

COMPASSION

# explorer



Where I  
Dream



# ZZZZZZZZZZZZZZ ...

... wait! It's not bedtime yet, Explorers! You'll want to stay awake to discover all the fun in this issue, which is about sleep and dreams. You'll see where kids around the world sleep, and you'll do some activities and learn why rest is important for all children. This issue is anything but a snooze fest!



## GIGGLE

What wacky captions did Explorers come up with?

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See where kids sleep and dream around the world.

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Meet some kids with big dreams for helping others.

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## GROW

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# GIGGLE

Remember this picture from the Spring 2023 Compassion Explorer Magazine? It shows Juna in Colombia holding some chicks she and her family are raising. Here are some of your great captions! Find more at [explorer.compassion.com/explorers](https://explorer.compassion.com/explorers).

Oh no, Bobby's trying to get out!

Nate, 8  
Prairie Grove, Ark.

Why did the chick cross the road? To meet up with her peeps!

Gabriel, 10  
North Bloomfield, Ohio

Everybody say cheep!

Tabitha, 9  
Crystal Lake, Ill.

Um, Mom? I think my Easter eggs hatched!

Kylie, 13  
Hagerstown, Md.

I feel happy BAKAWS Jesus loves me!

Grace, 14  
Oklahoma City

Mommy, I'm hungry!

Evelynn, 10  
Lake Stevens, Wash.

Please don't give away my location to the mama chicke — OH, NO, SHE FOUND ME!

Akari, 11  
Baton Rouge, La.

Just waiting here for some more eggs.

Tyler, 11  
Marshalltown, Iowa

Chicken salad, anyone? I got some chicken salad!

Cecilia, 11  
Clintonville, Wis.

No one's becoming fried chicken on my watch!

Everett, 9  
Nashville, Tenn.

Oops! I put all my chicks in one basket!

Aidan, 14  
Colorado Springs, Colo.

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Check out the next Giggle photo on the back cover!





# Where I Dream

Around the world, kids sleep in many types of beds, rooms and situations. Some kids sleep on mattresses while others sleep on mats or in hammocks. For kids who live in poverty, bedtime can get crowded. Lots of family members may have to share a bed because they can't afford more furniture or rooms. This can make it hard to sleep.

It's important for kids to get enough sleep so they can have energy to learn and play at school. **They need a safe, warm place to dream while they sleep so they can daydream about their futures when they're awake.**

Let's travel around the world to see how kids sleep at night!

This family lives in a small home in Brazil. **Kauan**, 6, shares this room and bed with his brothers **Marcos Alexandre**, 9, and **Marcos Winicius**, 13. Here they are on the bed with their mom and sister, who have a different bed. Sometimes the brothers feel too crowded at night, so they take turns sleeping in a hammock instead.



Speaking of hammocks ... baby **Sathinee** is taking a peaceful snooze at home in Thailand. Sathinee's family lives in poverty and can't afford everything they need to be healthy and happy. So they receive help from Compassion, which makes sure Sathinee and her mom get food, vitamins and doctor checkups.

What do you think baby Sathinee is dreaming about? Draw a picture of it and ask an adult to take a photo of it and email it to [explorer@compassion.com](mailto:explorer@compassion.com). We may feature it in a future issue of Compassion Explorer Magazine.

[Jacob] had a dream in which he saw a stairway resting on the earth, with its top reaching to heaven, and the angels of God were ascending and descending on it.  
— Genesis 28:12

In the Bible, God speaks to lots of people through their dreams. Read more about Jacob's and Joseph's important dreams in Genesis chapters 20 through 42.





This is **Yorith** and her brother **Luis** on their new bed at home in Colombia. They used to sleep on an old, used mattress that was uncomfortable and infested with bugs. Yorith used to cry because she had trouble sleeping in the bed, which gave her painful sores. But her mom could not afford a new one. They got help from Yorith's Compassion center, which bought them a new one!

“Since the center gave me my mattress, I sleep well,” Yorith says. “I do not want to wake up in the morning. I do not want to stop sleeping in there. It is soft and comfortable.”



Sisters **Yosaira** and **Ilsa** learned how to pray at their Compassion center in the Dominican Republic. Now they pray every morning and night in their bed. The bed they share may look unusual, but there's a good reason it's lifted up. The concrete blocks help keep their bed dry if the nearby river floods. They store letters from their sponsors under their mattress to keep them safe.

An angel of the Lord appeared to him in a dream and said, “Joseph son of David, do not be afraid to take Mary home as your wife, because what is conceived in her is from the Holy Spirit. She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins.” — Matthew 1:20-21



**Ana**, 11, reads one of her sponsor's letters on the bed she shares with her older sister each night in Brazil. “When I read my sponsor's letters, I feel so loved,” she says. “She makes me feel so special.”

Look closely at Ana's room, and ask yourself:

- What do you see?
- How is it similar to yours?
- How is it different?

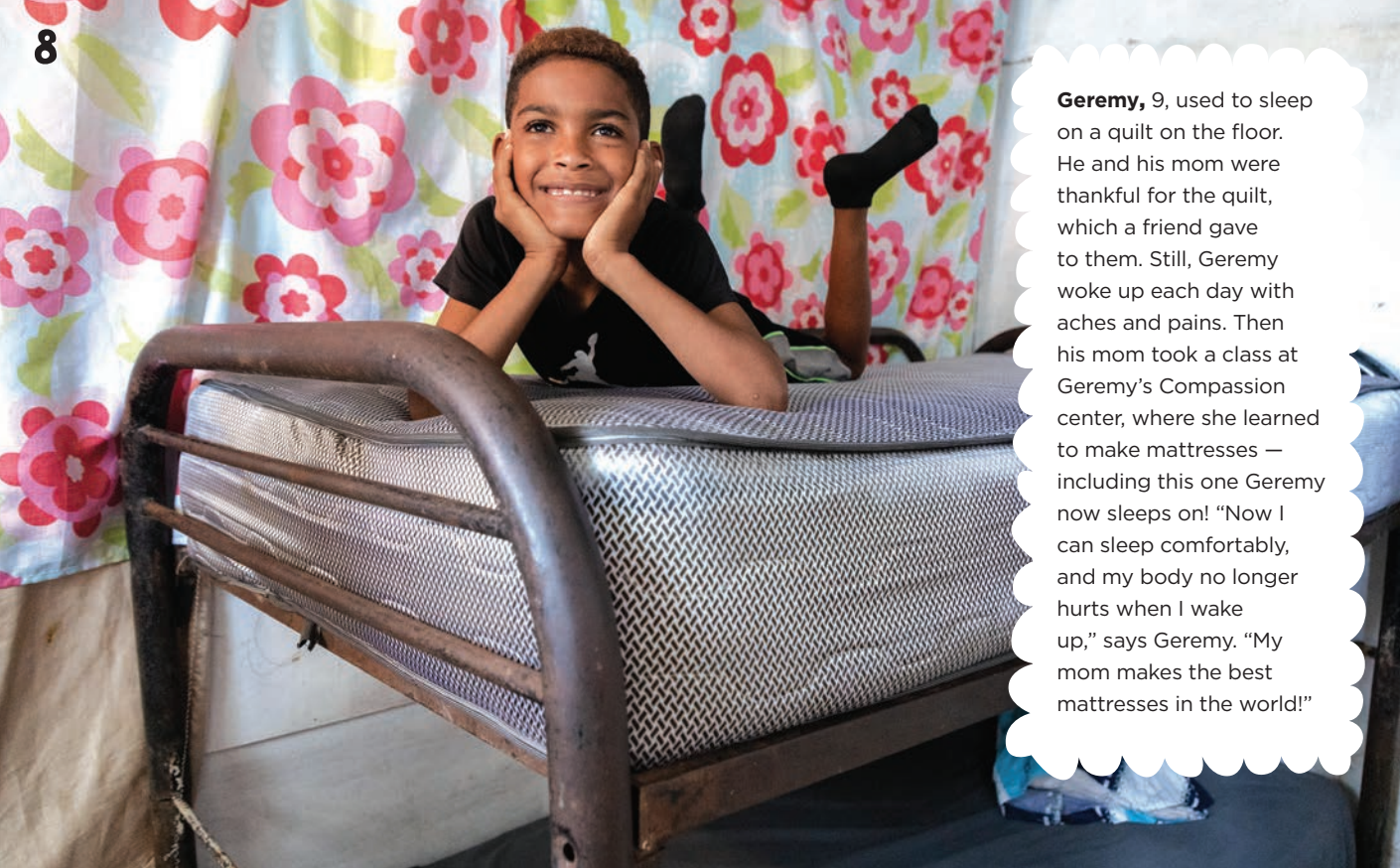
When 7-year-old **Brighton** got sick with a serious fever last year, his mom took him to a doctor. They learned that Brighton had malaria. It's a disease caused by mosquitoes in certain parts of the world, including in Kenya where Brighton lives. He got medicine to help him heal, and now he sleeps under a net to keep out mosquitoes.



## What Is Malaria?

- Malaria is a life-threatening illness spread to humans by some types of mosquitoes.
- There were about 247 million cases worldwide in 2021.
- It's mostly found in tropical countries. It's not a danger in the U.S.





**Jeremy**, 9, used to sleep on a quilt on the floor. He and his mom were thankful for the quilt, which a friend gave to them. Still, Jeremy woke up each day with aches and pains. Then his mom took a class at Jeremy's Compassion center, where she learned to make mattresses — including this one Jeremy now sleeps on! "Now I can sleep comfortably, and my body no longer hurts when I wake up," says Jeremy. "My mom makes the best mattresses in the world!"

Five-year-old **Forgive** draws a picture on her bed in Ghana. When Forgive was 1 week old, she became an orphan. Her grandmother started to raise her, but she didn't have enough food for Forgive, who grew weak and sick. But her grandma got help from Compassion's program at a church in their town. Today, Forgive is healthy and strong.



How often do you remember your dreams? Here's an idea: Keep a notebook next to your bed so that when you wake up, you can write down what you dreamed about.

# Craft Sloth Sleep Mask

A sleep mask is a fun way to help you get your best rest. It helps block the sun and other lights from waking you up in the morning. All you need is some fleece scraps and glue to make a soft and cozy mask to wear while you sleep!

## Supplies

- Template (scan the code below to print one).
- Fleece scraps or any soft fabric.
- Permanent marker.
- Fabric glue or a hot glue gun.
- Wax paper.
- Ribbon or elastic for ties.
- Clothespins.

Do you want to sew a mask instead?  
Go to [explorer.compassion.com/sleep-mask](https://explorer.compassion.com/sleep-mask) for instructions!



## Instructions

1. *Adult help needed.* Make your template. You can print out a template (just ask a grown-up to scan the QR code in the corner of the page to find a free template). Or you can borrow a sleep mask and trace it or draw one that will fit over your eyes.
2. Choose your fabric and colors. Trace your template on the fabric two times and cut it out. You'll have two identical pieces.
3. On one piece of the fabric make your sloth face by drawing with a permanent marker or gluing other colors of fabric.
4. Place one piece of fleece on top of the wax paper in case the glue leaks through. Make sure the soft side of the fleece is facing down. Carefully outline the piece of fleece with glue, making sure you don't get too close to the edge.
5. Cut two pieces of ribbon or elastic so they are long enough to go around your head. Place one piece of ribbon on each side of your mask so the end of each ribbon goes over the glue.
6. Place your other piece of fleece on top of the glue with the soft side facing up. Put clothespins around the edges to keep everything in place. Try to move the clothespins every few hours if the glue is seeping out.





# The Sleepy Night Maze



It's important for growing kids to get a good night's sleep! What has kept you up at night? A baby brother crying? Too much sugar before bed?

Kids in poverty have barriers to good sleep, too. Hunger can keep them awake. So can a crowded bed they have to share with their family or not having air conditioning to cool down stuffy air. Sometimes feeling worried or scared might keep them up at night, just like you.

Complete the maze below to find the path that leads to good sleep. Avoid the obstacles along the way!

And if you want to learn more about how kids around the world sleep, go to our printable coloring sheet online, [explorer.compassion.com/beds](http://explorer.compassion.com/beds).

Start



Huge



Worry



Too Cuddly



Scary



Yash



More Bugs





# Bedtime Snacks That Will Help You Sleep Tight

Sometimes eating a delicious snack before bed is exactly what you need for a night of deep, relaxing sleep. There are lots of tasty bedtime snacks that will help you feel cozy, calm and ready to jump into bed! There are also some foods you should avoid to make sure you get the best sleep possible.

## Sleep Friends



**Chamomile Tea:** Enjoying a cup of chamomile tea before bed will help you feel relaxed and ready for a good night's sleep.



**Peanut Butter Toast:** Some simple toast with peanut butter will fill you up and may help your body calm down for bedtime. Peanut butter contains healthy chemicals that help your body produce melatonin, which helps you get better, more consistent sleep!



**Yogurt:** Yogurt is a great choice for a bedtime snack because it will fill you up. Some studies have found that yogurt helps you fall asleep faster. It may also help you stay asleep longer!



**Banana:** Bananas are a great bedtime snack because they're full of healthy chemicals that help relax your muscles and settle your stomach.

## Sleep Enemies



**Sugar:** Avoid foods with a lot of sugar before bed. High-sugar snacks and desserts can give you a burst of energy and make you feel wide awake.



**Caffeinated Drinks:** Some sodas, teas and coffee are full of caffeine. Caffeine can make you feel jittery and can keep you awake for up to six hours!



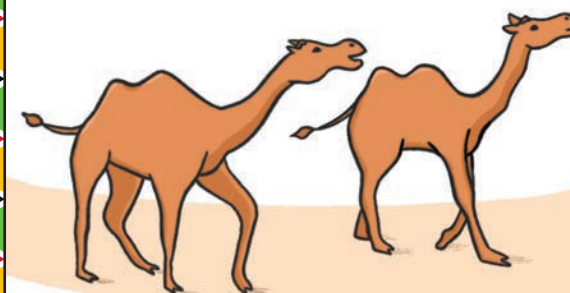
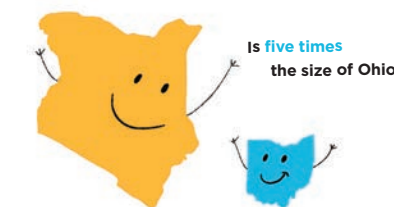
**Spicy Foods:** Spicy foods can upset your stomach and make you feel uncomfortable. When you eat spicy food, it raises the temperature of your body and can make you feel hot and restless.



Home to many Maasai people, who are known for their colorful clothing and unique customs.

# DISCOVER

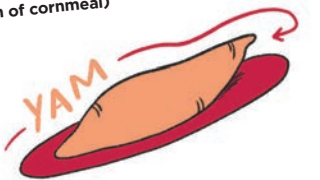
# KENYA



Hosts the international **Camel Derby Festival** each year.



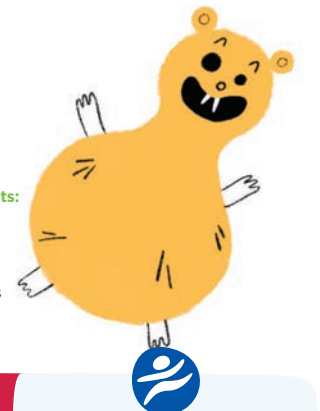
**Popular Foods:** chapati bread, yams, ugali (a doughy dish of cornmeal)



**Popular Sports:** cricket, rally-car racing, soccer, running



**Wild Residents:** mongooses, hyraxes, elephants, lions, giraffes



## Stats

	Kenya	United States
<b>Population</b>	57,052,004	339,665,118
<b>People Living Below Poverty Line</b>	32.7%	15.1%
<b>Languages</b>	Kiswahili, English, many native languages like Kikuyu	English, Spanish, other Indo-European and Asian
<b>Religions</b>	Christian 85.5% Muslim 10.9% none/other 3.6%	Protestant 46.5% none/other 26.1% Roman Catholic 20.8% Jewish 1.9% Mormon 1.6% Muslim 0.9% Jehovah's Witness 0.8% Buddhist 0.7% Hindu 0.7%
<b>Typical Family Income</b>	\$7,608 per year	\$70,784 per year



Frequent droughts and floods kill many food crops. People can't find or afford clean water.

Many kids work at jobs instead of going to school.



Sponsored children eat nutritious meals and drink clean water at their Compassion centers.

They learn skills that can help them get better-paying jobs as adults.



# From Dream to Action Plan

Draw Seth's, Ellie's and your dreams in the clouds.

## TEN-YEAR-OLD ELLIE'S DREAM:

To sponsor a girl named Merlin in Indonesia, helping make sure she has everything she needs.

**THE PLAN:** Create artwork to give to people in exchange for a donation. Use the money to sponsor Merlin through Compassion.

**THE TOOLS:** oil pastels, paper, art supplies.

## THE NEXT ONE IS YOU!

First, draw your dream about how life might get better for a child living in poverty. Then list out actions you could take and tools you'll need to make the dream come true.

\_\_\_\_\_-YEAR-OLD \_\_\_\_\_'S DREAM:

**THE PLAN:** \_\_\_\_\_

**THE TOOLS:** \_\_\_\_\_

Draw your dream here

The word "dream" can mean the dreams you have while sleeping, the hopes you have for your future, or daydreaming about what you could be doing instead of what you're actually doing.

All kinds of dreams can give you creative ideas. We love to share stories of kids like you who dream up creative ideas for helping children in poverty. Here are some kids we've told you about before. First they had a dream, and then they made a plan. They also needed the right tools for the job!

## NINE-YEAR-OLD SETH'S DREAM:

For families in poverty to have enough food and clean water to be healthy and happy.

**THE PLAN:** Host an ice cream social and ask people who come to donate money. Use the money to buy animals and water filters for people in poverty through Compassion's Gift Catalog.

**THE TOOLS:** ice cream, toppings, cups, spoons, donation container.

# Power Rest!

When I was a kid, I used to have this amazing hideaway that I could closet myself in and read books or play with toys.

It was literally my closet.

In that space, I visited other worlds and characters and was able to make up my own stories with my toys.

It was my way of resting from the world and all the things I had to do.

God made us to have fun in life; to play hard and work hard, sometimes we need to stop and rest.

I don't mean taking a nap. I mean resting your heart and mind from things going on in your life, especially hard things.

What are some things that make you tired? What are some of your favorite ways to take a break from them?

There are many ways to rest, like finding a quiet place and reading a book or playing with toys, but the best way to find rest is to spend time with God. He made us to be with him and find rest in him.

## READ

Isaiah 40:30-31  
Matthew 11:28

## ACT

You can find powerful rest when you daily take time to pray and read the Bible with your parent!

## PRAY

Pray for other children who are waiting to be sponsored, that they learn about God and his power that they can rest in while dealing with struggles. Ask an adult to visit the Compassion website to see children you can specifically pray for.

In the Bible, it says "Come to me, all you who are weary and burdened, and I will give you rest" (Matthew 11:28).

And in Isaiah 40:31, it says

"They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

Imagine being able to soar like an eagle! When an eagle flies, it can't just use its powerful wings to soar, although they are powerful. The eagle soars on the wind.

It flies by resting on the power of the wind, which can keep the eagle high in the sky for hours and hours without it having to land.

When we spend time with God and rest upon his power, we too can soar on that power for far longer than on our own strength! When we rest in him, he provides the strength we need to face even hard things in our lives.





**GIGGLE**

**Submit your caption at:**

[explorer.compassion.com/giggles](http://explorer.compassion.com/giggles)

This girl in Thailand is playing with her friends at a Compassion center. Some kids in poverty don't have toys or playgrounds because their families can't afford them. So kids in Compassion's program love to play at their centers! What do you think this girl is saying? Write a caption for her speech bubble!



## Back to School

Celebrate going back to school this fall with activities, stories and devotionals!

[explorer.compassion.com/back-to-school](http://explorer.compassion.com/back-to-school)

COMPASSION  
**explorer**

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### About the Cover

Jeremy, 9, lives in the Dominican Republic. He didn't have a bed to sleep on until his mom took a class at his Compassion center and learned to make mattresses and furniture! Read his story on page 8.

