

COMPASSION

explorer



The

Whole

Kid



HOW DO YOU WORK TOGETHER, EXPLORERS?

Ever been so hungry in class that all you could think about was the yummy sandwich in your lunchbox? God made you to have a healthy body, a strong mind and a confident voice. But if one part is missing something, like food for your body, it makes everything harder – like your mind paying attention in class.

In this issue, we'll explore how all these parts work together to make you awesome! You'll also learn how helping kids escape poverty means caring for their whole selves, not just one part. Get ready for some fun as we dive in!



GIGGLE page 3
Tickle your funny bone with Explorers' latest wacky captions.

DISCOVER myWORLD page 4
Learn what it means to be a whole, healthy kid.

Craft page 8
Build a crazy contraption: a chain reaction machine!

Read page 10
Comic strip: Follow Alice's journey from fear to hope.

Cook page 12
Get your apron. We're making flatbread!

DISCOVER page 13
This time, you're heading to Sri Lanka.

Care page 14
This Explorer is a faithful friend to African kids.

GROW page 15
A rule-following robot? No, thank you!

GIGGLE

Remember this picture from the Fall 2024 Compassion Explorer Magazine? It shows a girl in Ecuador feeding her family's calf using a recycled soda bottle. Here are some of your clever captions!

Find more at explorer.compassion.com/explorers.

Mmm ... this milkcoke is delicious!
Kinsley, 11
Minneapolis, Minn.

When the milkman is running late, you gotta take matters into your own hands.
Naomi, 13
Tulsa, Okla.

Got milk? Nope but we have soda!!
Bryn, 11
Christiansburg, Va.

Welcome to the calf-eteria!
Melodie, 11
Nampa, Idaho

Don't tell mom the calf is drinking soda.
Anna, 10
Bolivar, Mo.

Oh man, you were supposed to drink the milk, the Coke was for me!
Hattie, 13
Prairie Grove, Ark.

I give you soda, you give me hamburgers.
Bay, 11
Moss Point, Mich.

Cow-cacola.
Lance, 12
Swanton, Vt.

LOOK, a new way to feed a calf, and I'm recycling!
Kayla, 7
Morton, Ill.

This cow is going to be on a sugar high with Coke!
Savannah, 13, and Joshua, 5
Bloomington, Ill.

Cowbunga! This calf is bovinely awesome!
Bethany, 12
Syracuse, N.Y.

Compassion Explorer Magazine
The Whole Kid
Vol. 15 Issue #4 Winter 2024

Managing Editor
Zoe Noakes
Art Director
Ben Lew
Print Production Manager
Michelle Dana

Writers
Ashlyn Jacobs
Josh McClain
Zoe Noakes
Willow Welter
Copy Editor
Naomi Leak

Proofreader
Jennifer Shepherd
Designers and Illustrators
Jannelle Althoff
Katie Erickson
Ben Lew
Katie Scharrer

Photographers
Vera Aurima
Nico Benalcazar
Sally Dunn
Tigist Gizachew
Juanfer Leon
Sara Navarro
Isaac Ogila
Galía Oropeza
J. Sangma
Fernando Sinacay
Alejandra Zuniga

Questions or comments? Email us: explorer@compassion.com Write to: Compassion International Attn: Compassion Explorer Magazine Editor, 12290 Voyager Parkway, Colorado Springs, CO 80921

Compassion Explorer Magazine is published four times per year by Compassion International. © Compassion International 2024. All rights reserved. COMPASSION®, COMPASSION EXPLORER® and the Compassion Logo are registered trademarks of Compassion International, Inc. Scripture taken from the HOLY BIBLE, NEW INTERNATIONAL VERSION®, NIV®, Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.® All rights reserved worldwide. Used by permission of Biblica.

Check out the next Giggle photo on the back cover!

The Whole Kid

Have you ever put together a puzzle? You need all the pieces to finish it. If one piece is missing, the puzzle isn't complete and you can't see the whole picture. Kids are like puzzles too! Each thing kids need, like food, medicine or school, is a piece of the puzzle. Without all the pieces, kids can't grow and be healthy. **Let's look at how Compassion's church partners are helping kids around the world become whole, healthy kids!**

"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength."
— Mark 12:30, NIV



Smiles for Cristina and Ariel

GUATEMALA

Meet Cristina, 7, and her 4-year-old brother Ariel. One day, a big storm caused a mudslide that destroyed their house. Sadly, their mom was caught in the mudslide and passed away. Now their older sister, Maria, takes care of them. **Their church and Compassion center are helping rebuild their home and take care of them after that awful storm.**

But look at Cristina's and Ariel's smiles! How can they smile so big after what happened to them? One reason is because **Cristina and Ariel learn Bible verses every week at their Compassion center.** This helps them feel joy and hope in Jesus when they're sad or scared.



Keevin Can Walk!

PERU

Keevin is 9 years old and lives in the mountains of Peru. He's going for a walk in this picture – and that's a big deal for him! Keevin was born with clubfoot, which means that his leg grew twisted to one side. He needed his parents' help to walk.

This was hard for Keevin because he wanted to run and play soccer with the other kids.

Surgery could fix his foot, but his parents didn't have enough money for it. **But when he was registered in Compassion's program, the center paid for the surgery, and his tutors cheered him up with kind words.**

Listen to what he said after his surgery: "I knew things would be OK. I'm glad I'll be able to play soccer and won't be embarrassed anymore."

Anxiety wears down the heart, but a kind word cheers it up.
— Proverbs 12:25, NIV



Meseret's Chicken

ETHIOPIA

Twelve-year-old Meseret is very happy to have a chicken! As well as being a fluffy friend to hug, the chicken has helped her family in lots of ways. Meseret's family didn't have enough food because it was too expensive. But when her sponsor gave her family a gift, they were able to buy animals – including this chicken. Now they have a farm!

The chicken lays eggs that the family can eat and sell. Now Meseret's family has enough money to buy what they need. They even have food to share with their neighbors. The animals made a big difference for Meseret's family. **It's amazing what a chicken – and a caring sponsor – can do!**

You have been a refuge for the poor. – Isaiah 25:4, NIV



Mintu's Big Discovery

BANGLADESH

Mintu was only 3 years old when he helped his grandmother find something that changed their lives. One morning, he saw some kids walk past with their backpacks on. Wanting to play with them, he and his grandma followed. **They found the kids at the Compassion center, playing, learning and getting food together.**

Mintu's grandmother was so happy to see how much the people at the Compassion center cared for kids! She registered Mintu at the center so that he could keep coming there. Now the center staff give him food and make sure he gets to go to school. **Mintu came for new friends, but he found so much more!**

Rafael the Teacher

BRAZIL

Rafael, who is 8 years old, loves spending time at his Compassion center. One reason is because his house doesn't have water pipes. He lives in a very dry part of Brazil called Sertão, so **his family must fill buckets from nearby ponds just for drinking and washing.** But Rafael can use water from the sinks at the Compassion center whenever he visits!

And water isn't all Rafael likes about his center.

"I really enjoy learning about the things of God at the center," Rafael says. "When I get home, **I like to share the things I learned. ... One day, I also want to teach other people about God.**"



A Safe Place for Linus

KENYA

Linus is 9 years old and lives in Kenya. When the local church saw his family needed help, they registered him at their Compassion center. That meant Linus could attend school instead of having to earn money like his older brothers and sisters. Now Linus is in fourth grade. He's glad he can play safely at the center instead of on the dangerous streets in his neighborhood.

Linus loves to draw! Here he's showing one of his creations. Linus draws a lot with his sketch pad, pencils and crayons. **His sponsor's support helps him spend time at the Compassion center, where he can learn – and draw!**



Sella Writes to Her Sponsor

INDONESIA

Writing day is special at Compassion centers around the world. In this picture, 4-year-old Sella is writing a message to her sponsor with the help of her mom. **Sella's mom and other kids' parents like to come on writing day to help write letters!**

For Sella, it's a fun way to spend time with her mom. She's writing to her sponsor about her life and her family. Sella is also thanking her sponsor for thinking about her and praying for her family. **Her mom is excited to be part of this special day because she knows how much Sella's sponsor cares about them!**



Mayte Has Water

BOLIVIA

Mayte has a lot of fun splashing in the stream! **The 4-year-old and her family used to visit a stream like this one every time they needed water for washing, cooking and cleaning.** It was hard work to carry the water home. They could only take baths once a week!

But now Mayte's family doesn't worry about getting water anymore. Their Compassion center bought them a big water tank that holds enough water for the whole family for a whole month. Mayte and her family are also learning to brush their teeth each day and wash their faces and hands so they stay healthy. **Mayte's mom can't stop thanking God because they now have water right in their home!**

Verenice's Dinner

EL SALVADOR

Eight-year-old Verenice is excited for her dinner! She's holding the food package she got at her Compassion center in El Salvador. Her family grows rice and corn, but bad storms ruined their crops. To keep her family from going hungry, the Compassion center gives them food.

Verenice loves it when her mom cooks tasty meals with the food they receive. Her favorite is bean soup with eggs and rice. **It has a secret ingredient: a banana tree leaf!** The banana tree leaf adds a special flavor to the rice.

Verenice and her family thank God for helping them during hard times. They are also happy because kind, generous people give money to Compassion, which helps her family get food every week!



[God] defended the cause of the poor and needy.
– Jeremiah 22:16, NIV

Craft

Build a Crazy Contraption: A Chain Reaction Machine!



Our world is full of machines, from cars to computers to microwaves. They can do some incredible things! But **for a machine to do its job, all its parts must work together.** Without an engine, a car won't move – even if the wheels are perfect.

God made people in the same way. We have many parts, like our stomachs for eating and our eyes for seeing. We also have hearts for feeling, minds for thinking and souls for loving and knowing God. **All our parts work together to help us grow and be happy.**

That's why Compassion helps kids living in poverty with more than just food or medicine. Kids also need friends to play with, Bibles to learn from, and other things to help them feel loved and cared for.

You can see how this works by making your own chain reaction machine! This is a fun machine (also called a Rube Goldberg machine) where one part makes the next part move, like a line of falling dominoes.

Follow these instructions to build it and see how all the parts work together, just like God created you to do!

#1 Supplies

Gather a few supplies. See what you can find around the house. Here are some ideas:



#2 Simple Machines

Think about ways you can create "simple machines" with your supplies. A simple machine is made of parts that work together to make things move. Experiment with some to learn what they do! Here are some simple machines to try:

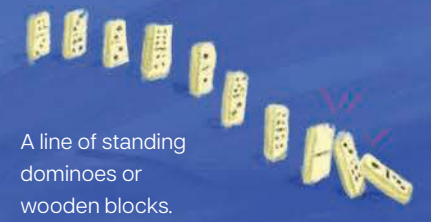
A ramp for a ball to roll down. You can use books, cardboard or anything long and flat to make a ramp.



A swinging object, like a ball hanging from a string.



A seesaw (also called a lever). To make one, tape a small battery or something similar underneath the middle of a ruler or other long, flat object.



A line of standing dominoes or wooden blocks.

#3 Choose a Task

The easiest way to plan your machine is to start with the last step. First, choose what you want your machine to do at the end of the chain reaction. Here are a few examples: ring a bell, press a button, pour sprinkles onto a scoop of ice cream.

Decide what kind of simple machine will do this main job. For example, if you want to pour sprinkles onto ice cream, attach a cup of sprinkles to a ledge. Then you can tip the cup over by swinging something or using a seesaw. Other ideas:

Roll a marble down a ramp and into a bell to make it jingle.



Using a pulley, drop a heavy object onto a button.



#4 Build!

Working backward, create more simple machines to power the ones you just made. Each machine should connect to the next one in some way. This is how you create a chain reaction!

The dominoes knock a golf ball tied to a string off a ledge ...

Here's an example of how you could combine simple machines:

Start by rolling a ball down a ramp ...



The ball topples a domino rally ...

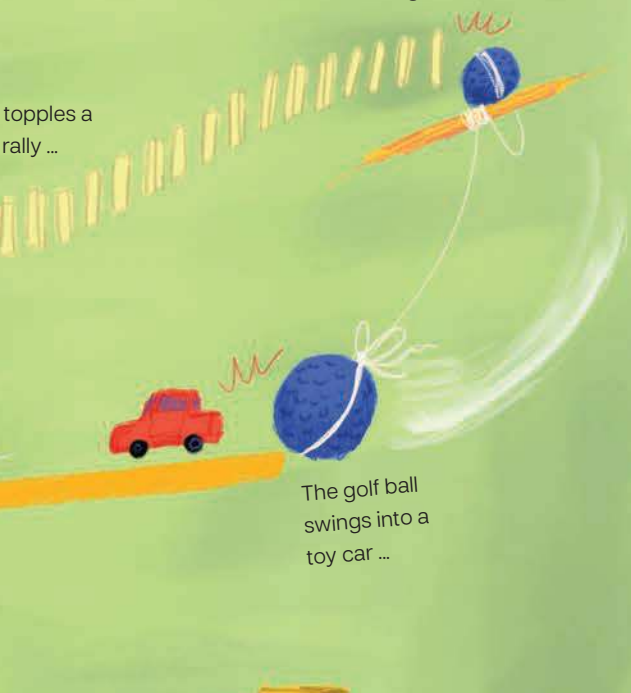


The car runs into a cup of sprinkles and knocks it over ...



The cup of sprinkles falls over onto a bowl of ice cream beneath it.

The golf ball swings into a toy car ...



Tips

- Here are a few final tips to help you build your machine:
- Ask an adult to look online for ideas. Lots of kids have shared videos of their chain reaction machines for inspiration.
 - Don't be afraid to mess up. If your machine doesn't work the first time, you can always change things up and try again.
 - Be creative! Have fun thinking of new objects to include and new ways to create motion. For an extra challenge, try copying some of the more advanced simple machines you see online, like a pulley.

Break it!

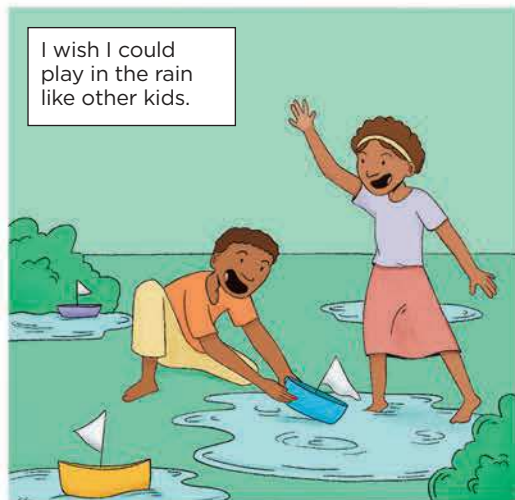
Once you have your chain reaction machine working, try taking one machine or even just one little piece out of the middle and see how well it works. See how every part is necessary?

Share your creation! Take a photo or video of your chain reaction machine and send it to explorer@compassion.com.



Read

Alice's RAINY DAY Dream



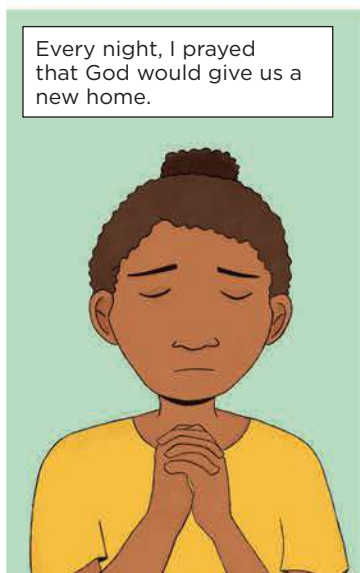
I wish I could play in the rain like other kids.



But since a storm wrecked our house, rain isn't fun anymore. All my family can do is huddle together to stay dry.



My dad tried to fix our house. But he didn't have enough money. The rain kept washing away his hard work.



Every night, I prayed that God would give us a new home.



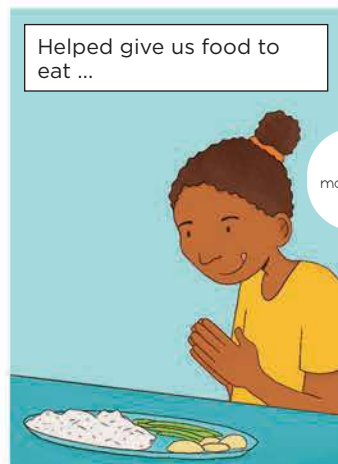
One day, my sponsors, Kristy and Keith, visited me in Kenya! They saw all the ways Compassion and the church were helping me and my family.



They helped give me warm blankets and a soft bed to sleep on ...



Helped me go to school ...

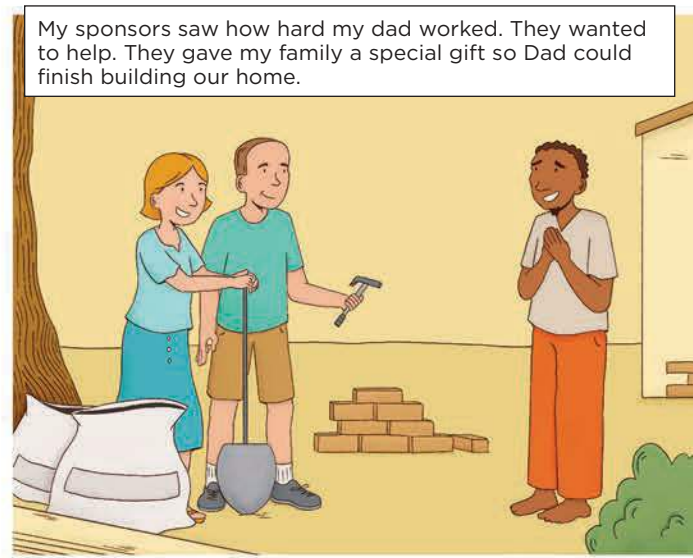


Helped give us food to eat ...

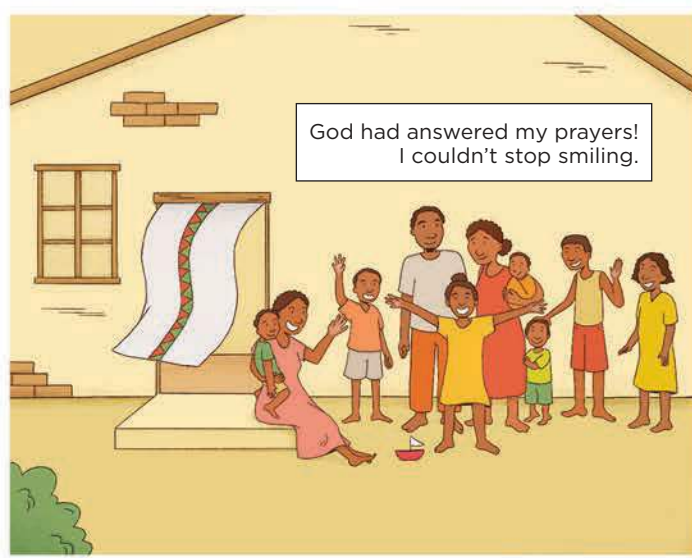


And helped teach me that girls are just as important as boys ...

You don't have to get married young. Girls have rights too! You can do anything.



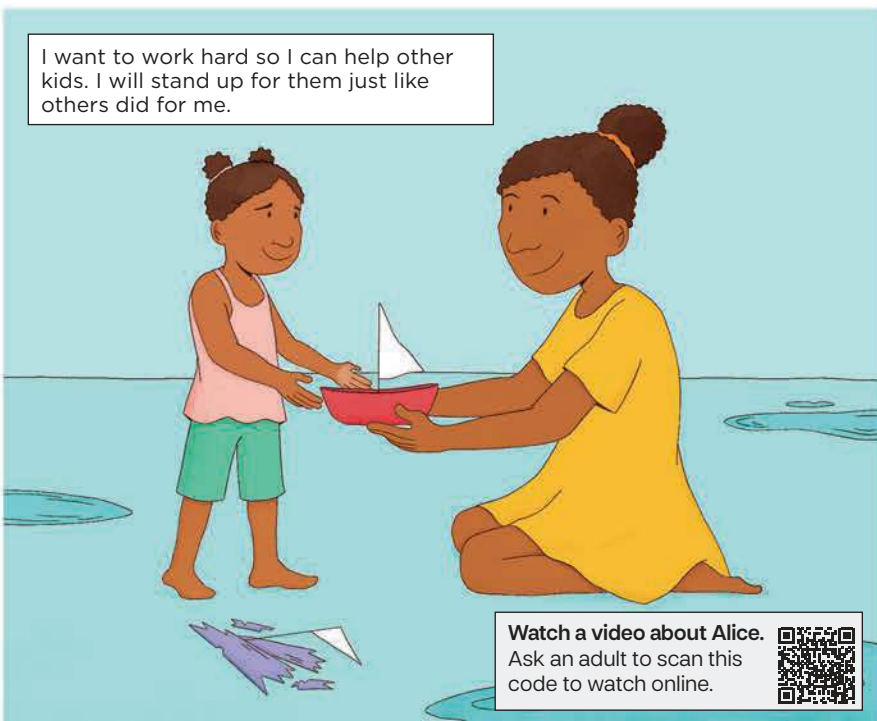
My sponsors saw how hard my dad worked. They wanted to help. They gave my family a special gift so Dad could finish building our home.



God had answered my prayers! I couldn't stop smiling.



Now that I have a safe, dry home, it's easier to learn at school. My parents are so proud of me.



I want to work hard so I can help other kids. I will stand up for them just like others did for me.

Watch a video about Alice. Ask an adult to scan this code to watch online.



Pol Roti



The name of this recipe is Sinhalese for "coconut flatbread." It's a popular street food in Sri Lanka, where kids might eat it for breakfast, lunch, dinner or a snack!

Ingredients

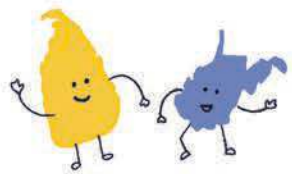
- 4 c. all-purpose flour, divided.
- 1½ c. shredded, unsweetened coconut.
- 1¼ tsp. sea salt.
- 1 medium red onion, finely chopped.
- 3 green chiles or one 4-oz. can chopped green chiles (optional).
- ½ c. water.
- ½ c. coconut milk.
- Oil for greasing the pan.

Instructions

1. *Adult help needed.* In a large bowl, mix together 3½ c. of flour and the coconut, salt, onion and chiles.
2. Add the water and coconut milk to a separate bowl.
3. Very slowly add the liquid mixture to the dry ingredients, stirring as you pour it in. Add the remaining flour, as needed, until it's completely mixed into a smooth dough. Shape it into a ball.
4. Cover the dough ball with plastic wrap and let it rest 4 to 12 hours at room temperature.
5. Sprinkle some flour on a table. Cut the dough ball into 8 pieces and roll each into a ball. They don't have to be perfect! Try not to handle the dough too much or the rotis might be hard and tricky to roll out.
6. On the floured surface, use a rolling pin to flatten each ball into a disc about ¼ inch thick. Cover your rolled-out roti with a cloth or plastic wrap while you make the rest so they don't dry out.
7. Heat a nonstick skillet over medium to medium-high heat. Lightly grease the pan with oil. Once hot, place a roti on the skillet and cook for about 2-3 minutes or until brown spots start to appear on the bottom. Flip and cook the same amount of time on the other side. Repeat with each roti.
8. Enjoy your roti warm or at room temperature.



Money used: rupee.

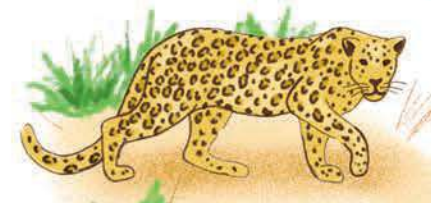


Sri Lanka is an island nation that's slightly larger than West Virginia.



People groups: Sinhalese, Sri Lankan Tamil, Sri Lankan Moors, Indian Tamil.

Sri Lanka has two capital cities: Colombo and Sri Jayewardenepura Kotte.



Wild residents: leopards, sloth bears, peacocks, elephants.

DISCOVER Sri Lanka



Nickname: Pearl of the Indian Ocean.



The World



Popular foods: rice, curry, fish, hoppers (similar to crepes), flatbread called roti (recipe on Page 12).



National flower: blue water lily.



Popular sports: cricket, volleyball, rugby.

Stats	Sri Lanka 🇱🇰	United States 🇺🇸
Population	21,982,608	339,665,118
People Living Below Poverty Line	25.9%	15.1%
Languages	Sinhala, Tamil, English	English, Spanish, Chinese, other
Religions	Buddhist 70.2% Hindu 12.6% Muslim 9.7% Roman Catholic 6.1% Protestant 1.3% other 0.05%	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	\$12,200 per year	\$63,700 per year

Some kids get sick because they don't get enough healthy food.

Parents can't find jobs to earn enough money to take care of their families.

Compassion gives nutritious food to kids whose families can't afford it.

Compassion helps parents start small businesses to earn money.

care

A Faithful Friend to Kids in Africa

One day, as 12-year-old Riese was scrolling through the page of unsponsored children on Compassion's website, she found someone special. A few months earlier, her Grandpa Joseph had passed away. And there, on the website, was a boy from Tanzania with the same first name and birthday as him.

Her grandpa was a pastor. **Just like him, Riese cares deeply for others.** That's why she wants to be a missionary in Africa when she grows up.



"I love helping people. It makes me happy."

One way she and her family help others is by sponsoring kids living in poverty. Before she saw Joseph on Compassion's website, Riese and her parents already sponsored a girl from Uganda named Ritah. Their support helps Ritah get important things, like doctor visits and healthy food.


Then Riese found Joseph. **She wanted to help him grow up happy and healthy too, especially because his name and birthday reminded Riese of her grandpa.**

She asked her parents if she could sponsor another child. They said yes, as long as Riese raised the money herself.

So Riese started fundraising. She created colorful earrings to sell at school, church and even craft fairs. She also collected cans and bottles for extra cash. Through selling her creations and recycling, Riese earned enough money to sponsor Joseph.

Now 14 years old, Riese has been supporting Joseph for over a year. **She even started sponsoring another child, Therese from Togo, with the extra money!**

Riese knows that prayers and letters from a sponsor can help kids in poverty feel loved and strong.

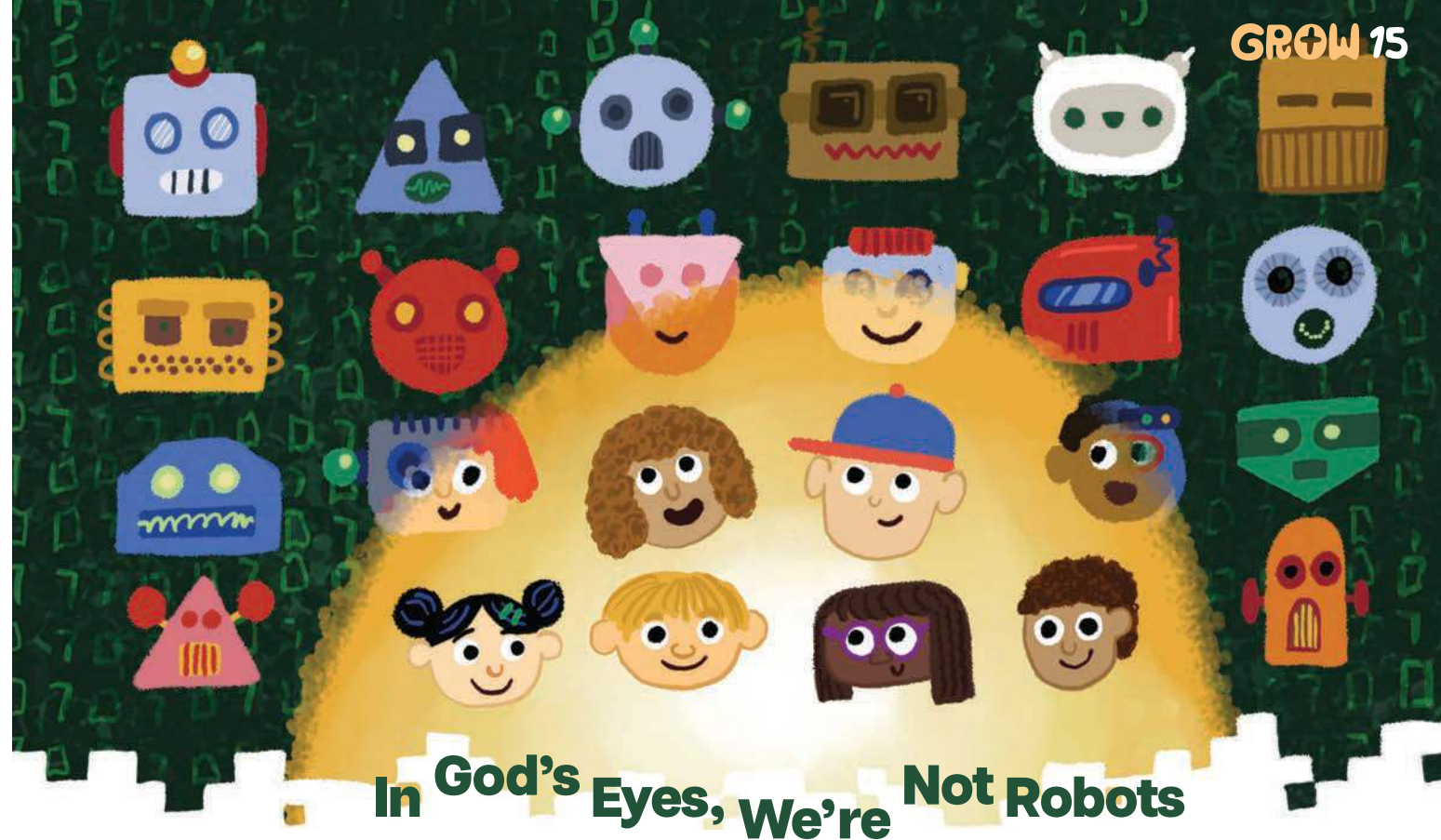
"It's kind of like giving them a friend, someone that they know is taking care of them." 

Riese is still a few years away from her dream of moving to Africa as a missionary. But she is already making a difference in the lives of three kids who live there. Her Grandpa Joseph would be proud!

Do you have a fundraising idea?
Draw or write it here.



Riese selling her earrings to raise money to sponsor Joseph.



Would you rather be treated like a rule-following robot or part of a loving family? If someone treated you like a robot, they would give you lots of rules and orders without caring about how you feel or what you think. That doesn't sound like a good life. But back **when Jesus lived on earth, there were some religious leaders who wanted to control their people like they were robots.**

These leaders, called Pharisees, really wanted everyone to obey God's law. Normally, wanting to follow God is a good thing. But the Pharisees became so focused on following the rules perfectly that they forgot to care about the people they were leading. They even made extra rules that were too strict.

Read

- John 10
- Mark 12:28-31

Act

- Draw a picture of a robot and think about some of the ways people treat each other unlovingly. Then draw a picture of your family and think about how loving families treat each other.
- Tell someone about God's love for them and what Jesus did to save them.

The Pharisees misunderstood how to follow God with kindness and love. In the New Testament, Jesus teaches the right way:

"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these." (Mark 12:30-31, NIV)

All of God's commands are there to help us love God and people.

Why do we follow God by being loving? Because God is loving. He loves our whole selves! **Like a loving parent, God cares about**

our heart, mind and soul, not just how many rules we follow.

That's why Jesus came to earth. Jesus said, "I have come that they may have life, and have it to the full" (John 10:10, NIV). God created us to live a full life with him, but our sin held us back from loving him. So Jesus died on the cross to set us free. Now we can follow God and live with him forever!

And **when people live the way Jesus taught, they care for one another like family.** They help people who get hurt, encourage people who feel sad and protect people who are weak.

God treats us like family, not robots. Let's treat each other the same way!

Pray

- Thank God for loving you and caring about your whole life.
- Pray for God to show you ways to love others like family.

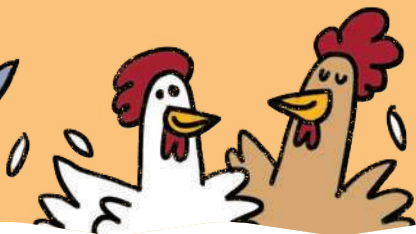


GIGGLE

Submit your caption at:

explorer.compassion.com/giggles

José is an 11-year-old from Ecuador who loves exploring the beach and searching for crabs. "We like to fish at the beach. Sometimes we catch eight fish and take them home, where my mother prepares them so we all can have dinner," he says.



Hatch a Plan To Help!

Join other Explorers in pecking out the perfect gift for a child in need – a chicken! You'll help a family enjoy fresh eggs and even earn extra money. Ask an adult to help you go online to learn more about this egg-citing opportunity!



About the cover

Nine-year-old Victor stands next to a manger filled with yummy maize leaves, ready to feed the cow that Compassion helped his family get. Because of this cow, Victor can enjoy fresh milk that keeps him strong and helps his family earn money for everything they need.

