

COMPASSION

explorer



HELLO, HEALTHY EXPLORERS!

This issue is all about having a healthy body. It's important for all kids, no matter where they live, to keep their bodies healthy. But living in poverty can harm children's health and make it harder for them to get better if they get sick. Inside the pages of this magazine, you'll learn some reasons why that is.

You'll also get fun ideas for keeping your body strong and active. Check out what's inside!



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See how sponsored kids stay healthy and strong. **page 4**

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Try a yummy noodle dish from the Philippines. **page 8**

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Moving your body just got even more fun! **page 10**

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How much do you know about the Philippines? **page 13**

Care
If you try these ideas for being kind, let us know! **page 14**

GROW
See what the Bible says about what you eat. **page 15**

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GIGGLE

Remember this picture from the Winter 2023 Compassion Explorer Magazine? It shows a mother in Uganda and her baby, Shavan, who looks excited about the medicine that made him better when he was sick. Here are some of your great captions! Find more at explorer.compassion.com/explorers.

Baby: I'm shocked that I am better. Praise the Lord!
Georgina, 11
Chiliwack, British Columbia

It looks like soda, but it doesn't taste the same.
Susanna, 11
Havana, Fla.

Hey, look, Mommy. I have the best medicine in the world. It healed me.
Iris, 8
Sacramento, Calif.

Yay! Let's party now that I'm better! Party!
Eva, 9
Baltimore, Md.

Do you want some? I'm just warning you this thing tastes horrible!
Judah, 8
Bolivar, Mo.

Screamin' thankful!
Callia, 11
Ste. Genevieve, Mo.

This is gross. Take it back!
Eliana, 9
Vancouver, Wash.

Uganda let me thank you for this medicine!
Elijah, 9
Tulsa, Okla.

AHH! CAFFEINE!
Blaze, 8
Alden, N.Y.

Ay, bro, you need some?
Oscar, 12
Kansas City, Mo.

Try it. It will change your life!
Daniel, 13
Rapid City, S.D.



Check out the next Giggle photo on the back cover!

DISCOVER
myWORLD



Healthy Bodies, Happy Hearts

Our bodies are given to us by God, and we should take care of them.

Do you eat vegetables? Do your parents tell you to brush your teeth every day? Those are simple ways we keep our bodies healthy!

But for some kids around the world, it's a lot harder to stay healthy. They might not have enough money for a toothbrush. Sometimes they can't get the food they need or they don't have clean water to drink. But it's still important for them to be healthy so they can learn and grow. Sometimes they just need extra help. A healthy body helps them have a happy heart every day!

Let's see how kids just like you take care of their bodies!



Keila Gets a New House



Keila, 9, is posing with her parents at her home. She's happy to be in a house that's warm and dry! Where Keila lives in Peru, there's a season when it rains a lot. Normally, this is good because it helps things grow.

But one year, too much rain came. A flood washed into Keila's town and ruined her house. She and her family had to leave, and her family had nowhere to live for a while. Keila kept getting sick because she was not able to stay in a warm place at night. Then people from a church in her neighborhood came to see Keila's family. They told Keila that they would help her family get a new home! With the help of the church and Compassion, Keila had a real house to live in again. She isn't getting sick anymore, and she has a warm bed again!

Try a New Language!

Say "house" in Spanish: **casa**.

Clean Water for Munge



Munge, 9, is walking home with water for her family. In her town in Tanzania, Munge doesn't have a faucet at her house. She uses a bucket to get water from a deep hole in the ground called a well. This well used to be the only place Munge's family could get clean water. She would have to walk 15 minutes home with a bucket of water on her head.

But sometimes it would stop raining and there wouldn't be enough water. Munge had to drink dirty water, which made her sick a lot. Munge's Compassion center decided to dig its own well so there would always be clean water. Now Munge doesn't get sick anymore, and she doesn't have to walk so far to get water. She can just walk over to her Compassion center!

Try a New Language!

Say "goodbye" in Swahili: **kwaheri**.

Good News for Felicite



Baby Felicite is getting weighed. The woman behind her is checking to see if she is growing strong. When Felicite was born, her mom wasn't able to feed her milk. This was not good for Felicite. She lost weight and became malnourished. This means she did not have enough food to grow, and she got weak and sick.

Felicite needed good milk right away so she could become strong again. A Compassion center near their home in Burkina Faso helped her mom start feeding Felicite out of a bottle. Soon, Felicite was gaining weight like she should be. She is now at a healthy weight for her age. This is good news for Felicite!

Try a New Language!

Say "milk" in Mòoré: **bīsem**.



Rakshan Takes Care of His Teeth



Rakshan, 5, is holding up his toothbrush and toothpaste. He uses them to take care of his great smile! In Rakshan's village in Sri Lanka, many kids don't brush their teeth. No one has told them how important it is to keep their teeth healthy. At his Compassion center, Rakshan learned how to brush his teeth in the morning and at night. His tutor at the center would help him practice the best way to brush his teeth so they got clean. He also received a new toothbrush and toothpaste. Now Rakshan knows how to take care of his teeth. And he can keep them clean every day!

Try a New Language!

Say "hi" in Tamil: **vanakkam**.



Santiago's Answered Prayer



Santiago, 10, is having a yummy lunch in his house. Today he's having chicken, rice and potatoes. He enjoys eating in his hammock!

Santiago lives in Colombia with his parents and five siblings. For a while, his mom and dad couldn't buy enough food for meals every day. So Santiago would go to bed without any lunch or even dinner. He often felt hungry and weak. One night, Santiago prayed that God would send food for his family. The next day, a pastor from a church in his neighborhood brought a bag full of delicious food. Now Santiago looks forward to eating meals every day! His body is getting strong and healthy. And he knows that his church will make sure there is lunch tomorrow.

Try a New Language!

Say "hello" in Spanish: *hola*.



Future Star Gymnast in Training



Keshia, 11, is showing off her gymnastics workout clothes. She comes to this gym near her village in Indonesia a few times a week to practice. Keshia started gymnastics three years ago, and she did really well for her age. Her dream was to keep on training and become a gymnast with a strong body.

At first, that didn't look like it could happen. Keshia's parents didn't have enough money to keep paying for her equipment and practice time. That's when Keshia's Compassion center said that they would pay the costs. Now, Keshia is training harder than ever, and this time her dream is to win a gymnastics competition. A lot of other kids will be competing, but Keshia is going to try her best to win. Her body is healthier than ever, so she has a good chance!

Try a New Language!

Say "run" in Javanese: *mlayu*.

Magaly Is Healthy Again!



Magaly, 8, is playing catch with her sister. She's always liked playing fun outside games with siblings and friends in Honduras. But one day, Magaly started to have trouble walking. Her legs were weak, and she could only walk if she was holding on to something. Her family was scared because they didn't know what was wrong. Her family couldn't afford to get a doctor.

Magaly went for a checkup at her Compassion center, and the staff noticed something was wrong. They were quickly able to get Magaly into a hospital where doctors could help her. The center paid for surgery to fix Magaly's legs. She had to use a wheelchair for a few months, but now Magaly is back outside and able to play with her sister again!

Try a New Language!

Say "ball" in Spanish: *pelota*.



Clean Hands, Healthy Bodies

Anne, 8, and Jonas, 10, are washing their hands in clean water. They don't have a sink in their house, so they use a jug of water and a bar of soap outside!

In Jonas and Anne's village in Haiti, most houses don't have sinks. And it was not easy for them to find clean water. That made it hard for them to wash their hands. But washing our hands protects us from germs that can make us sick, so Jonas and Anne's Compassion center paid for a building where water could be cleaned. Now, they have enough water to wash their hands every day. They don't have to worry about finding water to clean them!

Try a New Language!

Say "water" in Haitian Creole: *dlo*.



Cook Filipino Pancit

Noodles With Chicken

Pancit is a popular Filipino food. This traditional noodle dish is perfect for busy moms and dads who want their kids to have a healthy, filling meal. Traditionally, pancit is made with whatever you've got in the fridge – so use up those leftovers!

YIELDS 6 SERVINGS *Adult help needed.*

Ingredients

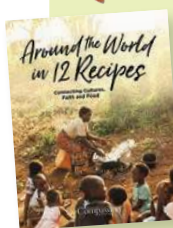
- 8 oz. vermicelli rice noodles.
- 2 tsp. sesame oil or extra virgin olive oil.
- 10 oz. boneless skinless chicken breast, cut into bite-size pieces.
- 1 c. carrots, sliced.
- 1 stalk celery, sliced.
- 2 medium red bell peppers, diced.
- 1 tsp. minced garlic.
- 2 c. cabbage, shredded, or a bag of slaw mix.
- 3 c. chicken broth.
- 2 tbsp. Worcestershire sauce.
- 2 tbsp. soy sauce.
- 2 tbsp. onion soup mix.
- Chopped green onions to garnish.

Instructions

1. Soak vermicelli noodles in hot water for 15 minutes. After they've softened, use kitchen shears to cut the block of noodles in half so they're shorter and easier to eat.
2. In a wok or large skillet with higher sides, heat the oil. Place the chicken in it and brown it on both sides until it's no longer pink. Remove and set aside.
3. In the still-hot pan, add carrots, celery and red peppers and sauté for about 6 minutes or until they're beginning to get soft but still firm.
4. Add the minced garlic to the veggies and saute for about 30 seconds.
5. Add the cabbage and stir everything together, heating it through but still leaving it crunchy. Remove the vegetables from the pan; set aside.
6. In the still-hot pan, add the broth, Worcestershire sauce, soy sauce and dry soup mix. Heat through, and then add back in your vegetables and chicken.
7. Drain your noodles and add them to the pan. Carefully stir everything together and then serve warm and topped with chopped green onions.

Notes:

- You can easily make this dish vegetarian by leaving out the chicken and using veggie broth.
- You can use pork, shrimp or steak and any combination of veggies you like!
- Store any leftover pancit in a sealed container in the fridge for two to three days.

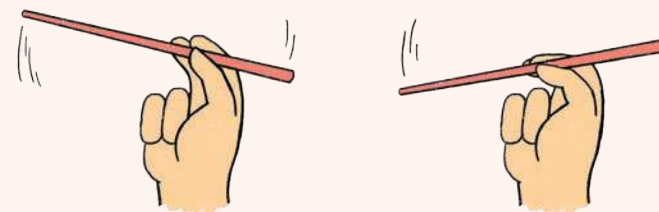


"Around the World in 12 Recipes"

Find more recipes like this one in a FREE e-cookbook that combines culture, faith and food!

explorer.compassion.com/cookbook

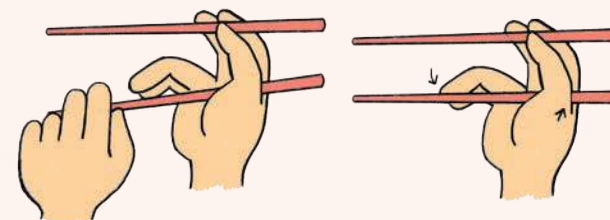
How to Use Chopsticks



Step 1

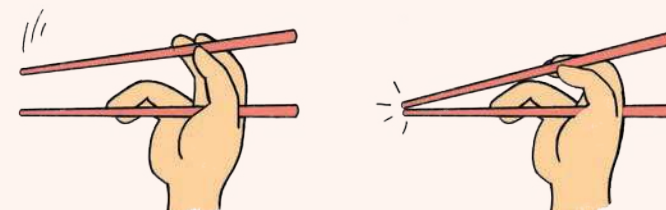
Hold one chopstick with the tips of your thumb, index finger and middle finger.

Practice moving the tip up and down!



Step 2

Now place the second chopstick in the crook of your thumb. Use the tip of your ring finger and your thumb to gently squeeze it. This chopstick doesn't move; just hold it steady!



Step 3

Move the top chopstick so the tips touch. Now you can grab stuff by pinching it with the tips of the chopsticks!

Practice, Practice, Practice!



Try holding the chopsticks closer to the tips and closer to the ends. Does this make it harder or easier?



Challenge someone to a race. Give each person the same number of an object (like 10 marshmallows) and see who can use chopsticks to move them from one place to another the fastest!



Walk around the house and see what kinds of small objects you can pick up. Try building bricks, erasers, popped popcorn or gummy candy. What's the biggest thing you can pick up? What is the smallest?

Craft



Get Movin' cards!

















Moving our bodies is a fun way to keep them healthy and strong. It's also a great way to get your wiggles out! Sometimes we feel better once we can move our bodies, whether that's running, playing or dancing! We've come up with some fun ways you can move to keep your body healthy and get those wiggles out every day.

Instructions


- 1. *Adult help needed.* Label your envelopes with days of the week. Label the eighth envelope "Get Movin'." There is one for each day of the week and an extra envelope to store all your cards.
- 2. Lay the envelopes with the backs (the sides with flaps that open) facing up. Open each flap and glue or tape it to the front of the next envelope.
- 3. You now have an envelope accordion. Glue or tape a ribbon down the back of it, leaving a little bit hanging off the top envelope flap. Use that to hang up your envelopes.
- 4. Cut out the movement cards on the next page. Fold each one in half, with the pictures and words facing out so you can see them. There are blank cards you can fill in with your favorite ways to move your body.
- 5. Place your folded cards in the eighth (storage) envelope. At the beginning of each week, pull out seven cards and hang each on a different envelope. When you're feeling wiggly, do the activity facing outward on that day's card.
- 6. Swap out your cards each week!

- ### Supplies
- 8 envelopes.
 - Crayons or markers.
 - Tape or glue.
 - Movement cards (opposite page).
 - Scissors.
 - Ribbon or string.



 See how many pushups you can do in a minute.	 Play indoor basketball with socks and a laundry basket.	 Go for a nature walk outside.	 Do 20 jumping jacks.
 Act like your favorite animal.	 Do 12 frog jumps.	 Crab walk across the room three times.	 Run in place for 20 seconds.
 For 10 minutes, skip instead of walk.	 See how fast you can run around your house.	 Blow up a balloon and see how long you can keep it in the air.	 Create an obstacle course and time yourself completing it.
 Do a silly dance.	 Do 10 squats: How low can you go?	 Make a paper airplane and see how far you can make it fly.	 Beanbag balance walk: How far can you walk with a beanbag on your head?



 Cut on the dashed lines, and then fold on the solid lines.



Draw and write your own movements!

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DISCOVER THE PHILIPPINES

Official name: Republic of the Philippines.



Money used: the Philippine peso.



The capital city, Manila, is known for its street food markets.



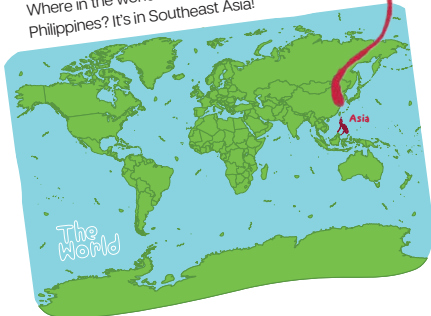
Home to Chocolate Hills, an area with over 1,200 mound-shaped hills that look like chocolate when their grass turns brown!



Has a tropical climate with two seasons: wet and dry.



Popular foods: salted fish and rice, curries, *lechón* (a whole roasted pig), *pancit* noodles (recipe on Page 8).



Where in the world is the Philippines? It's in Southeast Asia!



Includes over 7,100 islands. Most of the population live on only 11 of them.



Wild residents: Philippine eagles, pangolins, binturongs (Asian bearcats), dugongs (similar to manatees).

Stats

Philippines

United States 

Population

116,434,200

339,665,118

People Living Below Poverty Line

16.7%

Filipino (based on Tagalog),
English, Cebuano, other local
dialects

15.1%

English, Spanish, Chinese, other

Religions

Roman Catholic 79.5%
Muslim 6%
Iglesia ni Cristo 2.6%
Evangelical 2.4%
other/none 9.5%

Protestant 46.5%
none/other 26.1%
Roman Catholic 20.8%
Jewish 1.9%
Mormon 1.6%

Muslim 0.9%
Jehovah's
Witnesses 0.8%
Buddhist 0.7%
Hindu 0.7%

Typical Family Income

\$8,100 per year

\$63,700 per year



There's a high rate of child abuse in the Philippines.



Compassion church partners
know, love and protect
children.

**Hurricanes and floods
can harm people and
ruin homes.**

Compassion church
partners help families
recover after
disasters.

Share the care

We love hearing how Explorers like you show kindness to others! You remind us that God can work through anyone, no matter how young. Your stories also inspire other kids to spread kindness.

Below are a few ideas for how you can care for others in the future. There's also space for you to draw something you've done in the past to show kindness to someone.

Ideas for showing kindness to ...

KIDS IN POVERTY

Host a Compassion Sunday event: You and a grown-up can find sponsors for children in poverty by hosting a fun event at your church! With an adult, go to compassion.com/compassionsunday/kids.htm to learn more.

Shop the Compassion Gift Catalog: Look through lots of items you can give to families living in poverty. Gifts include Bibles, vegetable seeds, goats and more! With a grown-up, go to compassion.com/GiftCatalog to see what you can give!

Your idea:

YOUR FAMILY

Cover a sibling's chore: Offer to do a chore that your brother or sister is normally in charge of doing.

Clean without being asked: Wipe down the counters, sweep the floor and do the dishes to keep your home tidy for the whole family to enjoy.

Your idea:

OLDER PEOPLE

Visit them: Ask an adult to call a nursing home that cares for older people. If they allow visitors, your family could visit and take activities to do with the residents there.

Give them a hand: Do you have an older person living in your neighborhood? With an adult, offer to mow their lawn, wash their car or do something else around their home or yard.

Your idea:

How Have You Shown Kindness?

Ask an adult to take a photo of your drawing and email it – along with your first name, age and city – to explorer@compassion.com. We may share your drawing in an upcoming issue!

Everything for God

Did you know that there's no such thing as bad food? That's right. Whether it's candy, burgers or Brussels sprouts, food is good. Why? Because God made food. He made food to give you energy, and he made food to taste good.

That's why St. Paul told his friends at the church in Corinth, "Whether you eat or drink, or whatever you do, do all to the glory of God" (1 Corinthians 10:31, ESV).

But what does that mean? Can you eat a cookie for the glory of God? Or drink soda?

Well, yes! It also means you can eat a super healthy salad for the glory of God. Because it's less about what you do and more about why you do it.

Does that mean you should eat as many sweets as you want? Well, no. **Paul also said, "All things are lawful, but not all things are helpful. 'All things are lawful,' but not all things build up" (1 Corinthians 10:23, ESV).**

See, God designed your body. It makes him happy when you take good care of what he's made. Better yet, it makes him happy when you find joy in his creation.

And that means you can be grateful for sour gummies and cookies. But it also means you should know that eating too many sweets can be bad for you. In the long run, too much sugar and too many calories hurt your body. **God made your body! So he would never want for you to harm it with how you eat.**

And those veggies your parents like you to eat? Unlike sweets, they're full of the protein, fiber, carbohydrates and vitamins your body uses to build muscle and feel good.

So what's the takeaway? **Food is good.** If it's yummy or good for you, God gave it to you to enjoy. Don't hurt yourself with it, and don't judge what other people eat. **And above all, thank God every time you eat!**

Read

1 Corinthians 10:23-33
Psalm 107:1-9

Act

- Thank God before every meal.
- Talk to your parents or pastor about ways you can bless hungry kids with the food they need.
- Slow down and really enjoy your food the next time you eat.

Pray

- Ask God to use the food you eat to give you strength to help others.
- Ask that God will bless hungry kids across the globe with food.



GIGGLE

Submit your caption at:

explorer.compassion.com/giggles

Angela, 3, goes to a Compassion center in Bolivia, a South American country where many people raise llamas.

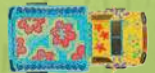
"My llama likes to eat barley and drink water," says Angela. "I like to play with him. His name is Rufo – I named him that. My mom and I graze him along with our cow. He doesn't run away. I like to hug him."



Play the New Compassion Dash Video Game!

In this fast-paced game, rush to deliver groceries to hungry families in the Dominican Republic. As you dodge roadblocks, you'll earn hearts to spend on new animal characters. The levels get harder as you work to unlock the invincible Super Llama! Most importantly, you'll celebrate how churches around the world are helping with the real-life global food crisis that's leaving many families unable to afford the food they need.

COMPASSION DASH



To play the game, ask an adult to go to
explorer.compassion.com/compassion-dash
on a mobile device or computer.

COMPASSION
explorer

IN1275 (2/24)

About the cover

Potikorn, 9, flexes his muscles at a Compassion center in Asia. He and his friends are having fun pretending to be superheroes and dreaming about who they want to be when they grow up. Potikorn says he wants to be a soldier someday because he thinks soldiers are strong.

