talk to your minister or teacher about it.

Tuesday 27

Put 10c in your jar for every person who you could rely on if you needed help, and thank God for them!

Friday 30

Choose a country you have learned about in Count Your Blessings and make a calendar to remind yourself to keep praying for the people there. You could draw a picture of the country and put it on your wall to remind you.

Thursday 29

Work together with a grown up today to make dinner at home.

Wednesday 28

Pray for Christian Aid and the work that it does around the world.

Weekend 31 & 1 April

This Easter, thank God for your safe home and put 10c in the jar 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



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aid

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

Grown-ups: please write your name, address and 'Children's CYB' on the back of the cheque. Then cut out this disc and sent it with your cheque to: **Christian Aid, Canal House, Canal Road, Dublin 6.** Find out more about our Lent campaign at christianaid.ie/lent

Thank you!

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