

COMPASSION

explorer®



Smiles all around!

Hi, Explorers!

This issue is all about teeth — brushing, flossing, losing and tossing them. Let's find out how kids living in poor countries keep their mouths healthy!

GIGGLE pg.3

over some clever photo captions.

DISCOVER pg.4

Bolivia and follow a girl to her Compassion center on dental checkup day.

Cook pg.7

a recipe with quinoa, a popular Bolivian food.

Pangolins don't have any teeth!



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a timer to make brushing your teeth more fun!

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a game to find out what kids around the world do with their lost teeth!

Solve pg.12

a "mouthy" mystery by following clues.

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for others using cool ideas from four kids in Washington.

GROW pg.15

in faith with a Bible lesson about discipline.

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GIGGLE

Remember this picture from the fall 2017 *Compassion Explorer Magazine*?
Here are some of your great captions! Find more at compassion.com/explorer.

**I have The Force
in my nose.**

Nicole, 9
Bel Air, Md.

I balanced it!

Izzy, 11
Denver, Colo.

**Hmm? This pencil
smells weird!**

Timothy, 9
Geneseo, N.Y.

Look, Ma! Mustache!

Richie, 11
Jacksonville, Fla.

**I have one excuse for doing tricks
in school. It is: I'm still thinking!**

Hannah, 10
Matthews, N.C.



**I mustache you a question ...
would you like to borrow my
pencil?**

Ethan, 11
Elgin, Ill.

**Does anyone have a pencil
sharpener?**

Anna, 12
Bel Air, Md.

**Check out my
pencil-stache!**

Naomi, 8
Pittsburgh, Penn.

**Don't fall, don't fall!
Just a little longer!**

Leilani, 6
Hot Springs Village, Ark.

**He's supposed to
write on PAPER!**

Timothy, 3
Houston, Texas

Up Next!

Llamas live in some countries where Compassion works. In the Andes Mountains of Peru and Bolivia, llamas carry people's heavy stuff. But llamas spit and hiss if they get too loaded down!

Can you name the famous place in this picture? Hint: It was a fortress that the Incas built around the year 1450. (Answer on back cover.)



Can you name this famous monument?

Email a caption

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the flag



image © johan10 | iStock



Money:
boliviano

DISCOVER BOLIVIA



The distance from Washington, D.C., to La Paz is 3,775 miles or about 1,328,800 llama spits. (Llamas can spit up to 15 feet!)

The World



Colorful tassels on llamas' ears show who their owners are.

Many Bolivians use llamas for transportation, clothing and food. Dried llama meat is called "charqui," which is where we get the English word "jerky."



Some parts of the country have a tropical climate. Others are cold and dry.

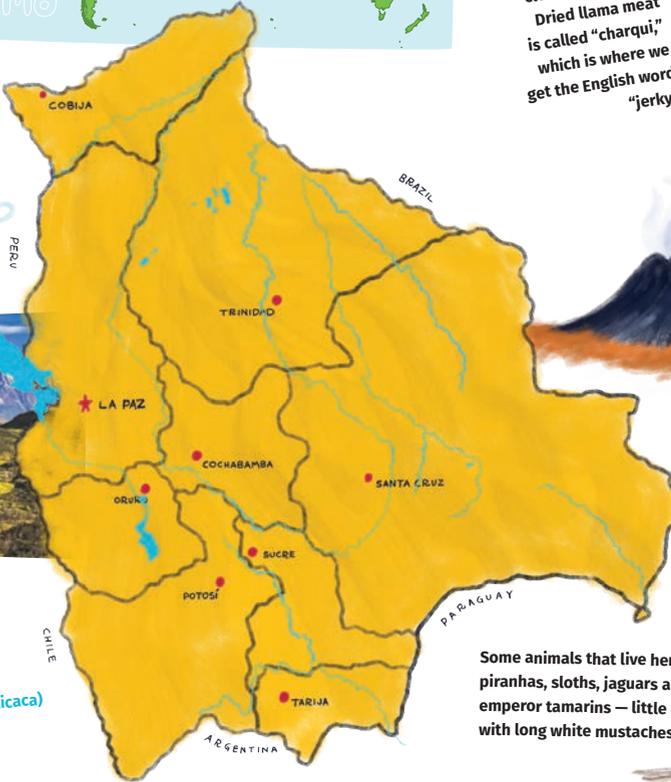


image © oversnap | iStock

The giant **Andes Mountains** make up a lot of Bolivia's western half.

Home to the world's highest:

- forest (in Sajama National Park)
- body of water deep enough for boats to sail on (Lake Titicaca)
- capital city (La Paz, 11,975 feet above sea level)
- salt flat (Salar de Uyuni — also the world's largest!)



Irruputuncu, a volcano in Bolivia, last erupted in 1995.

Some animals that live here: piranhas, sloths, jaguars and emperor tamarins — little monkeys with long white mustaches.



Stats

Bolivia

United States

Category	Bolivia	United States
Population	11,138,234	326,625,791
People Living Below Poverty Line	38.6%	15.1%
Languages	Spanish, Quechua, Aymara, Guarani, other native languages	English, Spanish, Asian, Pacific Island and Indo-European
Religions	Christian 92.8% none 5.5% other 1.7%	Christian 68.2% other 25.2% Jewish 1.9% Mormon 1.6% Muslim 0.9% Jehovah's Witness 0.8% Buddhist 0.7% Hindu 0.7%
Typical Family Income	\$7,200 per year	\$59,500 per year



Many children stay home alone while parents work long hours.

Poor families can't afford the dentist, so many kids get painful tooth problems.



Compassion centers give kids a safe place to learn and play.

Sponsored children get health checkups from dentists and other doctors.



Reasons to Smile

Vanessa is 11 years old and lives in Bolivia with her parents and five brothers and sisters. Her parents work hard, but they don't make enough money to buy enough food, clothes, medicine or school supplies. So Vanessa gets help from her Compassion sponsor! Let's see what Vanessa's life is like since she joined Compassion's program.

Vanessa is in the yellow striped shirt. She's with her family. What do you notice about their home behind them? Do you think it keeps out wind and rain, which falls a lot in Vanessa's town? It's the best home that Vanessa's parents can afford.



Vanessa, on the right, was 5 when she joined Compassion's program. She loved to play with dolls and bears with her sisters. They played in the yard outside their home.



Six years later, Vanessa still loves going to her Compassion center to study the Bible, learn, draw, paint and play.

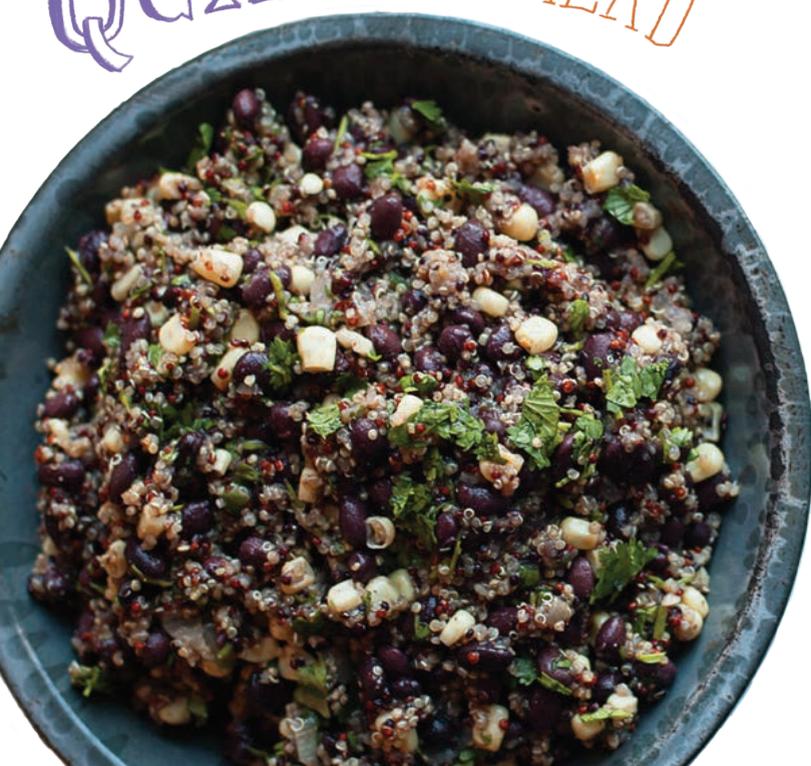


Vanessa helps her mom cook. She and her mom peel potatoes in their kitchen. They get their water from a faucet outside that they share with their neighbors. They use the faucet for drinking and washing up too.



COOK like Vanessa!

QUINOA AND Black Bean SALAD



Quinoa (KEEN-wah) is a popular food in Bolivia. It's a plant from the Andean highlands. Sometimes called "the gold of the Incas," it's treasured for its protein — it has more than any other seed or grain!

Ingredients

- 1 tsp. vegetable oil
- 1 onion, chopped
- 3 cloves garlic, chopped
- 1 c. dry quinoa
- 2 c. chicken broth or vegetable broth
- 1 tsp. ground cumin
- ¼ tsp. cayenne pepper, optional for a spicier dish
- salt and pepper to taste
- 1 c. frozen corn kernels
- 2 (15-oz.) cans black beans, rinsed and drained
- ½ c. fresh cilantro, chopped

Directions

(adult help needed)

- 1 Heat the oil in a large saucepan over medium heat. Add the onion and garlic, cooking until light brown, about 10 minutes.
- 2 Add the quinoa to the pan and pour the broth over it. Season with the cumin, cayenne, salt and pepper.
- 3 Bring the mixture to a boil. Then cover the pan, reduce the heat and simmer until the quinoa has absorbed all the broth, about 20 minutes.
- 4 Stir in the frozen corn and simmer about 5 minutes. Stir in the black beans and cilantro and remove from heat. Let sit for a few minutes before fluffing with a fork. Serve hot or cold.



Vanessa has also learned at her center that brushing her teeth is important. The center has a faucet with clean water. Vanessa and another sponsored girl use the sink to brush their teeth. Today is a special day because a dentist is coming to the center to give the kids checkups!



The dental worker checks Vanessa's teeth. Many families living in poverty can't afford to see a dentist. Unfilled cavities and other tooth problems cause pain and health problems. Many poor people just have to live with the pain. Because sponsored kids at Vanessa's center get dental checkups and learn about taking care of their teeth, they can keep their teeth healthy!



Sponsored kids get toothbrushes and toothpaste! Check out where they keep them at their Compassion centers.



Peru

Bolivia

Brazil

Guatemala

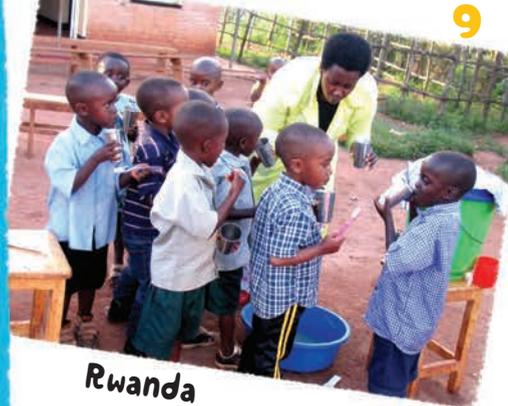


Guatemala

Did You Know?

Kids who live in poverty have worse dental health than other kids — that means more toothaches, cavities and gum disease. Here are some reasons:

- 1 Their parents can't afford to take them to a dentist.
- 2 Their families can't afford enough nutritious food to keep their teeth and gums healthy.
- 3 Their families can't afford a toothbrush or toothpaste.
- 4 They don't get enough fluoride because they live in cities that don't add it to the water supply. Even worse, the water has germs that can make them sick!



Rwanda



Indonesia



Peru

Sponsors Keep Kids Smiling

Thanks to awesome sponsors, kids in Compassion's program get the dental care that most people in their communities can't afford. **Sponsored kids have the chance to get:**

- Toothbrushes
- Floss
- Toothpaste with fluoride in it
- Lessons about why it's important to brush and floss
- Water that's safe for drinking and rinsing
- Regular dental checkups and cleanings

What on Earth Is Fluoride?



Fluoride is a natural element found in the Earth's crust, water and air. Most U.S. cities add fluoride to their water supplies because it helps prevent cavities. It also helps new teeth grow in strong. Most toothpaste has fluoride in it too.



Mexico



Ecuador



Honduras

Play!

Toothy Traditions

Have you lost any baby teeth yet? If you have, did you leave them under your pillow for the Tooth Fairy? Children all over the world do different things with their teeth when they lose them!

Follow the maze of dental floss to find out where sponsored children live and what kids there do with lost teeth. Write each child's country next to his or her photo when you figure it out!





PHILIPPINES
HIDDEN TREASURE

Kids in the Philippines bury their lost teeth in the ground.

They can make one wish.

If they can find the tooth a year later, they can make another wish.



INDONESIA
TOOTH ON THE ROOF

Indonesian children throw their teeth backward over their shoulders onto the roofs of their houses.

Their parents tell them that if they throw their old tooth straight, their new tooth will grow in straight!



MEXICO
Mouse in the HOUSE

Mexican children put their lost teeth under their pillows for ...

El Ratón Pérez (Perez the Mouse)!

In the morning, they find coins where their tooth was.



BRAZIL
Picky Bird

Brazilian children throw their lost teeth on the ground outside. They call to a bird to take the tooth and bring them another one.

But the bird will take only clean teeth! So Brazilian kids brush well.

Ask Your Sponsored Friend!

Write to your sponsored child and ask what he or she does after losing a tooth. Share about what you do with your lost teeth.



Where's my toothbrush?

Clues

Read the clues and study the picture to figure out who needs what.

- Each kid is missing a different item.
- The item that Eva needs is striped.
- Juan got floss and put it in his backpack.
- The item Blanca needs is not on the highest shelf.

Answers on back cover

A teacher at a Compassion center handed out dental supplies to sponsored kids whose parents couldn't afford them. Every kid was supposed to get a **toothbrush**, **toothpaste**, **floss** and a **bottle of water** for rinsing. But **Juan**, **Blanca**, **Alberto** and **Eva** are missing one item each.



Many kids in poor countries don't have access to clean water. Sponsored kids learn to avoid brushing their teeth with dirty water so they don't get sick.



Juan
NEEDS



Blanca
NEEDS



Alberto
NEEDS



Eva
NEEDS

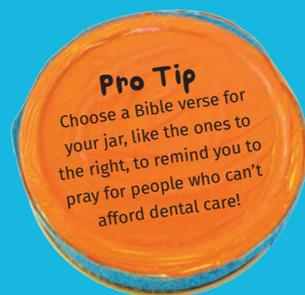
Craft

Countdown to Clean

It's important to brush teeth well to avoid cavities. How well do you brush? The American Dental Association recommends that you brush your teeth twice a day for two minutes. Here's a clever way to make sure you brush those pearly whites long enough.

Supplies

- clear jar, 8 oz. or smaller, with lid
- acrylic paint
- paintbrush or sponge brush
- paint pen or permanent marker
- ribbon or washi tape, optional
- tube of glitter glue, found at craft stores
- extra-fine glitter



Brush for 2 minutes!



1 Decorate!

Decorate the lid of the jar with acrylic paint and washi tape or ribbon. Use a paint pen or permanent marker to write your Bible verse on the lid.

2 Fill!

Fill $\frac{3}{4}$ of the jar with water. Then squeeze some of the glitter glue into the jar, plus 1 tsp. glitter. Put on the lid and shake well. Test and add more glitter glue and glitter as needed until it all takes about 1 minute to settle to the bottom after you shake it.

2 Brush!

Next time you brush your teeth, shake up the jar and place it on the counter. Brush your top row of teeth until all the glitter settles to the bottom. Then shake up the jar and brush your bottom row until all the glitter settles again.

Care



A Win-Win Idea

It all started with plans to build a tree house. Siblings Ben, Luke, Jane and Jack began saving up money to buy the wood.

Then they got a letter from Irsy, the 11-year-old girl in Guatemala, their family sponsors. In her letter, Irsy said the road in her village was full of potholes, which made it hard to ride a bike.

The siblings started thinking about the things they had that Irsy didn't — smooth roads, clean water, an indoor flushing toilet, enough food to feel full, and medicine. They decided to raise money to help meet Irsy's needs instead of for their tree house. Their plan ended up being a win for Irsy and themselves!

Since 10-year-old Jane loves to bake, she made cookies to sell at a farmer's market with her 7-year-old twin brothers, Luke and Ben, and their dad, Jack, 14, began baby-sitting for a family friend. The siblings also loaded a wagon with cookies and sold them to neighbors.



"Jesus taught us that it's always good to help others," says Jane.

Raising money to help Irsy felt like a big win. And they didn't have to give up their tree house plans after all. Jack did what kids in poor countries do when they can't afford toys: He recycled materials to create something new! "We have this fence that was falling down," he says, "and I asked my mom if we could use it." She said yes, so Jack and a friend broke it down and used the wood for a tree house. Jack says that raising money for Irsy "helps me realize that I'm very privileged, and I should use my privilege for someone in need."

After donating the money to Compassion, the twins thought about how it made them feel. Ben says giving made him feel happy, and Luke says it made him feel glad. Another win!

"I'm very privileged, and I should use my privilege for someone in need." – Jack

GROW

TRAINING TIME



When it's time to brush your teeth in the morning or at bedtime, how do you feel? It might not be your favorite thing to do. But you brush anyway because you know that taking care of your teeth will help you avoid cavities, have a nice smile and keep you healthy. When you brush your teeth — even though it's a chore — you are practicing self-discipline.

The word “discipline” has a few meanings. It can mean training. Every time you practice self-discipline, you are training — just like athletes train for competitions and musicians practice for concerts. Self-discipline isn't always easy. In fact, the Bible says

that discipline can be painful in the moment, but it pays off later in wonderful ways. Athletes sometimes feel sore after training for many hours. But they know their practice will help them do well in competitions.

Another definition of “discipline” is correction of a bad behavior. If you break your parents' rules, they will probably discipline you. If your mom sends you to your room because you said unkind words to your brother, it probably doesn't feel good. But she is training you to avoid saying mean things in the future.

Hebrews 12:11

• Think of activities you do that require discipline (for example, playing sports, learning an instrument, reading for 20 minutes every day). How has your self-discipline helped you?



1 Ask your parents why they discipline you. (Hint: It's probably because they love you, not because they like to make you cry!)

2 Make a list or draw a picture of ways you can practice more self-discipline.



• Ask God to give you more self-discipline.

• Thank God that you have parents who love you enough to discipline you.

• Ask that your sponsored child would have the self-discipline to study hard in school.



Parents and teachers, we've got a new website!



explorer.compassion.com



Explore your sponsored child's world in our new **Geography** section!



Get letter-writing tips and templates, and learn more about how you're helping your sponsored child in our just-added **Compassion 101** section!



Get lesson plans and connect to family activities in our new section **Parents and Teachers!**



About the cover

A boy in Bolivia brushes his teeth with a toothbrush and toothpaste he got at his Compassion center! Sponsored kids like him get dental care their parents can't afford.

