

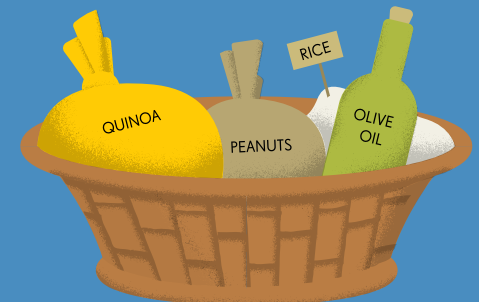


7 FUN ACTIVITIES TO TEACH YOUR CHILD GENEROSITY

BY JEREMY REIS



FOOD FOR
THE HUNGRY



Introduction

Teaching positive character traits is one of the most important tasks for parents, grandparents and educators. Some traits develop easier than others, and generosity can be one of the more difficult traits to instill in children.

FOOD FOR THE HUNGRY DEVELOPED THIS EBOOK TO HELP YOU TEACH THE CHILDREN IN YOUR LIFE TO HAVE A GENEROUS SPIRIT.

In *7 Fun Activities to Teach Your Child Generosity*, Jeremy and Jennica Reis share the activities they use with their own children to make fostering generosity both fun and accessible. Paired with the Food for the Hungry [Gift Catalog](#), this ebook is a 7-day activity guide to help you help the young ones in your life not only to foster a heart of generosity, but also to learn about other cultures and how to help people in poverty. Together, you'll do fun things like:

1. Make dirt pudding
2. Assemble a donkey cart to hold school supplies
3. Create a paper guinea pig
4. Bless a coffee lover in your life
5. And so much more!

Each day includes detailed instructions to make the activity easy for you. What are we waiting for? Let's get started with Day 1.

DAY ONE

Support Global WORMing



My daughter Isabelle has a strange fascination with earthworms.

We live in the country, so during spring rains, we have a flurry of worm activity on our driveway and sidewalks. Isabelle, who'd be more likely seen in a dance costume than overalls, carefully picks up every worm and puts them in the compost pile before the morning dew evaporates from the concrete. Some days, you might find her talking to worms as she transports them to their new home.

KIDS IN THE COMMUNITIES WE SERVE DON'T HAVE THE SAME EASY ACCESS TO WORMS STRETCHED OUT ON THEIR DRIVEWAY. IN SEVERAL COMMUNITIES, FINDING EARTHWORMS CAN BE DIFFICULT.

Through the gift catalog, Food for the Hungry provides packs of [earthworms](#) to complement training in organic farming to vulnerable families. Earthworms help create better soil, which produces better fruits and vegetables. When the families create compost piles, they can develop a sustainable environment to raise more earthworms and better farmland in their community.

“Let’s give earthworms this Christmas to kids who need them, Dad!”

Isabelle was most excited when we came to this page in the Food for the Hungry gift catalog.

“They will have a better garden and be able to eat better.”

Isabelle immediately grasped how the earthworms are going to help without further explanation.

How This Kind of Generosity Helps End Poverty

Isabelle understands that the FH Gift Catalog item of earthworms helps people like Maria and her family of eight in the arid highlands of northwest Guatemala. The area's infertile soil, along with the lack of space and water that Maria needed for growing food, had a devastating impact on her six children. Without necessary nutrients, young children suffer irreversible developmental losses, including low IQ, inability to concentrate and stunting.

Six of every 10 people in Maria's community suffered from chronic malnutrition, including her own children.

THE HEALTH OF MARIA'S FAMILY IMPROVED ONCE SHE WAS FINALLY ABLE TO GROW ENOUGH HIGH-NUTRIENT FOOD WITH A KEYHOLE GARDEN.

FH staff helped Maria's entire community learn how to build and maintain keyhole gardens. The idea was well received because this design requires less land, water and manual labor — but it produces higher yields than conventional gardens.



One important ingredient to healthy gardens like those in Maria's community is earthworms.

And you can give families earthworms through the FH Gift Catalog.

GIVE EARTHWORMS NOW!

Today's Activity

Today's activity is one my seven kids look forward to: Dirt Pudding. It's a delicious mix of chocolate pudding, crumbled sandwich cookies, and of course, gummy worms.

INGREDIENTS:

- 1 large package of chocolate pudding
- 1 cup whipped cream
- 1 package chocolate cream filled cookies
- 4-5 gummy worms
- Mint leaves

INSTRUCTIONS:

1. Mix the pudding recipe according the instructions.
2. Once the pudding is set, mix in the whipped cream.
3. Using a food processor, process the cookies until they are crumbs.
4. Using a clean flower pot, mix in alternating layers of pudding and cookies with the final layer of cookie crumbs.
5. Add in several gummy worms and mint leaves.



DAY TWO

Donkey

**“We can stay up late swapping manly stories and
in the morning ... I’m making waffles!”**

- Donkey, from Shrek



When we flipped to the page in the gift catalog with the donkey on it, two of my children started quoting Donkey from *Shrek*.

For me, whenever I hear someone say “donkey,” I hear it repeated in my head in Shrek’s voice. In the movie, Donkey was Shrek’s wisecracking sidekick with a heart of gold. (As Donkey tells us, ogres have many layers like an onion. Donkeys wear their emotions right out there in the open for everyone to see.) When you give a donkey to a family in need, it provides a “sidekick” for the family with a little less wisecrackin’.

THE DONKEY IS A HARD WORKER, COMES WITH HIS OWN CART TO HELP FAMILIES IN ETHIOPIA WORK THEIR FARM AND HELPS TO MOVE CROPS AND GOODS TO THE MARKET.

“I think we should give a donkey to families because they’re such hard workers!” Emily, our 15-year-old, said. This wasn’t surprising to me. As the first-born, Emily is one of the hardest workers in our family.

“What do you think it will do for the family?”

“From what I read, donkeys can cost about half the annual income for a family but are some of the strongest workers,” Emily said. “They carry large loads long distances.”

She’s right. A hard-working **donkey with a cart** can carry a 200-pound load many miles in just a few short hours. In Ethiopia, this is crucial for moving goods and people.



**Through the gift catalog,
Food for the Hungry provides a donkey,
a cart and training on how to properly
care for the donkey.**

GIVE A DONKEY AND CART NOW!

Today's Activity

For today's activity, we're going to create a donkey cart to hold school supplies.

SUPPLIES YOU'LL NEED:

- 1 package 4" craft wood sticks (popsicle sticks)
- 1 package 6" craft wood sticks (popsicle sticks)
- Glue

INSTRUCTIONS:

1. Lay two 6" wood sticks about 5" apart.
2. Glue one 4" wood stick $\frac{1}{2}$ " from the top of each 6" wood stick, parallel across the two in Step 1, leaving about $\frac{1}{4}$ " room on each side.
3. Continue gluing 4" sticks next to each other until you reach the bottom of the 6" wood sticks. This will be the bottom of the cart.
4. Arrange three 6" wood sticks with about an inch between them.
5. Glue three 4" wood sticks equally spaced across the 6" wood sticks.
6. Repeat steps 4 and 5. These are the side walls of the cart.
7. Arrange two 4" wood sticks 4 inches apart.
8. Glue 4" wood sticks connecting the two 4" wood sticks in step 7. Repeat until you've covered the sticks top to bottom.

9. Repeat steps 7 and 8. These are the front and back of the cart.
10. Glue one 4" wood stick at a 45-degree angle to the top of the bottom piece you created in steps 1-3.
11. Glue one 4" wood stick to the other side and to the piece you added in step 10. This becomes the hitch of the cart.
12. Place the walls on the bottom cart and glue across the base. Hold until the glue sets.
13. Place the front and back of the cart and glue across the base. Hold until the glue sets.



STEPS 1-3



STEPS 4-5



STEPS 8-9



STEPS 10-11



STEP 12



FINISHED CART

DAY THREE

Guinea Pig



IF YOU'RE LIKE ME AND YOU GET TO THE ANIMALS IN THE GIFT CATALOG SECTION, YOU KNOW YOU MIGHT HAVE TO FIND THE RIGHT WORDS TO EXPLAIN THAT THESE AREN'T PETS FOR THE FAMILY.

"Let's get guinea pigs like we did last year!" Elijah exclaimed. This year, [guinea pigs](#) are an online exclusive on fh.org. "They provide food for families," he added.

"How did you know that?" I asked, surprised that he already knew what guinea pigs are used for.

"Grandma Joyce told me. She's been on a mission trip ... and she even ate guinea pig! How cool is that?" Elijah explained.

I got out of having to explain how the guinea pigs are used, but you might not be so lucky!

HERE'S A STORY THAT MIGHT HELP...

How This Kind of Generosity Helps End Poverty

When a Food for the Hungry staff member in Bolivia told Juan Colque that he could raise guinea pigs for food, his first thought was, “This person is crazy.”

Guinea pigs are native to the Andes region of South America, where they’re called “cuyes” in the local language. Juan was well aware that many keep them as pets. He just hadn’t thought of them as a food source, or as something he could sell at the market to earn income.

BUT HIS DAUGHTERS, AGES 3 AND 9, SHOWED SIGNS OF STUNTED GROWTH RESULTING FROM MALNUTRITION. FH STAFF MEMBERS HAD NOTED THAT THE CHILDREN WERE SHORT AND UNDERWEIGHT FOR THEIR AGE.

The children needed more consistent sources of protein, vitamins and minerals. Juan and his wife Carmen knew this because of training FH provided in health and nutrition in their community. They knew they had to make changes, or put their children at risk for poor health for the rest of their lives.

After FH trained the family about raising guinea pigs, they built a proper enclosure for the animals. They also had to agree to provide specific guinea pig food such as alfalfa, which is grown locally. Once they constructed the pen, FH provided them with three guinea pigs.

CARMEN ALSO HAD TO LEARN HOW TO PREPARE GUINEA PIG MEAT FOR HEALTHY MEALS. THEY FOUND THAT IT WAS DELICIOUS AS WELL AS NOURISHING.

Breeding guinea pigs took effort. “At the beginning, we did not like the guinea pigs,” Juan says. In time, however, the Colques became such fans that they started promoting guinea pig breeding at local agricultural fairs. Other families in the area are now interested in breeding and selling guinea pigs.

Today's Activity

For today's activity, we're creating a paper guinea pig. Fortunately, you don't have to eat this one!

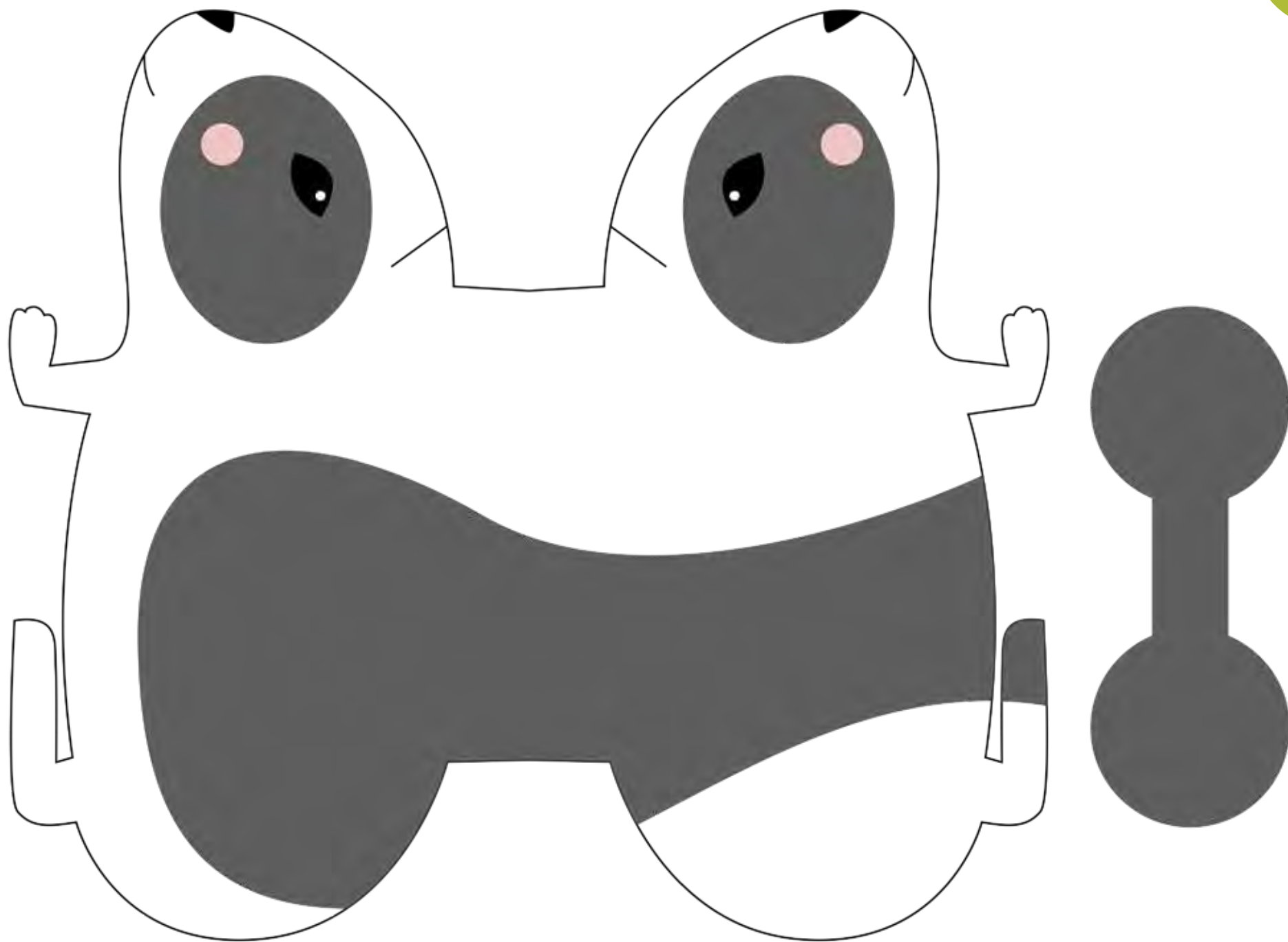
SUPPLIES YOU'LL NEED:


The guinea pig template found on page 19.

INSTRUCTIONS:

1. Print the template for the guinea pig, using heavy paper or light card stock.
2. Cut out the shapes for the guinea pig and ears.
3. On the guinea pig cutout, cut slits into which you'll wedge the ears.
4. Fold two creases along the line of the guinea pig's back.
5. Insert the ear shapes into slots you cut for them.





A photograph of two guinea pigs on a dark, textured ground. One guinea pig is light-colored with a darker patch on its back, and the other is white. They are both looking towards the left. The image is dimly lit, with the text overlaid in a bright yellow-green color.

Through the gift catalog, Food for the Hungry provides guinea pigs and training on how to raise them and cook them for a good source of protein.

GIVE A GUINEA PIG NOW!

DAY FOUR

Coffee Seedlings



“Dad, in your honor, we should give coffee seedlings.” Evie, our 13-year-old, contributed this idea to our gift catalog purchases.

I have to admit, she’s right. I enjoy a good coffee. OK, some might accuse me of enjoying a good drink of cream with some espresso added in. However you enjoy your coffee, it’s not only a pickup for us in the morning, but provides life transformation for families who start growing their own coffee beans.

How This Kind of Generosity Helps End Poverty

Maruhusa Eva is a widow with six children living in the Democratic Republic of the Congo (DRC). When her husband died, he left her a coffee field, but it was abandoned and offered her no income.

When Food for the Hungry started working in her community, they provided her with **coffee seedlings** as well as training sessions on best practices for growing the crop. She’s now a part of the Tuungane Cooperative that includes 1,500 farmers. This group has helped her connect with others who have a common interest. The project created jobs for women in the community through the coffee washing stations and greatly improved the quality of the coffee Maruhusa sells affecting the price and ultimately her income. Maruhusa can now provide for her children.



Through the gift catalog, your generosity will provide an impoverished family with 25 coffee seedlings to ensure a steady flow of income for a brighter future.

GIVE COFFEE SEEDLINGS NOW!

Today's Activity

As a family, we decided to give the coffee seedlings in honor of a coffee lover we know and give that person a gift set with a unique mug and coffee beans.

SUPPLIES YOU'LL NEED:

- 1 coffee mug
- 1 package coffee
- 1 package cookies or biscotti
- An encouraging note

INSTRUCTIONS:

Place the cookies in the mug and give them and the package of coffee to your favorite coffee lover with an encouraging note.



DAY FIVE

School Books



Do your kids love to read as much as mine do?


One of our favorite Saturday destinations is a local used bookstore, where my kids will leave with a stack of books and are guaranteed to finish at least one before we arrive home.

This gift from the Food for the Hungry gift catalog resonated with my daughter Emily. She told me, “I love reading since it transports me to another world and I can learn so much from them. Let’s give a child **textbooks**.”

SHE KNOWS THE IMPACT READING HAS AND WANTS TO INVEST IN SOMEONE SHE’S NEVER MET WITH A GIFT THAT HAS GIVEN HER SO MUCH JOY.

In a recent visit to a refugee community, one of my friends visited Nizar and Haya, who were starting to get ready for the afternoon school shift. The children were suddenly so active and excited as they hurriedly put their pencils, paper and books in their little backpacks, with huge smiles on their faces. When my friend asked the mother what they were so excited about, she said simply, “They get to go to school today.”

Apart from the basic knowledge and life skills children gain through education, attending school gives refugee and displaced children a safe place to play and develop. It gives them joy and hope for the future.



Through the gift catalog, Food for the Hungry provides textbooks to children to help them receive their education they need to overcome extreme poverty.

GIVE TEXTBOOKS NOW!

Today's Activity

Today, our family is creating a book craft to remind us of the books we're able to give to help a child go to school.

SUPPLIES YOU'LL NEED:

- 1 unwanted book
- 1 craft wreath
- Glue sticks/glue gun

INSTRUCTIONS:

1. Cut the spine off the book.
2. Remove a sheet of paper and fold to form a cone.
3. Staple the sheet to hold its shape.
4. Make sure you have an adult or older child do this step. Apply hot glue to the end of the page and attach to the wreath.
5. Repeat with a next page, covering the wreath.



DAY SIX

Piggy Bank



My older girls each have a piggy bank, but the younger boys aren't as reliable with their piggy banks. I've started putting their money into my safe. They call it my "safety" and when they earn allowance, they follow dad to "put their earnings into the safety." We're fortunate because my wife (the saver in the family) has taught my kids to be savers and each has amassed a small fortune, for a 4-year-old and 6-year-old. This year, they're giving some of their fortune through the Food for the Hungry gift catalog. We're going to give a pig to a family in need.

LIKE OUR PIGGY BANKS, INVESTING IN A PIG FOR A FAMILY HAS BIG PAYOFFS TOWARD ENDING POVERTY.

Porm Plos is a 37-year-old married mother of three. For most of her life, she's lived in terrible conditions. Because she lacked a source of income, she didn't have the financial resources for medical care, education or even food. She struggled with her confidence and didn't have a good relationship with her community. Her children did not go to school.

Porm Plos decided to borrow about \$100 from her savings group to start her own business. She used the money to buy pigs and began raising them, which she learned to do through FH agriculture training. She quickly experienced a lot of success and was so grateful for her ability to take the loan to jumpstart this new livelihood.

“The money in the savings group in the community is easy to borrow,” she said. “It allows us to grow more confidence, have low interest, build good relationships, reduce illegal migration and create more jobs for the communities.”

Since starting her business raising pigs, she began a second business selling crops out of her home. Now, she has a sustainable income that allows her to support her children in going to school regularly and provide them with enough resources to continue their studies. She even was able to buy them a bicycle to get to school more easily.

A PIG CAN HELP PULL AN ENTIRE COMMUNITY OUT OF POVERTY.

I recently visited a community in Rwanda, and when one family got a set of pigs and started breeding them, they gifted pigs to other members in the community until nearly every family that wanted a pig had one.

A black and white photograph of a pig in a field, with red text overlaid. The pig is in the foreground, slightly out of focus, with its head down. The background is a field of grass and plants. The text is in a bold, red, sans-serif font.

**Through the gift catalog, your generosity
will provide an impoverished family with
a pig to ensure a steady flow of income
for a brighter future.**

GIVE A PIG NOW!

Today's Activity

Today, we're going to make a piggy bank to help you teach your kids to save for the future.

SUPPLIES YOU'LL NEED:

Empty 2 liter soda bottle, washed out and dried

Construction paper

Hot glue gun

Double-side Tape

4 plastic bottle caps

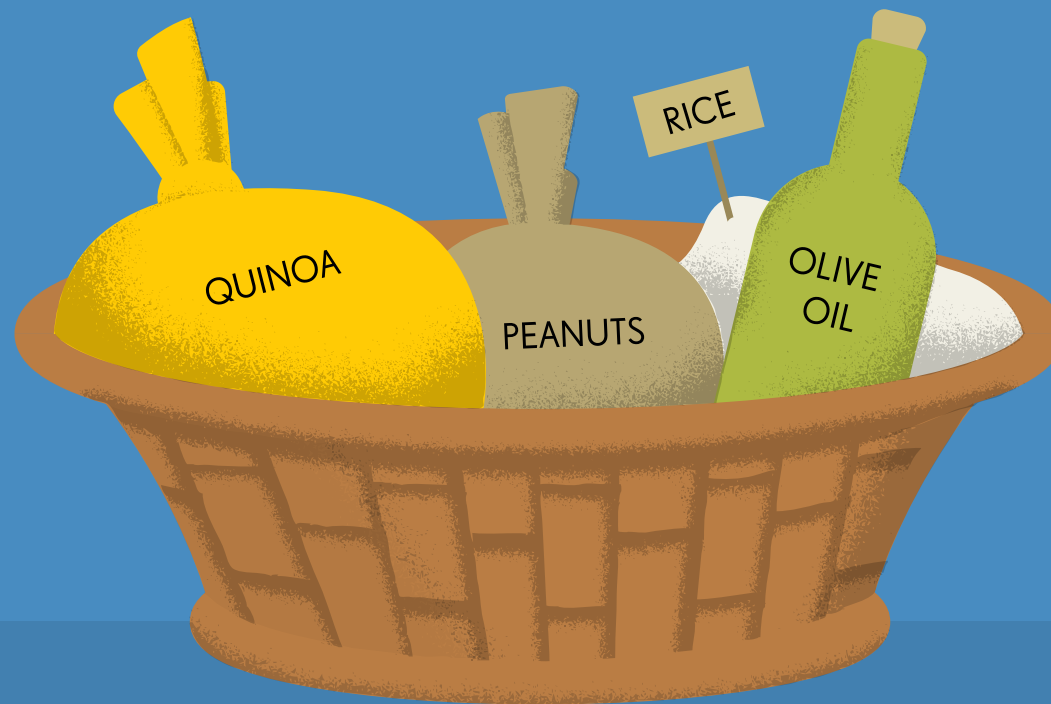
INSTRUCTIONS:

1. Using a hole punch, punch out two circles for eyes on the pig and two circles for the snout..
2. Hot glue the circles onto the bottle cap to create the snout.
3. Using double-sided tape, attached construction paper around the middle of the bottle.
4. Hot glue the 4 plastic bottle caps to the bottom to serve as legs.
5. Cut out a hole on the top to insert coins.
6. Cut out two ears from the construction paper.
7. Hot glue the ears onto the top of the bottle.
8. Hot glue the eyes onto the bottle.



DAY SEVEN

Food Basket



“Dad, we got a **food basket** for Thanksgiving this year. Is the food basket in the gift catalog similar?” Julia, our 10-year-old, asked me.

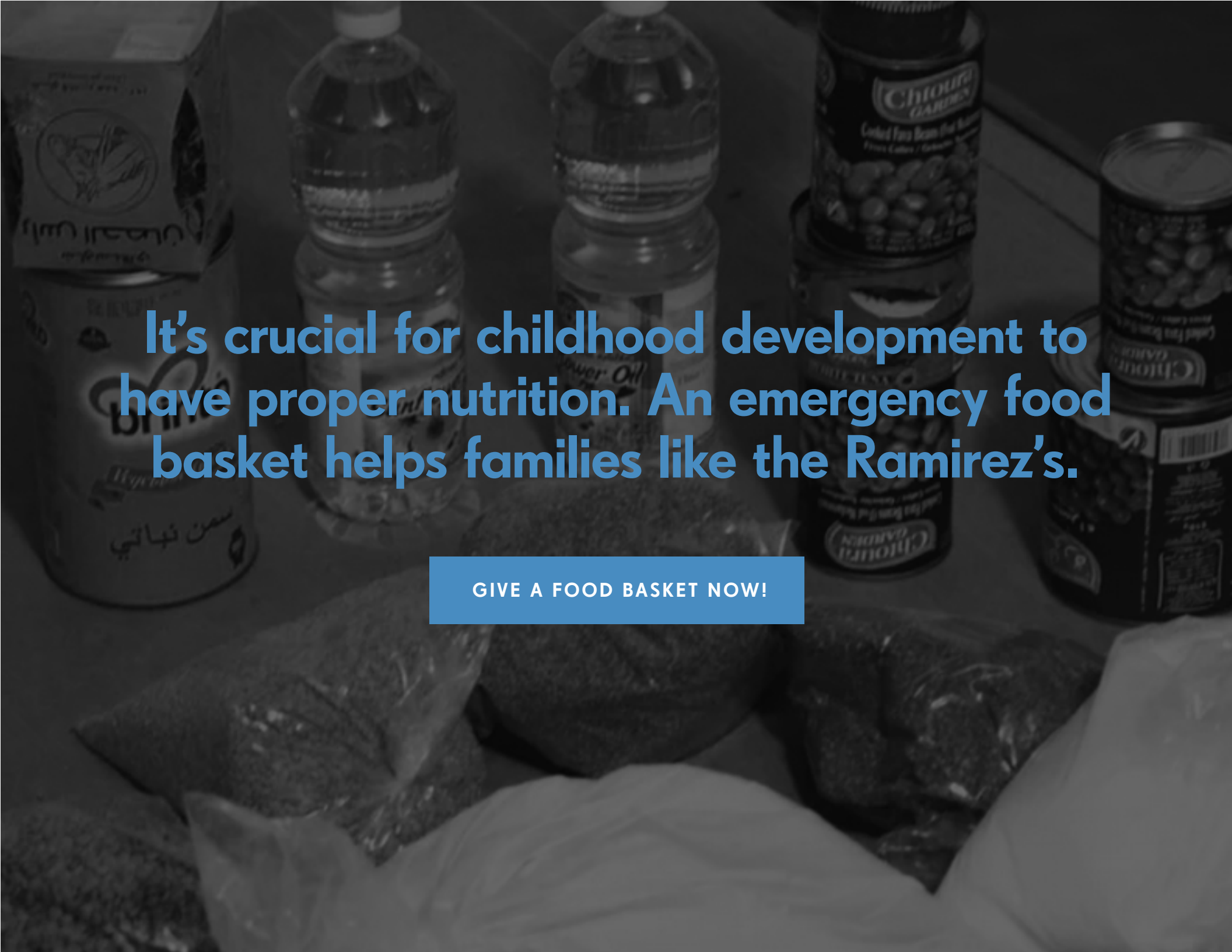
“Yes, Julia. Just like the gift basket we received brought us joy, this food basket will bring joy to its recipient. Instead of cookies and sweets, though, this food basket provides emergency food to someone in great need. We buy the food locally to help farmers in the region.”

Julia has a big heart and loves to help people in need.

IN THIS CASE, AN EMERGENCY FOOD BASKET PROVIDES LOCALLY SOURCED ITEMS SUCH AS QUINOA, PEANUTS, RICE OR POWDERED MILK FOR THE MOST VULNERABLE. THE EMERGENCY FOOD BASKET HELPS FAMILIES FACING A HUNGER CRISIS.

Estela Ramirez lives in the community of Rodeo Escalon in the Toro Toro region. She told Food for the Hungry, “As a child, my parents could not provide me the health and nutrition as they are now able for my younger siblings. That is why I could not finish school. I felt I was unable to study. Now I know that the cause was malnutrition I suffered as a child.”

If the problem of a lack of protein in the diet is not adequately addressed in time, young children are likely to suffer irreversible developmental losses, including low IQ, inability to concentrate and failure to grow to a full, mature stature.



It's crucial for childhood development to have proper nutrition. An emergency food basket helps families like the Ramirez's.

GIVE A FOOD BASKET NOW!

Today's Activity

Today, we're going to create our own food basket to give to someone in need.

SUPPLIES YOU'LL NEED:

1 basket

Food items to fill the basket

Decorative items

INSTRUCTIONS:

Fill the basket and give it to a lonely senior or other special person in your life to bless them.



SEE THE FULL FOOD FOR THE HUNGRY GIFT CATALOG AT
FH.ORG/GIFT-CATALOG



**FOOD FOR
THE HUNGRY**

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