ACTIVITY:

Dyeing Scarves

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An important skill and source of income for women who are part of Kenya's Self-Help Groups often includes dyeing beautiful silk scarves and selling them. An easy activity to do with kids using Kool-Aid, this activity also doubles as a great fundraiser idea.

Materials: Kool-aid (different colours), glass bowl (one per colour), white vinegar, a colander, a microwave, playsilk scarves

Instructions:

1. Based on the colors you want, assemble your Kool-Aid packs. You can reference the handy chart at the bottom to determine which color combinations you want.
2. Place playsilk scarves in a pot of hot water with 2 tablespoons of vinegar for 30 minutes to help the fibers absorb the colors. Remove one scarf at a time to dye.
3. In a glass bowl, pour 2 cups of water, 1/2 cup of vinegar, and Kool-Aid packs. Dissolve thoroughly.
4. Place the scarf in the glass bowl and cover with plastic wrap. Microwave on high for three minutes and allow to sit for three more.
5. Allow scarf to cool. Over a colander, begin to rinse/wring your scarf until water runs clear.
6. Set your scarves to dry in the sun while you endlessly try to keep your kids away from them!

Colour Combinations:

Pink - 3 Pink Lemonade	Red - 2 Cherry + 2 Jamaica
Orange - 3 Orange	Yellow - 3 Lemonade
Green - 4 Lemon Lime + 1 Blueberry	Lime Green - 3 Lemon Lime
Blue - 4 Blueberry + 1 Grape	Skyblue - 3 Blueberry
Brown - 2 Lemonade + 1 Grape + 1 Orange	Purple - 3 Grape

Note: For younger children see attached activity sheet.

Source: www.triedandtrueblog.com

FUNDRAISER:

Pledge for Hope

As we can see from the story, Fatma likes to jump rope. Kenya is also known in the sports world for its long distance runners. Many have won competitions world-wide.

Have the children collect pledges and run a certain distance around the church! Smaller children can jump rope or run on the spot for a set time. Make sure everyone is hydrated and that the event is held on a day when the weather is appropriate.

Funds raised can be donated to CBM's Urban Ministries Self-Help Groups of Kenya.

PRAYER:

God is Always With Us

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Lord, thank you that you love Fatma and children like her in Kenya. Please bless CBM's Urban Ministry program to reach out to these families and give them hope as they show the love of Jesus. Thank you also that Kenya took in all these families that had to run away from their home countries. Please bless all the refugees in Kenya and the people in Kenya who help take care of them. Amen.

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My Home Away from Home in Kenya

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LEARNING OBJECTIVE	For children to learn about caring for the refugee & person in need
BIBLE APPLICATION	Matthew 25:25-36
KEY CONCEPT	God is always with us
MISSION ADVENTURE	Kenya

BIBLE VERSE:
Matthew 25:35-36 | God is Always With Us

15

INTRODUCTION:

The Bible is filled with stories that show how God wants us to care for the earth, other people, and ourselves. And he has a special heart for those in great need, such as refugees. God still takes special care of people like that today. We are all part of God's family, and together we are all children of God – that's why we have to look after each other. In these lessons, we will learn more about how we can respect and care for each other! … Read More (see *Introduction Sheet*)

BACKGROUND:
Kenya

For decades, Kenya has been a place of refuge for those fleeing from the turmoil of neighbouring countries, particularly from drought, hunger, and civil conflict. Hundreds of thousands have come across Kenya's borders into its North Eastern Province (NEP) over time. Some of these refugees have migrated into Nairobi. Often living in poverty with very few options and even fewer rights, families are crammed into small apartments doing what they can to earn enough to pay rent and feed their children. In this urban, primarily Muslim, low-income environment, women and young girls suffer the most isolation.

CBM's Urban Ministries Program in Kenya facilitates Self-Help Groups (SHG) among women. These groups have been established with the goal of empowering women socially, economically and politically. These groups provide members with social support as well as a voice to speak about issues that affect the lives of their families and community. Women have also learned practical skills, such as basket weaving, tie dye and how to make soap for income generation to better provide for their families. They also benefit from a safe environment where they can share their experiences and support one another.

Self-Help Groups not only improve the social, economic and spiritual well-being among its members, it also supports adult literacy, provides skills training scholarships, sack garden training, access to sanitation and clean water, as well as scholarships for vulnerable children.

Scholarships have been pivotal in allowing children to attend school. Even though primary education is free in Kenya, this status does not apply to the refugees of this program. Also, there are other school related costs such as uniforms, activity fees and school supplies. A proper education can lead to more secure jobs and careers for their future. As children coming from refugee families, their options and rights can be severely limited. Education is fundamental in elevating children out of poverty and isolation, particularly girls, as many cultures tend to favour educating boys when funds are scarce.

PHOTO: RANDY VANDERVEEN

PHOTO: RANDY VANDERVEEN

FUN FACTS:

- Kenya features many national parks and wildlife reserves, with safaris being a popular activity for visitors. Animals in Kenya include lions, buffalo, leopards, giraffe, zebras, elephants and rhinoceros! The Kenyan government has set up more than 50 reserves and parks to protect these animals.
- The two official languages in Kenya are English and Swahili, although there are dozens of other languages spoken in various parts of the country.
- Agriculture is important to Kenya's economy, especially tea, coffee and flowers. Although coffee is a huge export item, Kenyans prefer to drink tea instead.
- The country has two distinct seasons, a rainy and a dry season. Christmas is the start of the summer season.
- Music and storytelling are important parts of Kenyan culture. For centuries, tribes throughout the country have used songs, stories, and poems to pass on their beliefs, history, and customs.

Source: www.kids.nationalgeographic.com

MISSION ADVENTURE STORY:
My Home Away from Home in Kenya

10

Hi! My name is Fatma and I'm 10 years old. I have two younger sisters and two younger brothers. My family used to live in Somalia, but because of civil war, they escaped to Kenya. I was born in Kenya so I don't know what Somalia's like. Together with my mom, we all live in my uncle's small apartment in a busy Kenyan city. Our neighborhood is a very crowded and noisy place.

It was really hard for mom when she arrived in Kenya. She said that she was very lonely and sad. She had no one to help her until she found out about a group for women (*see BACKGROUND: Kenya for program info*). It helps mothers like mine who are refugees in Kenya. Now my mom has new friends she can talk to and share her problems with. They really encouraged her. She is learning many things about business and sharing ideas with other women. The Self-Help Group also paid for my school fees! My mom couldn't afford to send me to school before. I'm so happy that I can go to school! My favourite subjects are math and English. At recess, I love playing jump rope with my friends.

Most of the time we have two meals a day at home, breakfast and dinner, but sometimes we can't afford food. I don't have a favourite food because I'm just happy to have whatever there is to eat. I'm very grateful for the Self-Help Group, as the other women share their food with us when they can.

I help my mom by taking care of my younger brothers and sisters. I also help out around the apartment. I am proud of my mom and all that she does to take care of us. She loves us and does her best for us. She prays a lot. I love it when I see her praying. I admire her for that.

My mom says she has the same hope for her children that all mothers do, for us to grow up happy and successful someday. I have dreams for my future and I want to be a pilot when I grow up. I want to say "Hi!" to all the children in Canada! Thank you for praying for me and my family. I would love to visit Canada and play together with you someday!

DISCUSSION QUESTIONS:

1. Why did Fatma's parents leave Somalia for Kenya? *(Because of civil war)*
2. Who is helping Fatma's mom? *(Women's Self-Help Group)*
3. What kind of help is she receiving? *(support and encouragement, income training, school fees)*
4. What is your favourite food? Why doesn't Fatma have a favourite food? *(because they can't always afford food, so she is happy to eat whatever they have)*

5. How does Fatma help her mother? *(taking care of siblings, helping out around their apartment)* What do you do to help out your parent(s)?
6. How can we here at church be like the Self-Help Groups and help families in our community? *(Make a list of their suggestions and pick one to work on over the next year as a class or church; alternatively, encourage kids/families to volunteer at services that already exist.)*

DISCUSSION ACTIVITY:

Fatma has drawn a picture of what she wants to become. *(Show her drawing).* What do you want to be when you grow up? *(Have children draw a picture of their dream job and then share why they choose it. Post their pictures up.)*

SNACK:
Corn Roast

10

Maize, or corn, is a staple of the Kenyan diet. Street vendors will sell this along with salt, chillies and lime, though the type of corn on the cob is different than the sweet variety we have in Canada.

Ingredients: Corn (husked and washed), butter, salt and other seasoning

Directions: Boil, bake or put on the grill, then serve with butter and seasonings.