

LITTLE PACK OF HOPE

In these difficult and uncertain times, World Vision remains committed to supporting churches. We know that families – young and old alike – are struggling to balance work, childcare and self-care while trying to maintain a sense of community.



Helping children in difficult times

Over the past 70 years, World Vision has become expert at responding to help children, their families and communities when they are at their most vulnerable – during emergencies, disasters and conflict.

During the Ebola crisis, World Vision helped to educate, train and support children and families to help stop the spread of the disease. In refugee camps where we work many activities are created to help support children through the anxiety and isolation they feel. Along with providing spaces where children are emotionally supported, they can play, learn and can keep being children – despite the anxiety, fear and uncertainty that surrounds them.

Children in our UK communities

In the UK, we now find ourselves in similar circumstances and the activities we use in the refugee camps and other emergency situations can now be used here. That's why we have created this simple and easy to use resource for church leaders to share with their communities.

Our prayer is that these resources will really bless your church congregation and community at this time of uncertainty and isolation. And we'd love for you to share them as widely as possible – to help children, families and communities feel connected, safe and supported.

World Vision UK will continue to pray for churches, the nation and our world at this time. **If you'd like to join us, please sign-up at worldvision.org.uk/together or text PRAY to 89080*.**



Blessings

Ruth Tormey

Senior Lead: Christian Influence & Engagement

Our promise to you: We will always respect your preferences and you can change the way you hear from us at any time, or opt-out from all communications by contacting us. Simply call freephone 08000 858188 or email info@worldvision.org.uk. We will always treat your data with the utmost respect in line with current Data Protection laws and commit to storing your personal information securely and will never sell or share your information with others.

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My Hero

This activity helps children think about who our courageous and talented heroes are, while we are all trying to stay safe during the COVID-19 outbreak. Get your children to use their imagination and creativity to help them name the amazing heroes they have in their own community. The people doing great work every day to keep us all healthy!

Ages: For children age 6+

Participants: Everyone in the room!

Setting: Home, schools

Materials: Paper, pens, crayons, markers and paints

Ask children to draw, create and decorate their very own superhero using any materials.

Encourage them to think of heroic, special people within their local communities. This could be people they know by name – maybe members of the family – or groups of people.

For example doctors, nurses, rubbish collectors, cleaners, scientists, church leaders, teachers, supermarket staff, delivery people, pharmacists etc.

Encourage everyone to be creative and ask them all about the superhero they have created and why – how are they helping during this time?

Here are a few questions you can ask, to help their imaginations

- **What is the name of your superhero?**
- **Where does your superhero live?**
- **What are their superpowers?**
- **What do you want to thank your superhero for?**

Share your superheroes on Facebook and Instagram **@WorldVisionUK**, to join our gallery of different and amazing community heroes across the UK.

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EmBracelets



This activity is to help create a sense of community on a global scale, by getting people young and old in your church congregation and wider community to make friendship bracelets for the vulnerable children who World Vision serve. Although we can't physically embrace each other right now, our hope is that EmBracelets will make children around the world feel loved and valued in a time of isolation.

It's simple, fun and a great way to keep active. It's also a brilliant way to engage elderly congregation members to feel connected and do something meaningful as part of local, national and global community.

Materials: You can choose to make EmBracelets from strands of wool, embroidery thread or even strips of material – think about recycling no longer needed clothes or textiles.

Method: There are lots of different styles and patterns available. The bracelets can be created by plaiting, knotting, knitting, crocheting and look great when accessorised with beads and buttons too. And perhaps add a message of hope and support to each EmBracelet you make.

P.S. Go online to find pattern ideas for friendship bracelets.

When we no longer need to social-distance/self-isolate, you can send the bracelets you have made back to us at:

EmBracelets, World Vision UK, Opal Drive, Fox Milne, Milton Keynes MK15 0ZR

And when it's safe for the children we serve and World Vision staff overseas, we will send your EmBracelets to the world's most vulnerable children.





Little Dreamers



This activity encourages children to think ahead and maintain their sense of wonder for a brighter future.

Introduce the activity by saying:

Everyone likes to dream and imagine about things they would like to do or have.

Ask the children about some of the things they'd like to do and the people they dream they could be. Can they discuss or explain more about it?

- **If I were a bird, I would...**
- **If I were strong, I would...**
- **If I were rich, I would buy...**
- **If I were an adult, I would...**
- **If I were superman, I would...**
- **If I were an invisible person, I would...**

- **If I could be any person in the world, I would be...**
- **If I could have one dream come true, it would be...**

You can reflect with the children and get them to go into detail about their answers. This activity can lead nicely into bedtime prayers. Especially thinking about prayers for today, here now, and the future.

Dear Lord,

Thank you that you are with me now,

That you hear my prayers and love me,

And please keep my friends and family safe tonight, tomorrow and every day.

Amen



WASH posters

Around the world where World Vision works, our Water, Sanitation and Health (WASH) training and education activities have saved lives, where diseases have threatened the world's most vulnerable children.

Here are some examples of posters from countries where World Vision works. These are used to show children and families how to keep safe from COVID-19 in their country. Why not encourage children in your household to design their own poster for your home. Helping to remind everyone how to keep safe from the virus.

