



PLAY IT FORWARD

CHALLENGES

10 FUN FAMILY GAMES
THAT HELP YOUR KIDS LEARN
HOW TO *PAY IT FORWARD*

HOW TO USE THIS GUIDE

————— Read first —————

Welcome—this guide is for you and your family. Use it however you want! Change up the games! Make it work for your family!

Each game has an overview that will tell you approximately how long it will take, what materials you'll need, and any special notes about where to play it.

After you play the game, the “Game Playback” session is where you can discuss and go deeper with what you learned.

Then the “Play it Forward” section gives you ideas to apply what you learned to vvpay it forward: What good do you want to do, and how will you do it?

Overview of Games

- 1 WATER WALK** — *learn what it takes to get water for your basic needs*
- 2 COLOR PARTY** — *spend some time enjoying all the colors God made in the world*
- 3 FOOD FIND** — *learn about the causes of hunger and interesting solutions to food shortages*
- 4 QUICK ESCAPE** — *see what choices you'd make if you were a refugee*
- 5 SOUP SHARE** — *see how sharing and working together make us greater than the needs we all face*
- 6 BIRTHDAY SURVIVAL** — *learn about the special health challenges for kids under age 5*
- 8 GIFT GIVE** — *learn how unique gifts make a special difference for the giver and receiver*
- 7 HARD DAY'S WORK** — *learn how some kids have to work instead of go to school*
- 9 CHOICE DARE** — *learn about the choices children in poverty have to make*
- 10 TOY BUILDER** — *learn how some kids without toys make their own and how you can, too*

We hope your family has a great time together!

Let us know how it's going! Email Carla at cgawthro@worldvision.org, send us a comment on [World Vision's Facebook page](#), or tag us in a photo of you playing a game on [Instagram](#).

Cover image:

Ezekiel and his mom Rachael race to the finish line in a 5K color dash in Saint Peter, Minnesota, in June 2013. The event was organized by “Livestock,” a non-profit music festival, founded by Jill and Alex Hass, to provide animals through World Vision's Gift Catalog. “This was our first color dash,” says Rachel. “The picture captures his attitude toward life.” She added that “Loving others and helping them is central to our goal to further Christ's Kingdom by showing love. Running the race, and donating money toward World Vision and other charities is important to us because it helps us think outside of ourselves.”



WATER WALK

GAME 1

Game Overview

Time needed:

30 minutes

Materials needed:

- 2 buckets
(3-gallon buckets or large mixing bowls)
- 2 large car-wash style sponges or plastic cups
- Towels

Goal of this game:

Learn what it takes to get water for your basic needs.

NOTE: *Play outside if possible. If you need to play inside, use a non-carpeted room, put down towels, and have a mop on hand to clean up spilled water. Expect to get wet!*

Coach: Introduce the game

Water is used in many more ways than we even realize. The average American family uses more than 300 gallons of water per day at home. Think of the ways we use water:

- *Teeth brushing:* 1 gallon
- *Flushing the toilet:* 2 gallons
- *Shower:* 5 gallons per minute
- *Dishwasher:* 6 gallons
- *Drinking water:* 1/2 gallon per person

Water is fundamental to life. What if our access to clean water was cut off? Imagine all the ways our daily routines would change. How much water does your family use? How many times would you have to go the river or water hole to get dirty water? The risks are huge—every day more than 4,000 children die of water- and sanitation-related diseases. But what is a mother to do if she has no alternative to dirty water?

Play the game

Place the buckets (or bowls) about 15 feet apart. One bucket is “home” and the other is the “watering hole” where you get the water. Your goal (either as one team or divide into teams and make it a race; just double your materials) is to bring water home from the watering hole—by carrying it in a sponge (or cup) on your head, with no hands!

Place the empty sponge (or cup) on your head at “home” and walk to the “watering hole.” At the “watering hole,” take the sponge off your head, put it in the bucket, and let it soak up as much water as it can. Then put the full sponge on top of your head, remove your hands, and walk back to the “home” bucket. Squeeze the water from the sponge into the bucket (using your hands) and give the sponge to the next person, who will repeat the steps. This will continue until the watering hole bucket is empty!

If at any time the sponge falls off your head, you must return to the line you just left and start over. If you drop it on the way to the watering hole, you’ll start back at home. If you drop it on your way home, you’ll start back at the watering hole.

Game playback: What did you learn?

How long did it take you to get all the water “home”? How do you think life would change for someone who went from traveling hours each day to a watering hole to having easy access to plentiful, pure water? Watch [Everlyn’s](#) story on World Vision’s You Tube channel.

“Play” it forward: What good do you want to do? Go do it!

- Use what you learned playing the game to “pay” it forward
- Look for “water walks” in your city ([Seattle](#), [Chicago](#), [Twin Lakes](#)) or start one yourself!
- Host a [lemonade stand](#) like Tyler did with fresh, clean water to raise funds for kids who don’t have water.



INSPIRATION STORY

WATER WARRIOR

Caleb, age 11

“About three years ago, my parents started talking about kids in Africa, kids who walk miles and hours to get water for their families. This water isn’t even clean. It’s the kind you wouldn’t wash your dog with, but it’s all they have,” explained Caleb, 11, from Colorado. “If there’s anything I can do to help other kids, then I want to do it.”

At the time, Caleb was 8. His parents were running a marathon with [Team World Vision](#) to raise funds for clean water projects. He started with a one mile run. When he turned 9, he ran a 5K with his grandfather, age 69—a first time for both.

“This past year I made one of the craziest decisions of my life. I wanted to run the half marathon, which is 13.1 miles” said Caleb. “At first, my parents said no, but then I convinced them.”

“Running a half marathon means training every single day. Some days I didn’t want to get up,” said Caleb. “But then I’d think about kids who had to get up and walk, carrying heavy water.”

Caleb convinced five of his friends to run with him. “The race was fun, and exhausting. But the best part was the outcome: I raised over \$45k.” And he’s already planning to race next year! ■





COLOR SPRAY

GAME 2

Game Overview

Time needed:

1 to 2 hours

Materials needed:

- 2 large buckets or bowls
- Small water balloons
- Cold water
- Cornstarch
- Neon food coloring
- 4 spray bottles
- A rope or ribbon to make a long line in the grass
- Colorful fruits, vegetables, and juices for snacks

Goal of this game:

Celebrate the vibrant colors within God's creation.

NOTE: *Play outside and wear clothes you don't mind getting dirty!*

Coach: Introduce the game

Imagine waking up one morning to discover all the color in the world had disappeared. Everything would be black, white, and shades of gray. What colors would you miss the most? Today, we are going to celebrate color by having a colorful game of water balloon dodgeball!

Play the game

Parents: You can prepare the colorful water balloons ahead of time or make this a part of the activity with your kids. Here's how to make them:

- Combine 2 cups cold water, $\frac{3}{4}$ cup corn starch, and 10 drops of one color of food coloring in a saucepan.
- Heat over medium heat, stir constantly, and stop as soon as the liquid begins to thicken (you don't want it to get too thick!).
- Add the liquid to a spray bottle. Attach a balloon to the nozzle of the bottle, and squirt the liquid into the balloons until full.
- Repeat with other colors until you have the desired amount of water balloons.

Outside, place a rope or ribbon across the yard to divide it into two sides. Divide into two teams, and give each team the same number of water balloons. Count to three and yell, "GO!" All the team members race to the line and throw balloons at their opponents.

Play for fun, or play to win: If someone gets doused with color, they're out. If the balloon hits them and does not break, the thrower is out. The team that survives the longest wins.

Game playback: What did you learn?

After the game, gather for snacks and refreshment, and take some time to talk about the game.

Color is such a beautiful blessing. How do you think your day-to-day life would be different if you did, in fact, wake up one day to a world without color? How would you rely on your other senses to make up for the lack of color?

In the beginning, God had a blank canvas before him. He could have created a colorless world – or even a world with only a couple colors in it! But he didn't. His love of color is written on the petals of flowers, the blue of the sky, and the skin of all people across the world. Why do you think he did this? If color is from God, and God is good, is there such a thing as a bad color?

"Play" it forward: What good do you want to do? Go do it!

- Find a [color run](#) near you, raise funds, and donate them to your favorite charity.
- Bless your loved ones with the gift of color by painting them a picture, giving them a hand-picked bouquet of flowers, or cooking for them a beautiful, colorful meal, utilizing colorful produce and spices available at the local market.



FOOD FIND

GAME 3

Game Overview

Time needed:

15 to 20 minutes

Materials needed:

- 3 to 5 food items you will hide for each child playing to find, i.e. banana, apple, orange, ear of corn, carrot, bag of rice, bread in a sandwich bag, etc.
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Goal of this game:

Learn why it is hard for some kids to get enough food to eat.

Coach: Introduce the game

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(Hide all the food items before you start the game.)

The world produces enough food for everyone to have enough. Yet, one in eight people in the world do not have enough to eat. Why?

Some people can't grow enough food. Many poor farmers are unable to grow enough food to feed their own families. Sometimes it's because they don't have the money to buy good seeds. Sometimes it's the weather—not enough rain or too much rain can ruin gardens and crops they've planted. Sometimes it's because disease harms the crops they are trying to grow. Sometimes it's because they may grow enough food for part of the year but lack safe storage to save food for the cold or dry seasons when they can't grow food.

People who don't grow their own food often go hungry because they lack the money to buy food. Nutritious food is more expensive than unhealthy, processed food.

Play the game

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Tell your kids the number of food items you've hidden, and give them a time limit to find them based on their age and how well you've hidden the items! After they find them all, come back together.

Game playback: What did you learn?

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How did you feel when you found the hidden food? Was it easy or hard?

Think about the last time you were hungry. What happens to you when you're hungry? Do you ever get "hangry"?

“Play” it forward: What good do you want to do? Go do it!

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- Learn more about how different organizations are fighting hunger around the world, and consider making a donation to help (ideas: [Bread for the World](#), [World Vision](#), [Feed the Hungry](#))
- Learn more about how local organizations are helping hungry people in your community. Find out what your local food bank needs, and add those items to your grocery list this weekend. Consider making a donation to your local [food bank](#).



QUICK ESCAPE

GAME

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Game Overview

Time needed:

20 minutes

Materials needed:

- A representative item for each item on the Packing List
- Picture of the solar system and rocket ship (*optional*)
- Backpacks or bag big enough for all items on the Packing List
- Wireless access for web and YouTube links (*optional*)

Goal of this game:

Differentiate between wants and needs, as well as imagining choices refugees make.

Coach: Introduce the game

PACKING LIST

- Food
- Candy
- Water
- Music
- Movies
- Books
- Toys and sports equipment
- Money
- Clothing
- Clean air
- Bed
- Medicine
- Family
- Computer
- Phone

(Hold up pictures of the solar system and a rocket ship) Mission Control has discovered a new planet, and our family gets to go! Close your eyes for one minute and imagine: How will we get there, what will it look like, and who will we meet?

Ok, open your eyes. What's similar and what's different about what each of us imagined?

Now let's pack our 15 items to bring.

Play the game

Wait! Mission Control has just limited our cargo space to 10 items. What do we want to take and what do we *need* to take? Take out 5 items.

Uh-oh. An emergency announcement just came through that there is even less space available. We can only take 7 items. Take out 3 more items.

We should now have only the items that are essential for survival. What do you think?

What was easy about choosing what to leave behind? What was harder?

Game playback: What did you learn?

What's the difference between want and need? What does a person truly need to survive? What would you take if you had to leave your home because war broke out and it was too dangerous to stay? Millions of families have had to make that choice. They are called refugees.

What do you know about [refugees](#)? [Learn more about the Syrian refugee crisis](#) and [watch this video about a family](#) making decisions about what they would take with them.

“Play” it forward: What good do you want to do? Go do it!

Prayer matters. Here are some prayer ideas:

- Heavenly Father, help refugee families get the food, water, and medicine they need. Protect them from the fighting around them.
- Prince of Peace, take care of refugee children. Help them find safe homes and access to school. Help their parents find jobs to take care of them. Heal them of scary memories.

Children can [give](#) part of what they earn from this week's allowance or chores (or see how much they can earn to donate): just \$4 for a light, \$10 for food, or \$14 for a safe place to learn and play.



SOUP SHARE

GAME 5

Game Overview

Time needed:

45 to 60 minutes
(includes preparing and cooking soup for 6 to 8 people)

Materials needed:

- Large pot
- 3 medium-sized stones, washed clean
- 4 Tbsp olive oil
- 3 medium leeks or 2 onions (chopped)
- 2 cups carrots (peeled, chopped)
- 2 cups potatoes (peeled, diced)
- 2 cups green beans
- 2 cups corn
- 2 quarts chicken or vegetable broth
- 4 cups tomatoes (peeled, seeded)
- 1 bay leaf
- ¼ cup fresh parsley (chopped)
- Salt and pepper

Coach: Introduce the game

Sometimes we all, especially children, feel like we can't make a difference with the little we have. We hesitate to share what we have because we think we'll lose. But even the smallest of contributions together multiply so that everyone gets more back than what they contributed.

Today we're going to read a story called Stone Soup—and make it!

Play the game: Read the following story, called "Stone Soup"

Three travelers walked slowly down a road in a strange country. They were tired and hungry. They had eaten nothing for two days.

"I would like a good dinner tonight," said the first.

"And a bed to sleep in," added the second.

"But that is impossible," said the third.

Soon they saw a village. "Maybe we'll find a bite to eat and a bed to sleep in," they thought.

When the villagers heard that three strangers were coming, they were worried. "Here come three strangers," they said. "Strangers are always hungry. But we have so little for ourselves." So, they hid all their food.

The travelers stopped at a house. "Good evening," one said. "Could you spare a bit of food?" one asked. "And do you have a corner where we could sleep for the night?"

"Oh, no," the man lied. "We have nothing to share." Then the woman lied, "And our beds are full." At each house, the response was the same.

The travelers talked together. The first one called out, "Good people! We are three hungry visitors in a strange land. We have asked you for food, and you have no food. Well, we will have to make stone soup." The villagers stared.

The travelers asked for a big iron pot, water to fill it, a fire to heat it, and three stones. They dropped the stones into the pot.

[Take out the pot and drop in the stones]

"Any soup needs salt and pepper," the first one said, so some children ran to fetch salt and pepper.

"Stones make good soup, but carrots would make it so much better," the second traveler added. A woman replied, "Why, I think I have a carrot or two!" She ran to get the carrots.

"A good stone soup should have some potatoes," said the third traveler. Another woman said, "I think I can find some potatoes." And off she went.

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SOUP SHARE

GAME 5

Game Overview

Goal of this game:

Learn the importance of sharing and contributing to the greater good.

(continued)

The travelers said, “If only we had a bit of barley, this soup would be fit for a king!” And so another villager found some barley.

“The soup is ready,” said the travelers.” Tables were set up in the square, and all sat down to eat. Never had there been such a feast. Never had anyone tasted such delicious soup made from stones! The mayor offered beds at his home for the travelers.

In the morning, the villagers gathered to say goodbye. “Many thanks to you,” the people said, “for we shall never go hungry now that you have taught us how to make soup from stones!”

Game playback: What did you learn?

As you discuss, remove the stones and make the recipe for garden vegetable soup.

Heat the olive oil. Once hot, add the leeks and a pinch of salt and cook until soft, approximately 7 minutes. Add the carrots, potatoes, and green beans and cook for 5 more minutes. Add the broth and bay leaf. Increase the heat to high, and bring to a simmer. Then add tomatoes, corn, and pepper. Reduce the heat to low, cover, and cook until the vegetables are tender, approximately 30 minutes. Remove from heat and add the parsley. Season, to taste, with salt. Serve.

Discuss: Why did you like or dislike the story? What made the soup taste good? How did the villagers change while the soup was cooking? What is the story’s message? Why is sharing important—and what happens when people don’t share?

Read John 6:5-13, the story of Jesus feeding the five thousand with the loaf and fishes offered by a little boy. What happened when the little boy shared what he had? How did Jesus use the boy’s gift? How do you think the boy felt when he saw so many people fed because he shared?

“Play” it forward: What good do you want to do? Go do it!

How can you share this week?

- Volunteer as a family to feed families in need at a local shelter or soup kitchen.

Make your favorite cookies and give them to a neighbor or friends at church with a handmade drawing.





INSPIRATION STORY

GLOBE TROTTERS

— Jonah (13), Mia (11), and Olivia (8) —

Matthew and Lisa Owens, both teachers, had grown up traveling overseas. They wanted their children to experience the world. So when their kids were 13, 11, and 8, the couple took a leave of absence from their jobs and spent a year traveling. They created assignments for the children along the way, and the world became their classroom.

The point wasn't just learning about other cultures. It was also deepening friendships they've been making for years.

The family sponsors children around the world with the same birthdays as Jonah, Mia, and Olivia. "To be able to connect with an actual person brings it to a heart level," Lisa says. "When our children's birthdays roll around, we're also praying for this other child. When their photos are coming to us, we're constantly looking at it from the lens of our own child's life as well."

Visiting their sponsored children in Bolivia, India, Swaziland, and Zimbabwe gave the family unforgettable shared experiences and a first-hand glimpse of God at work in the world.

"Rather than look at a picture and say, 'Oh, here's a poor kid from the other side of the world. My job is to give them money,' instead, it's seeing the wholeness of this child," Lisa says. "They're loved. They're loved by their family, their community, and they're loved and provided for by God." ■





BIRTHDAY SURVIVAL

GAME

6

Game Overview

Time needed:

45 minutes

Materials needed:

- Role-Play Cards
- World Map
- Masking Tape
- Markers

Goal of this game:

Understand factors that affect child health and survive to your fifth birthday.

NOTE: Mark a starting line across the middle of the room with masking tape. The line must be long enough for all participants to stand in a single row. Take 10 steps forward from the start line, create a second line, and label it "Healthy at 5." Take nine steps back from the start line and create a third line, labeling it "Sick at 5."

Coach: Introduce the game

You are about to play a game of survival. You are a child under the age of 5 in a country somewhere in the world. Maybe you're lucky, and live in a country where there is good healthcare and schools and your parents have jobs. Maybe you're not so lucky because disease threatens your health. Maybe you're an orphan who has to work instead of going to school.

Pick out a country ID card. Read it to yourself, carefully. Based on the descriptions on your card, you will take steps toward good health and survival, or backward to illness and possibly death.

Play the game

Give each of your kids a role-play card. Find their countries on the world map. Then have them line up along the start line facing toward the "Healthy at 5" line.

Read through the following descriptions and prompts, one at a time, allowing your kids to respond according to their respective card descriptions:

BIRTH WEIGHT

In poor countries, pregnant women don't get enough food or health care to have healthy babies. A child born underweight will struggle to develop strong bones and muscles. Their immune system will be too weak to fight off disease, and they may have learning difficulties later in life.

» Take one step forward if you were born at a healthy weight. Take one step back if you weren't.

HEALTH CARE

Access to a doctor means is crucial when you're sick or have hurt yourself. Shots, or vaccinations, protect you against preventable diseases like measles and polio. In poor areas there are usually too few doctors, or, if there is one, many people are too poor to see a doctor.

» Take one step forward if you've had your shots. Take one step back if you have not.

FOOD

Food and proper nutrition is key to staying healthy. Good quality food helps you grow strong. Living here, we have lots of high quality food. But in many countries, children eat only one or two meals a day or go for days without eating because food is expensive and hard to find.

- » Take one step forward if you get three meals a day.
- » Take one step back if you eat less and are too hungry to play.

WATER AND SANITATION

The United States has good water and sewer systems. Some people around the world do not have access to safe, clean water or toilets or water treatment systems. Their drinking water has dangerous parasites and bacteria that cause disease and diarrhea, a leading cause of death in children under five.

- » Take one step forward if you drink clean water from a tap. Take one step back if this is what you lack.
- » Take one step forward if there's a toilet in your home. Take one step back if you are forced to roam.

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BIRTHDAY SURVIVAL

GAME

6

(continued)

EDUCATION

In the United States, school is free. But many kids around the world can't attend school because they have to work or their parents can't afford to pay tuition. Kids who attend school are more likely to be healthy and able to get better jobs in the future.

- » *Take one step forward if your days are spent in school.*
- » *Take one step back if this is not the rule.*

MALARIA

Malaria is a serious and sometimes deadly disease carried by certain types of mosquitoes. It is a leading cause of death worldwide. We don't have a malaria risk in the United States. Mosquito bed nets treated with special chemicals are cheap and effective in preventing mosquito bites.

- » *Take one step forward if you have a mosquito net.*
- » *Take one step back if this is something you didn't get.*

EMPLOYMENT

Parents who work can buy nutritious food, and pay medical bills and school costs. Children of unemployed parents may get poor-quality nutrition and may not get the healthcare they need. These children are also more likely to work instead of going to school.

- » *Take one step forward if one or both parents work for your daily bread.*
- » *Take one step back if you or your siblings work instead.*

AT THE END OF THE GAME, EXPLAIN: If you reached the "Healthy at 5" line, you survived to 5 years old. If you did not, you are closer to illness and death. If you're in the middle, you survived your first five years, but may have health problems as you grow older. If you're at the "Sick at 5" line, you are at greatest risk of dying.

Game playback: What did you learn?

What surprised you most during this activity?

What was the biggest challenge to your health?

How do you feel about children who were healthier than you, or those who died before age 5?

How would you help children who were less healthy than you? What would you say to them? What do they need?

"Play" it forward: What good do you want to do? Go do it!

Invite everyone to join you in prayer and a time to consider action.

Pray that all countries will work toward the common good of children, and that one day no child will go without food, shelter, medical care, or education.

Brainstorm ways your family can improve the lives of children, such as volunteering at a school, homeless shelter, or at your church's nursery on Sunday, visiting patients at your local children's hospital, or [sponsoring a child](#) in another country.



HAITI

EMMANUEL / JOHANNE

- I was born underweight.
- I did not receive any shots when I was young.
- I get only one meal a day.
- I have a water tap near my home but do not have a toilet.
- I am not able to attend school.
- I have a mosquito net.
- My father died because of AIDS. My mother does not have a job and my siblings work.



SIERRA LEONE

SAMUEL / MARIAMA

- I was born underweight.
- I did not receive any shots when I was young.
- I eat one meal every other day.
- I do not have a water tap or toilet in my home.
- I am not able to attend school.
- I do not have a mosquito net.
- Both my parents died because of AIDS. My brothers have to work.



AFGHANISTAN

ASSEF / SORAYA

- I was born underweight.
- I received all my shots when I was young.
- I rarely eat because my parents cannot afford food.
- I do not have a water tap or toilet in my home.
- I am not able to attend school.
- I do not have a mosquito net.
- I have to work because my parents do not have jobs.



EL SALVADOR

ANTONIO / CLAUDIA

- I was born with a good birth weight.
- I received all my shots when I was young.
- I eat two meals a day.
- I have a water tap and toilet in my home.
- I am able to attend school.
- I live in an area without malaria and don't need a mosquito net
- Only my mother has a job.



INDIA

VIKRAM / PRIYANKA

- I was born underweight.
- I did not receive any shots when I was young.
- I get one meal every other day.
- I live near a water tap but do not have a toilet in my home.
- I am able to attend school.
- I do not have a mosquito net.
- I have to work since my father doesn't have a job, and my mother got sick and died.



USA

ANDREW / JULIA

- I was born with a good birth weight.
- I received all my shots when I was young.
- I eat three meals a day.
- I have a water tap and toilet in my home.
- I am able to attend school.
- I live in an area without malaria and don't need a mosquito net.
- Both my parents have jobs.



HARD DAY'S WORK

GAME 7

Game Overview

Time needed:

1 to 2 hours. Best done on a family camping trip or as an extended outdoor activity.

Materials needed:

- 1 bucket per person (2+ gallons)
 - Water filter or water purifier, if available
 - 1 camping pot
 - Potatoes, peeled and cut into chunks
(optional: other ingredients you'd need for mashed potatoes or potato salad recipe)
 - Matches
 - Bar of soap
 - Dirty T-shirts
 - Stones for scrubbing clothes
 - String for line drying clothes
-

Goal of this game:

Walk through the daily chores of other children from around the world.

Coach: Introduce the game

The daily chores of children around the world can look pretty different depending where they live. Many tackle arduous and labor-intensive tasks simply to have clean water to drink, food to eat, and clean clothes to wear in the morning. Today, let's discover what it might feel like to be one of these children, walking through their daily chores, one by one.

Play the game

Have each participant take an empty bucket. Walk to the nearest natural water source (if unavailable, use tap water, but try to choose a source that's far from the campsite). Carry full buckets of water back to the campsite.

In the campgrounds or surrounding area, look for scraps of dry wood to use for firewood and bring them back to the campsite. Remember to collect both small tinder, like dry grass, twigs or pine cones, and larger kindling, like branches and logs.

Build a campfire using the collected wood and matches in the campground fire pit (parental supervision advised).

Fill a large camping pot with some of the collected water and place it over the established campfire. Heat the water to a rolling boil and boil for 2 to 3 minutes. Allow water to cool.

Use the now purified water to wash dirty T-shirts. Scrub the shirts with some water, soap, and stones until clean. Rinse with clean water. Line dry.

Bring another pot of water to boil. After bringing to a rolling boil for 2 to 3 minutes, add the potato chunks and boil for 12 to 15 minutes so they are ready to eat. Make them into mashed potatoes or potato salad for your family to eat.

Game playback: What did you learn?

How long did it take to accomplish all of these chores? Can you imagine doing this on a daily basis? How would these labor and time-intensive chores impact your ability to play, go to school, and spend time with loved ones if you had to do them regularly?

“Play” it forward: What good do you want to do? Go do it!

“Little children, let us not love in word or talk but in deed and in truth.” How could you show the love of Christ by helping others meet their daily needs? Here's some ideas to get you started.

- Offer to help an elderly friend, neighbor, or single parent for free: Would they like you to weed their garden, or mow their lawn, or what?
- Organize a car wash with your church or small group and use the proceeds to [help children trapped in child labor get an education](#).



INSPIRATION STORY

ADVOCATES IN ACTION

— Adelaine (9) and Lukas (11) —

When Anna Goodworth taught her children about slavery in their homeschool history class, Adelaine and Lukas, then 5 and 7, asked if slavery still exists today. Anna told them about human trafficking and child labor, a modern form of slavery, and that even the things they bought could be made by exploited children.

“My son said he wanted to do another Boston Tea Party and take everything they had that was made by slaves and throw it in the river,” says Anna. “Instead of getting arrested, I opted to have them write a letter to the president and our [members of Congress].”

A few months later, the family visited Washington, D.C., and met with their congressional members, including Rep. Elizabeth Esty. They spent time with World Vision staff discussing how to advocate for a bill. They urged Rep. Esty to consider legislation that addresses human trafficking. Back home, the children followed up with thank you notes.

A year later, Anna received an email from Rep. Esty’s office, explaining that the family’s visit inspired her to back the anti-trafficking bill—which is now law.

“It’s different when kids are speaking out for kids,” Anna says. “They can say, ‘They’re just like me—they’re the same age as me.’ It’s been very empowering and humbling.” ■





GIFT GIVE

GAME

8

Game Overview

Time needed:

30 minutes

Materials needed:

- A glass of water
 - A fruit / vegetable
 - A book
 - A loaf of bread
 - A shoe
 - Pen and paper
-

Goal of this game:

Discover the abundance of gifts within your home—and within you.

Coach: Introduce the game

.....

Behind every item in our home are the hands of others—people who use their knowledge and talents to produce the things we need, as well as all the people in between who get these items to us.

How would your life change if everyone stopped using their God-given talents? Where would we get the things we need, like clean water, our stove, or our produce?

Each of the items in front of you has a story. What knowledge, talents, and tools did these people use to produce each item?

Play the game

.....

Place the items on the table in front of the children. Give each child a pen and paper to write on. Ask them to write down how people were involved in the making of each item. What talents, tools, or knowledge were required for them to be able to create? In what way do they depend on the talents and knowledge of other people? Where did they learn how to create these things?

Once they've finished, ask them to share and discuss their answers.

Next, ask them to go and pick out their favorite possession—a toy, book, instrument, hat, ball, etc. Ask them to do the same thing with these items. Ask how would they feel if the makers behind these items didn't use their God-given talents to create them.

Game playback: What did you learn?

.....

To survive and thrive on a daily basis we depend on the outpouring of other people's gifts. People are making and creating throughout the world, *for* the world—and it is good! In James 1:17 we learn that “Every good gift and every perfect gift is from above, coming down from the Father of lights.” It is important for us to recognize that there are hands and hearts behind the items we use daily.

“Play” it forward: What good do you want to do? Go do it!

.....

God, the ultimate gift-giver, created each of us with a unique set of talents, passions, and abilities. Do you love to draw or dance? Are you epic in soccer or basketball?

How could you use your strengths to help others? Ideas:

- Host a sports day at the local park. Invite your friends and their younger siblings, and work together to teach the younger children how to play a sport (or dance!)
- Make something (cards, bracelets, cookies, anything!) and sell it to your friends, neighbors, or church community. Use the proceeds to [purchase a gift for somebody in need](#) or to donate to your local food bank.



CHOICE DARE “Would You Rather”

GAME 9

Game Overview

Time needed:

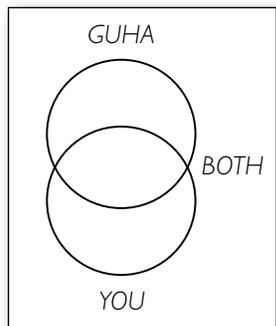
20 minutes

Materials needed:

- A big piece of paper or poster board
- A marker

Create your game graphic:

On the big sheet of paper, draw two big, overlapping circles. Label them like this:



Goal of this game:

Learn about the choices children in poverty have to make.

Coach: Introduce the game

Children living in poverty often have to make choices that are very different than the ones we make every day. They might not have very good options to choose from. Their circumstances can be very difficult. They might not have clean water, or toilets. They might not be able to see a doctor, even if they really need it. They might not have time to play because they have to work so hard just to survive.

Play the game

Ok, everyone sit down and get comfy. I'm going to read you a story.

Guha is a 7-year-old boy who lives in a remote, mountain village in China. It's very cold in the winter, and his two sisters have to walk 20 minutes to school every day. They have to cross three rivers, but one bridge has collapsed and they have to jump across on rocks. If the water level is too high, they can't get to school. When he's 12, Guha will have to go to school 1.5 hours away. He'll have to live there because it's too far to walk every day.

People in Guha's village have to walk a long way to collect water from a stream. The village has no proper toilets.

Guha and his sisters share a lunch of cold potatoes and rice at school, even though it's cold outside. When he gets home, Guha starts a fire, collects water, feeds the chickens and pigs, and takes care of the horse, which is his favorite chore. He wants to be a teacher when he grows up.

[Use the big sheet of paper/poster game piece mentioned in the sidebar to the left.]

What are some choices you make every day? (Example: What will I eat for lunch today?)

What are some choices Guha makes every day? (Example: Is it safe enough to cross the river?)

Are there any choices you both have to make? (Example: Am I going to be kind? When should I do my homework?)

Game playback: What did you learn?

What did you like about playing the Would You Rather game? How is it different to think about silly choices instead of the real choices people have to make every day? How are you and kids like Guha the same? How are you different?

“Play” it forward: What good do you want to do? Go do it!

Some choices are big and have an effect on other people—for good or bad. Like choosing to not wash your hands could share germs that could get someone else sick. But choosing to be kind could make someone's day.

What are some good choices we could make that would have a positive effect on children like Guha? Let's come up with a list of ideas. Then let's choose one to do this week.



TOY BUILD

GAME 10

Game Overview

Time needed:

30 minutes

Materials needed:

- 10 items picked by your kids from around your house or outside
 - Tape
 - Scissors
 - Markers
-

Goal of this game:

Be grateful for what you have.

Coach: Introduce the game

- Do you think you have enough toys? How many toys do you have? How many did you ask for last Christmas or on your birthday?
- Most kids in poverty don't have many toys, but that doesn't stop them from playing. They just make toys out of things they find. Let's try it.

Play the game

- A) Gather 10 items you can recycle from around your house or outside that aren't toys, i.e. empty paper towel rolls, empty milk carton, empty cardboard boxes.
- B) Brainstorm together: How many toys can you make out of them? What kinds of new games can you make with them?
- C) Need inspiration? [See what other kids around the world do](#) for toys or get some inspiration from other [kids activities](#).

Game playback: What did you learn?

- D) Creating your own toys means you activated your creativity. Building them took cooperation. What special talents do you see in members of your family? Take turns telling everyone in your family what talents you appreciate about them.

"Rejoice always, pray continually, give thanks in all circumstances." –1 Thessalonians 5:16-18
Take a minute to think of five things you are grateful for, and share them with your family.

"Play" it forward: What good do you want to do? Go do it!

- E) Clean out your toys and donate the ones you don't use anymore to Goodwill.
- F) [Give soccer balls](#) to kids who don't have them.

World Vision is a Christian humanitarian organization working with children, families, and their communities in nearly 100 countries worldwide to pull out the roots of poverty and injustice and grow abundance and self-sufficiency. We love people in need because Jesus does, and we serve everyone, regardless of race, religion, or gender.

World Vision is a Christian humanitarian organization dedicated to working with children, families, and their communities worldwide to reach their full potential by tackling the causes of poverty and injustice.

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