

COMPASSION

explorer®



Hi, Explorers!

It's summer break, so we hope you've been playing more than working! There's a time for work and a time for play. That's what this issue is all about. **Check it out!**

GIGGLE pg.3
over some hilarious photo captions.

right there! →

DISCOVER pg.4
Learn all about Tanzania
and see how a sponsored girl works and plays.

Cook pg.8
a Tanzanian recipe.

Play! pg.10
a game about the dangers of dirty water
and find toys hidden in a picture of work.

Craft pg.12
two toys out of water bottles.

Care pg.14
for others, like two Oklahoma girls do.

GROW pg.15
in faith with a lesson
about work and rest.

Questions or Comments?

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GIGGLE

Remember this picture from the spring 2017 Compassion Explorer Magazine?
Here are some of your great captions!

But I wanted a pink umbrella!
Alli, 12
Akron, Ohio

Go green!
Eliana, 7
Duncanville, Texas

Hey look at that, we're all together!
Maggie, 9
Lexington, Ky.

I don't remember seeing these umbrellas at the store.
Catherine, 8
Hebron, Ky.

I'm still getting wet!
Gideon, 6
Cecilia, Ky.

There's a hole in my leaf!
Abby, 10
Cecilia, Ky.

I'm not ruining this good hair day!
Jordan, 9
Oro Valley, Ariz.

Why is it raining again?
Anna, 7
The Woodlands, Texas

I'm singing in the rain, just singing in the rain!
Natalie, 11
Loveland, Ohio

How are these supposed to fit in my leaf collection?
Aidan, 12
Dover, Pa.

God made our umbrella. Who made yours?
Savannah, 9
Pikeville, N.C.

Cheese! I love this camp!
Trane, 7
Nashville

Next Up!

Martha's favorite toy is a stuffed monkey. Martha lives in Bangladesh, where some families can't afford any toys. So she's happy to have all these stuffed animals — and a real one! Some families in Bangladesh can't even afford food or medicine. So Compassion helps kids there.

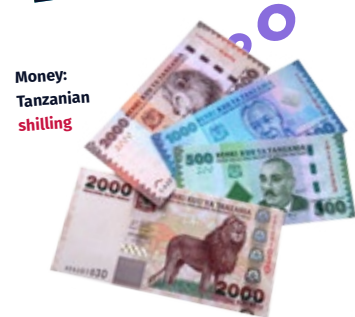
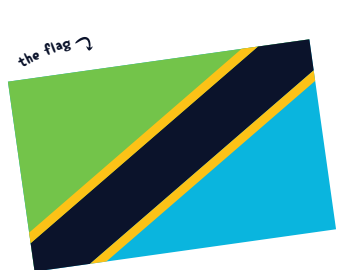


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DISCOVER TANZANIA

Say it! tan-zuh-NEE-uh



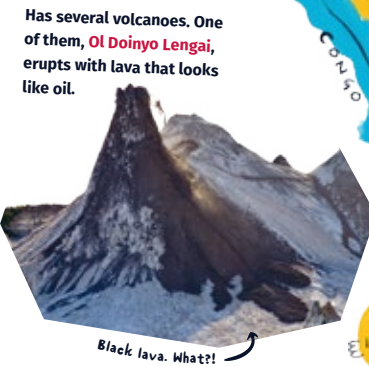
The distance from Washington, D.C., to Dodoma, Tanzania, is about 7,702 miles or roughly 12.2 million pangolins.



Home to **Mount Kilimanjaro**, the highest mountain in Africa!

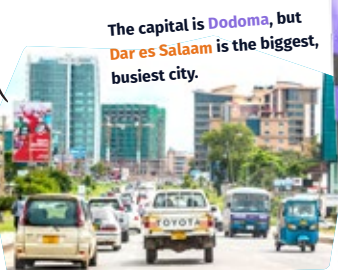


Slightly bigger than two Californias put together.



Has several volcanoes. One of them, **Ol Doinyo Lengai**, erupts with lava that looks like oil.

Some **animals** that live here: elephants, zebras, giraffes, rhinoceroses, lions, leopards, crocodiles, hippopotamuses, wildebeests and pangolins. Can you find them all on the map?



The capital is **Dodoma**, but **Dar es Salaam** is the biggest, busiest city.

Stats	Tanzania	United States
Population	52,482,726	323,995,528
People Living in Poverty	67.9%	15.1%
Languages	Swahili, English, Arabic, Local Languages	English, Spanish, Asian and European Languages
Religions	Christian 61.4% Muslim 35.2% folk religions 1.8% other 1.6%	Protestant Christian 46.5% Roman Catholic 20.8% Mormon 1.6% Jehovah's Witness 0.8% other Christian 0.9% Jewish 1.9% Muslim 0.9% Buddhist 0.7% Hindu 0.7% other 25.2%
Typical Family Income	\$980 per year	\$55,980 per year

Malaria kills many Tanzanian children.

Compassion gives out bed nets sprayed with chemicals to protect kids from mosquitoes that carry malaria.

Clean water is available to only 55.6% of the people.

Compassion builds wells, gives out filters to clean the water, and teaches kids that they should never drink dirty water.

Let's meet a girl from Tanzania!

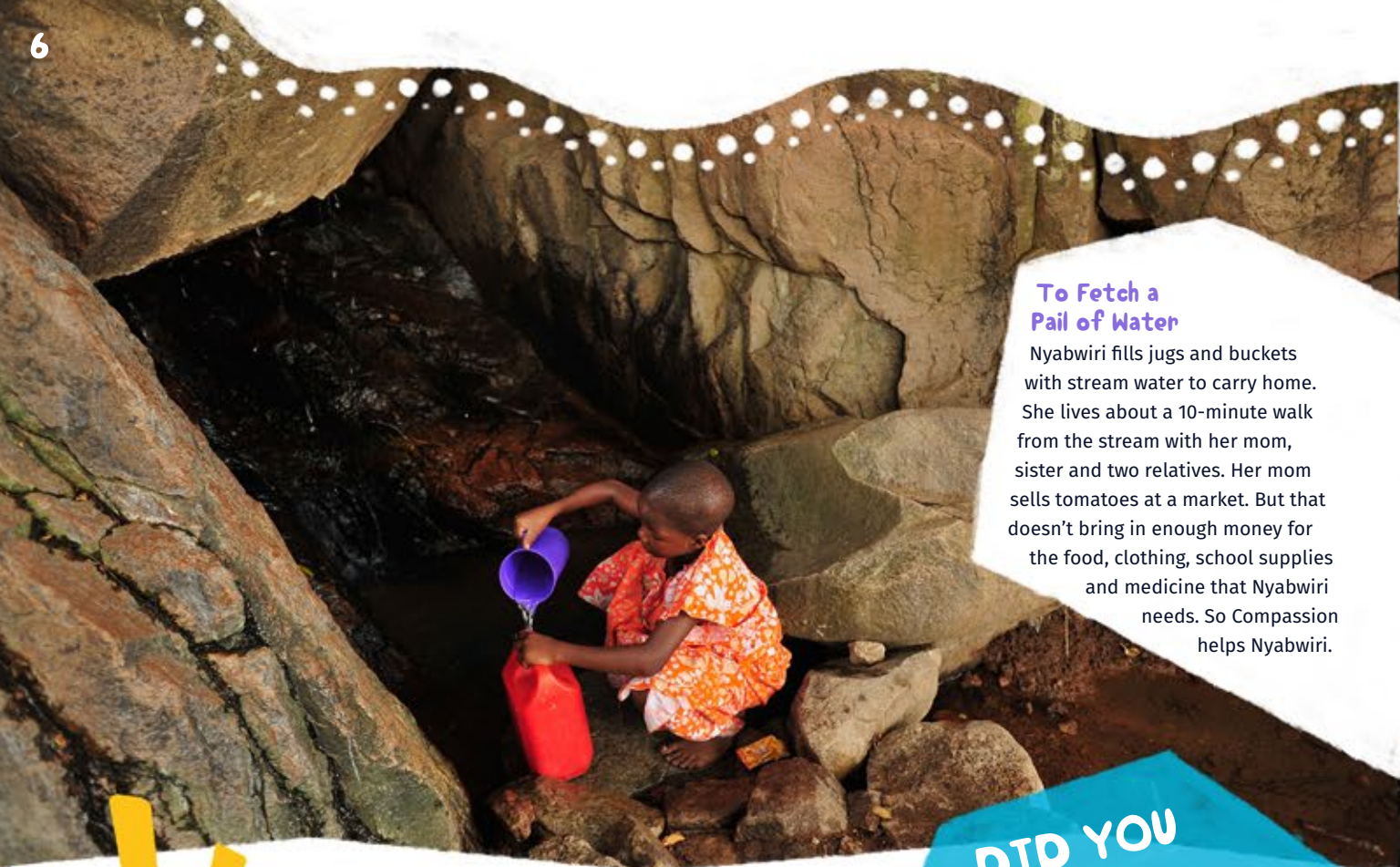
DISCOVER myWORLD

Nyabwiri



Homework and Housework

Nyabwiri is a 9-year-old in Tanzania. Her chores are hard because her family can't afford a home with running water. But life isn't all work for Nyabwiri. She goes to a Compassion center, where she can play, make friends, learn and eat. How does her day compare with yours?



To Fetch a Pail of Water

Nyabwiri fills jugs and buckets with stream water to carry home. She lives about a 10-minute walk from the stream with her mom, sister and two relatives. Her mom sells tomatoes at a market. But that doesn't bring in enough money for the food, clothing, school supplies and medicine that Nyabwiri needs. So Compassion helps Nyabwiri.

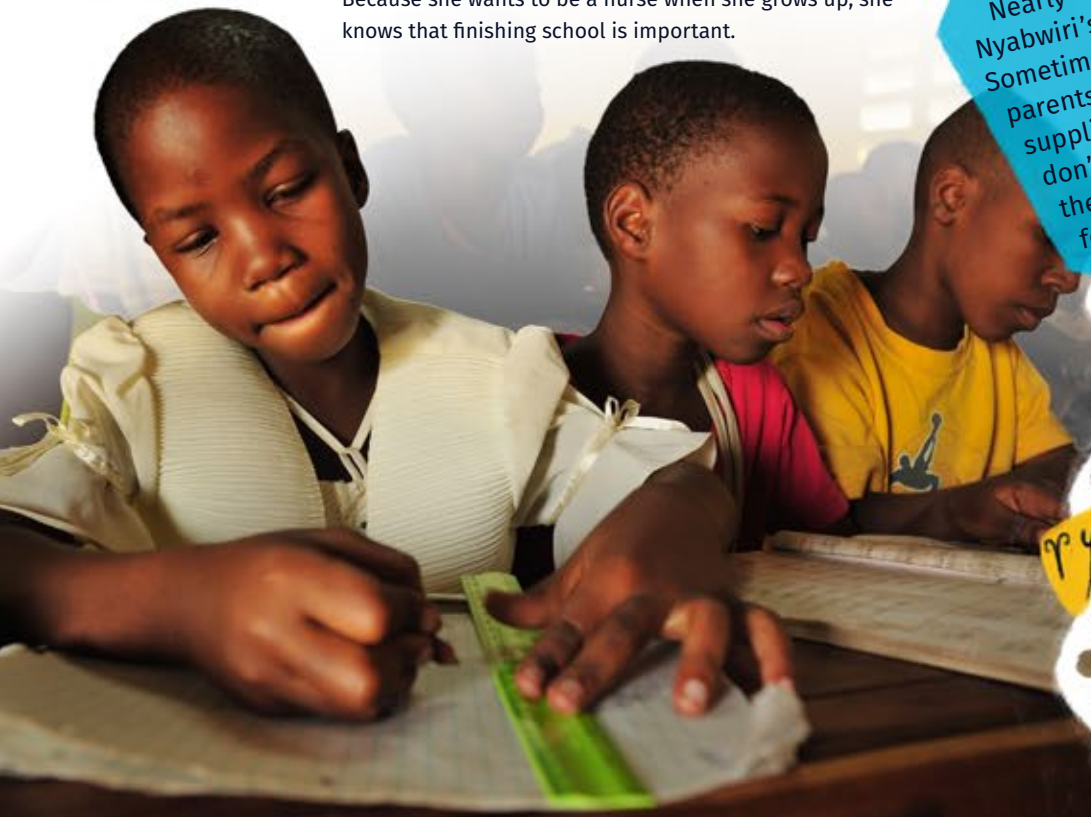
DID YOU KNOW?

Nearly one child out of every three in Nyabwiri's village doesn't go to school. Sometimes that's because children's parents can't afford to buy them school supplies and uniforms. Other kids don't have time for school because they work to help their families pay for food, or they spend hours collecting water.



School Rules

Nyabwiri goes to school and then gets tutoring at her Compassion center. Her favorite subjects are English and math. Nyabwiri's sponsors help cover her school costs. Because she wants to be a nurse when she grows up, she knows that finishing school is important.



To Market With Mom

Nyabwiri and her mom shop for food at a market. Nyabwiri eats mostly bread, vegetables, bananas, potatoes and dried fish. She also loves eating meals at her Compassion center, where she enjoys a popular stiff porridge called ugali.



Laundry List

Nyabwiri helps wash clothes in a bucket of soapy stream water, then rinses them in a separate bucket. Compassion's program helped Nyabwiri's mom buy clothing for her. Nyabwiri hangs the laundry to dry on a clothesline. Then she collects firewood so her family can cook meals the next day.





cook like
Nyabwiri

Outdoor Kitchen

Nyabwiri peels potatoes and puts them in a pot. Compassion's program helped the family buy pots and pans. Before cooking the potatoes, she and her mom boil some stream water over a fire outside their home. Boiling kills germs in the water that can cause stomach sicknesses. Then they'll add the potatoes and boil them until they're soft.

TANZANIAN COCONUT RICE WITH PEAS AND CARROTS

Here's a dish that kids in Nyabwiri's area love to eat. Tanzanians cook many recipes using coconut milk, which makes this rice thick and creamy. Serve it with grilled meat or stir-fried vegetables for a filling meal.

Adult help needed.

- 1** Rinse 2 c. basmati rice in cold water and drain.
- 2** Add rice to a medium saucepan over high heat with:
- 3** Boil the mixture.
- 4** Reduce the heat to low, and then cover the pot with a lid. Cook until the rice is tender and has absorbed the liquid, about 15 more minutes.
- 5** Remove the pan from the heat and let it stand about 5 more minutes, covered. Fluff with a fork and serve. *Makes 6-8 servings.*

1½ c. water
1 c. canned, unsweetened coconut milk
½ c. peas
½ c. carrots, diced
1 tsp. turmeric powder
salt to taste



Almost Bedtime

Before getting ready for bed, Nyabwiri brushes her teeth and washes her face with water she boiled in a teapot. Since joining Compassion's program, Nyabwiri has started praying each morning and night, and she likes to share about Jesus with children in her neighborhood.



Craft

Most families living in poverty can't afford new toys. So kids get creative by recycling plastic bottles to make toys like these!



A toddler puts a toy coin in a piggy bank at a Compassion center.



The Bank of Oink

- 1. Have an adult cut a coin slit in the top of a clean water bottle.
- 2. Paint the bottle or wrap it in colorful paper — it's up to you!
- 3. Cut a circle out of some colorful paper and glue it to the bottle lid for a snout.
- 4. For ears, cut out leaf shapes with 1/2-inch square tabs at the base of each. Have an adult cut two slits in the bottle. Insert each ear tab into a slit.
- 5. Curl a ribbon or pipe cleaner to make a tail and glue or tape it on.
- 6. Glue on eyes or draw your own.
- 7. Glue four bottle lids to the bottom for feet.
- 8. Start saving!



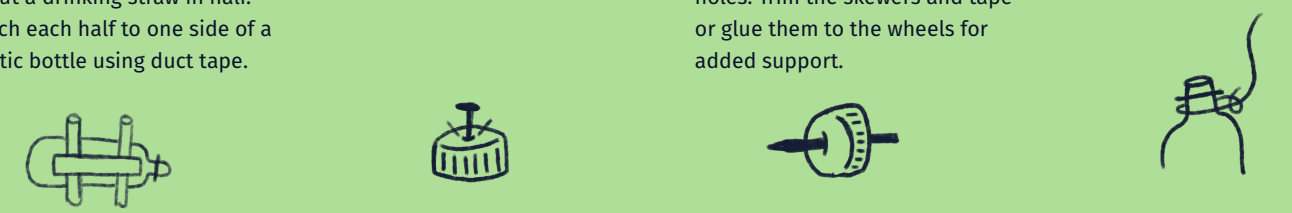
What toys have you made out of plastic bottles?
Share them with us at compassionkids@compassion.com

Gulp, Gulp, Go



A sponsored boy in Bolivia made his toy car out of soda bottles.

- 1. Decorate a clean plastic bottle with paint or colorful paper.
- 2. Cut a drinking straw in half. Attach each half to one side of a plastic bottle using duct tape.
- 3. Have an adult make holes in 4 bottle lids with a hammer and nail. These are your wheels.
- 4. Push a wooden skewer through each straw. Then push the ends of the skewers through the wheel holes. Trim the skewers and tape or glue them to the wheels for added support.
- 5. Tie a long string around the neck of the bottle. Now you can pull around your car!



Care



Bible Lesson Turns Into Action

On Wednesday nights in Oklahoma, 11-year-old Haley and her 15-year-old sister, Erica, get together to study the Bible with their youth leader, Win. As part of their Bible class, the sisters learned that many kids around the world struggle to get clean water for drinking, bathing, cooking and washing clothes. Win taught them that kids in Kenya have to walk long distances to get water, which must be boiled to kill germs. Haley and Erica realized that a filter that purifies water would make those children's lives much easier.

"When we did our Compassion study," Haley says, "we learned that whenever the people from Compassion give the people these water filters, they also give them the Gospel message."

It's important to Haley and Erica to know that kids around the world learn about Jesus.



Erica says that giving children water filters saves them physically but also offers a chance "to save them eternally."

The girls worked with Win to come up with a plan to raise as much money as possible.

The sisters' goal was to raise \$237, enough for three water filters. And their organized plan paid off. They ended up raising \$1,600 — so much that Compassion can give clean water for life to 21 families!

"It felt like we had made a big impact, and it felt satisfying."
— Haley

Haley and Erica's SUPER-DUPER PLAN

1 Make fliers

Haley likes to design, so she made paper fliers saying why she and Erica were raising money for water filters. Her tip for fliers: "Put your most important facts out where people can see them most."

2 Create a video

Erica made a video called "Give Love. Give Water!" Their Bible study leader posted it online to share, and she made a Compassion fundraiser page at ActForCompassion.com/give-love-give-water.

3 Set up a booth in a busy place

The girls asked the manager at a health food store if they could set up a table outside. Then they talked about water troubles around the world and collected donations from people who walked by.

4 Tell everyone you know

The sisters asked family, friends and church members to donate \$1 for every faucet they had in or outside their homes.

check it out!

GROW

BALANCING ACT



God created the universe. Talk about **hard work!**

"By the seventh day God had finished the **work** he had been doing; so on the seventh day he **rested** from all his work."
—Genesis 2:2-3

God wants us to work hard, just like he did, for the good things we need and want. But the Bible says He also wants us to rest and play. Balancing time spent on work, rest and play each day will keep you happy and healthy.

Kids in the U.S. work hard in different ways. As a student, you work by paying attention in class and finishing assignments. You probably also have chores at home. How do you feel when your parents ask you to do homework or clean your room? Some people complain or feel mad. Since you know that working makes God happy, can you do your work with a joyful attitude?

But even though God wants us to work, we also need playtime! Jesus had serious work to do on Earth. He taught people about God and heaven and how to love one another. But He also had fun. He often went to friends' homes to eat and talk. How do you have fun with family and friends?

Playing can be tiring too, which is why we need rest. Sleep restores our energy so we can both play and work. But sleep isn't the only way to rest. Reading a book, saying prayers or coloring can also give us rest.

Luke 14:7-14

• What does the story of Martha and Mary teach you about work?

• Are there times when working isn't the right thing to do?

• Do you ever complain about work like Martha did?



1 Make three lists — one list of ways you work; one of ways you play; and one of ways you rest. Do you have a good balance?

2 If you don't have balance, name some ways you could get it. For example, playing outside more often or spending more time on homework.



• Thank God for giving us the Bible as a guidebook for life.

• Ask Him to give you wisdom to know when you need to work harder, when you need to rest, and when it's time to play.

• Pray that God will give you the patience to do your chores and homework without complaining.





Hi, Explorers!



We hope you had fun exploring. Did you know you can learn even more about Africa on our special website just for you?

compassion.com/discoverafrica

Find recipes, crafts, games and more!

**Make
Summer Count!**
 Print your free calendar of
 fun activities:
compassion.com/summerfun

Learn
 more
 about
 Africa
 online!

About the cover

This boy is from the Massai tribe in Kenya.
 Compassion helps Massai kids like this one so they
 can go to school, eat healthful food, get medicine
 and learn about Jesus at their Compassion centers.

