

## Nine-Week Mini-Lesson Overview and Outline

The “9-week mini-project outline” is designed to engage students in meaningful activities that focus on issues children face around the globe, such as hunger and lack of clean water/resources.

**Goal:** The lessons are designed to inspire children toward **action** (philanthropy) and should **culminate in a project of some type**: a fundraiser, learning event, project based learning fair, local outreach, food drive, etc.

Ultimately, we want students to know they can make a difference by helping other children in a practical way. These lessons are designed for minor prep time with major impact.



**Options:** Standard and Faith-Based options can be used in a variety of ways:

- Classroom - The lessons are designed for a 30-minute period and can be done in a 9-week time frame or spread out over a school year
- School-Wide – The lessons can be used as stand-alone projects or as a unit and culminate in a school wide service project day or activity
- Clubs/Service Organizations/Community Programs – The lessons can be taught as stand-alone activities or used as a unit to develop a service project

**Preparation:** The lessons can incorporate interactions with Feed the Hungry staff and a specific Partner School (overseas schools served by Feed the Hungry, where children receive hot, nutritious meals during their school day). To discuss options, such as personal letter writing/video/skype calls, fund-raising ideas or the collection of school supplies, **please e-mail Laura Baughman at [lbaughman@feedthehungry.org](mailto:lbaughman@feedthehungry.org).**

**\*NOTE: If you choose to engage with a Partner School and wish to have a Skype/Face Time call, Feed the Hungry staff needs to know this at least ONE MONTH in advance in order to coordinate schedules and Wi-Fi availability with overseas partners.**

**Week 1:** Introduction to Feed the Hungry – Who is Feed the Hungry and What Can I Do to Help?

- Choose one option to introduce your group to Feed the Hungry (FTH)
  - PowerPoint slide show with information about the organization
  - Skype call with FTH staff introducing the ministry
  - Video introduction with discussion questions
- Share your FTH Project idea

**Week 2:** Hunger Awareness –Empty Hands and Empty Bellies

- Understand the concept of world hunger
- Represent hunger through an art project/hands-on activity

**Week 3:** Water Transportation – Where’s My Water?

- Understand water scarcity and how most of the world lives with very little water
- Experience the job of water transport if you were a child living without a source of clean/accessible water

**Week 4:** Hello From My Home Country - Personalized Letter and/or Video

- Connect with students in another country through writing and receiving a personal letter and/or creating a “Hello” video

**Week 5:** Fun and Games – Trash is Treasure

- Create a toy from recycled materials and trash
  - Make your own soccer ball from the discarded materials/garbage around you (one 20-minute lesson, additional 45-minute play time to test the soccer balls)
  - Create a Mancala board from a discarded egg carton and beads/rocks (three 45-60 minute lessons)
  - Create “trash” toys from recycled pop bottles (one 45-60 minute lesson)

**Week 6: Do I Have to Go to School? Education vs. Work**

- Understand how an education can help children rise above poverty
- Learn about jobs around the world and why it is important to stay in school

**Week 7: Shelter Awareness – Homelessness Worldwide**

- Learn about global homelessness and types of homes throughout the world
- Make a temporary shelter and reflect on what it would be like to have inadequate housing

**Week 8: Making A Difference – Who Is My Neighbor?**

- Make a bracelet/bookmark as a reminder to help others
- Develop a personal, step-by-step plan to help others

**Week 9: Wrap-Up Project/Presentation– Make It Real!**

- Complete your FTH or community project
- View your return letters or video (when available)\*\*
- Skype with students in another country (when available)\*\*

\*\* Please make sure this activity has been scheduled at least one month in advance with an FTH staff member.

## **Hunger Awareness**

### **Empty Hands and Empty Bellies**

**3yr-4yr-Pre-K**

**Purpose:** Students will “look” for food as hungry children around the world might.

#### **Lesson Prep:**

Become familiar with the following food hunger statistics:

- 1 in 9 people around the world go to bed hungry every night
- In the US, 1 in 6 children suffers from chronic hunger

Gather materials

Cut out filled FTH rice bowl picture – 1 for each child

Empty a bag of white rice into a shallow tub, reserving a small handful. Using food dye and a plastic Ziploc bag, dye the small handful of rice orange. When dry, place the colored rice back in the shallow tub and mix in with the white rice.

#### **Materials:**

Small paper plates (colored is preferred) – 1 for each child

Filled FTH rice bowl picture – 1 for each child

Tape/glue sticks

Shallow rice tub (such as a cake pan or plastic shoe box)

Bags of uncooked rice

Orange food coloring

#### **Lesson:**

1. Discuss if children have ever felt hungry.
2. Ask where they get food when they are hungry.
3. Discuss: In America, we have many options, many ways to eat, even many places to eat, but for many people in the world, there is no food or not enough food for children to eat even 1 meal a day (acknowledge that even in the US some kids are hungry).
4. Let them know sometimes kids have to “look for food” to eat because they don’t have any food at home.
5. Explain how the activity is about “looking for food.”

#### **Activity:**

1. Distribute 1 small paper plate to each child.
2. Explain that the rice tub is filled with white rice and a few pieces of orange rice.
3. Explain that children are going to “look” for their food (the colored rice) and when they find a piece, they should place it on their plate (you can do this as a group, in pairs, or individually).
4. Once the children have gathered a few pieces of colored rice on their plates, ask if they think it would be enough to feed them for a whole day and discuss.
5. Give each child a cut-out of the filled FTH rice bowl picture that is large enough to fill their small plate. Ask them to lay that picture over the plate.
6. Discuss how a rice meal in a bowl would be enough food for a day.
7. Show the pictures of kids eating the rice meals.

8. Glue the FTH filled rice bowl picture to their plates as a reminder they can help hungry kids too.
9. Share the FTH project students will be participating in during the next few weeks.











## Water Transportation

### Where's My Water?

3yr-4yr-PreK

**Purpose:** Students will experience a common chore for kids in other countries: retrieving their daily water supply. They will learn about water usage worldwide and compare how families in America get water to how families in third-world countries get water.

#### Lesson Prep:

Become familiar with the following water usage statistics:

- An average family in the US uses over 500 gallons of water a day
- An average family in the continent of Africa uses about 5 gallons of water a day
- At least 2 billion people world-wide use a water source contaminated with waste
- Over 700 million people world-wide lack basic drinking-water services
- **Some children and families served by FTH walk up to 4 kilometers, or 2.5 miles, one way to get water. When they can, FTH drills wells near feeding centers so children and families have access to fresh, clean water within a short distance from the feeding center.**

Gather materials

Fill one clear plastic cup or container with clean water

Fill one clear plastic cup or container with dirty water

Fill up a 5-gallon bucket with muddy water

Set up 2 stations in an outdoor space (can be done indoors – see note\*\*)

1. “Home base” with empty containers/cups and 1 5-gallon empty bucket
2. One 5 gallon bucket some distance away from the home base (make distance appropriate for ages/stature of children, as older children may be able to carry water longer distances)

#### Materials:

2 5-gallon buckets (one filled with water, and 1 empty)

Water

Dirt/sand/mud

Change of clothes and shoes for each student and volunteer (if activity is outside)

Paper cups

2 clear plastic cups or containers

#### Lesson:

1. Begin by asking students what they used water for this morning.
2. Discuss different ways we use water in our everyday lives without noticing (flushing the toilet, brushing our teeth, cleaning fruits and veggies for lunch, etc.).
3. Display a 5-gallon bucket filled with water. This is the amount of water a typical family in an African country uses in a day.
4. Ask for volunteers to lift the bucket! Let students know that children their age sometimes have to carry heavy water for miles for their families to use!
5. Discuss the amount of time it takes them to get to school every day. Some kids in other countries have to make a 30-minute trip to get water so they can bathe, eat, drink, and clean their dishes.



6. Now ask students to imagine 100 of these containers. This is the amount of water a typical American family uses in a day.
7. Hold up the clear container of water.
8. Ask students if the water looks okay to drink.
9. Hold up the clear container of dirty water.
10. Ask students if the water looks okay to drink.
11. Ask students about the quality of their water. Is it clean? Dirty? How do they know their water is safe to drink?
12. Discuss how much of the world does not have clean water available to them. At least 2 billion people worldwide drink water that is muddied with people and animal waste.
13. Explain how the activity is going to show them a typical chore a kid their age might do and how hard it is to access water in other countries.

**Activity:**

1. Have students start at home base (by the empty 5-gallon bucket) and grab a paper cup.
2. Students will walk to the filled bucket with their cup, scoop out some water and take it back to the empty bucket. They will need to make several trips.
3. Using their small containers, they will fill the 5-gallon bucket to the top.
4. Once the 5-gallon bucket is filled, comment on how long it took.
5. Explain that they now have the water their family needs for the day!
6. Discuss:
  - What would it feel like to do this every day for your family?
  - Would you be motivated to walk another 30 minutes to go to school afterwards?
  - What might the students be able to do to help Feed the Hungry get other kids clean, safe water?
7. Present or reiterate what your group/school will be doing for your Feed the Hungry Project. Remind students that FTH tries to help people get clean water so they can drink it safely.

**\*Note:** If doing this activity outside, ask the students the day before to bring clothes and shoes they can get wet and a change of dry clothes.

**\*\*Alternate Indoor Activity:** Have the home base and the source of water (5-gallon bucket or a couple of filled 5-gallon buckets) within a hallway or area where clean-up of spilled water will be easy. You can place the source of the muddy water a distance away or even in another part of the building to simulate the long walk it takes to get to water. (Some children and families served by FTH walk up to 4 kilometers, or 2.5 miles, one way to get water. When they can, FTH drills wells near feeding centers so children and families have access to fresh, clean water within a short distance from the feeding center.)

## **Hello From My Home Country** **Personalized Letters and/or Video**

**3yr-4yr-PreK**

**Purpose:** Students will create letters, pictures and/or a video to say “hello” to their Partner School.

### **Lesson Prep:**

Gather materials

Prepare a script outline if you plan to record a video

Gather some pre-printed coloring pages if needed

Connect with FTH for the location and name of the  
Partner School/group/sports team



### **Materials:**

Drawing paper or pre-printed coloring pages

Writing instruments (pencils, crayons, markers, etc.)

Video recording device

Prepared script

Country background info (if desired)

### **Lesson:**

1. Ask the students if there was a time they received a card in the mail or someone did something nice for them.
2. Ask how it felt.
3. Let your students know they are going to do something nice for a group of kids in name of country your group is connected with.
4. Explain that they will be drawing or coloring a picture to send to their “new friends.”
5. Explain to students they will be connecting with a school/group/sports team from the country selected to send them a kind note or video. You may wish to have some background info on the country to present.
6. Share the information about the Partner School with your students. *You **MUST** connect with Feed the Hungry Staff at least 1 month prior to this lesson to obtain the necessary info about your Partner School.*

### **Activity:**

1. Choose a topic for the children’s pictures (my school, my family, my pets, etc) if not using pre-printed coloring pages, and let them know that they need to color a picture of that topic.
2. Pass out paper/coloring pages and crayons
3. Add names to the drawings and the age of the student “artist.”
  - a. Remind students **NOT** to draw food.
  - b. Remind students to share their **FIRST** name only.
  - c. Remind students not to share **ANY PERSONAL INFORMATION** (such as address, phone, social media accounts or other personal details).

4. Create a cover letter from the whole class, or from you, the instructor, to share with the teaching staff in your partner school. You may want to include how many students you have in your class with a list of first names for the children in your partner school to respond.
5. If creating a video, explain the project, run a quick practice and record.

Following the completion of the project, send the notes or video to your FTH staff contact.

## Fun and Games

### Trash is Treasure

3yr-4yr-PreK

**Purpose:** Students will learn how to be resourceful with limited materials. Students will create a soccer ball or toy out of “trash” and discarded items.

#### Lesson Prep:

Download pictures of kids with homemade soccer balls (Provided by FTH)  
Gather materials

#### Materials:

“Clean” trash

- Plastic bags
- Paper
- Cardboard
- Foam
- String/rope/yarn
- Everyday items such as candy wrappers, cereal boxes, chip bags, junk mail envelopes, etc.

Scissors (1 per group, the adult monitors limited use)

Duct tape in limited amounts

Cones/markers/folding chairs – set up as soccer goals

#### Lesson:

6. Begin a discussion about access to toys, electronics, and items kids enjoy.  
Questions to ask: Where do you get your toys? Where do you usually play with the toys you have?
7. Ask students what they think the most popular sport is in the world. (Answer: Soccer is the most popular sport worldwide.)
8. What would they do if they looked in all the stores around them and NO ONE had a ball you could use to play soccer (or football, basketball, baseball)? Would they give up? What if there were no toys in the store AT ALL?
9. Discuss how in some parts of the world, there are no stores where people can buy toys. Even if there are toys, not everyone has the money to buy those toys. Some families don't have enough money to buy food for everyone in their house. If kids want to play with something, they have to make it themselves.
10. Explain how this activity is going to show them how some kids have to use their creativity to make their own toys. They are going to work together to make soccer balls from trash and other materials they could find on the streets.
11. Show the picture (provided by FTH) of the boy with his homemade soccer ball as an example of what they are going to make.



**Activity:**

1. Divide students into pairs. Each pair will need to gather “trash” from the large pile. They will use that trash to make their ball.
2. A teacher will be the designated scissor holder. If kids want help with the scissors, they have to trade something for the privilege of using them (a few coins, a pencil, a bracelet, etc. It is up to the teacher holding the scissors).
3. Each team will be given 10 minutes to make their soccer ball. They will need to work together to figure out how to structure the ball and make it secure enough to kick, throw, and bounce.
4. While they are making the soccer balls, a leader will set up a tournament area where the kids can test each ball to see which one is the best.
5. Once the kids are done making their balls, they will participate in a tournament to decide which ball travels the farthest, bounces the highest, and kicks the straightest.  
**Note:** Some options for this part of the activity would be to either have the kids line up and test the balls (distance, accuracy, and bounce) doing an elimination tournament or by having soccer games during recess spread throughout the week (each game using a different ball).
6. Discuss:
  - How did it go making your own soccer balls from the materials provided?
  - How would you feel if those were the only materials you had available to play with?
  - What other toys could you make from the materials given?
  - What might the students be able to do to help Feed the Hungry help kids around the world?
7. Show the picture of the boy with the homemade soccer ball again. This boy was creative enough to make a toy out of the materials around him. How do you think he would feel to hold a store-bought soccer ball?
8. Present or reiterate what your group/school will be doing for your Feed the Hungry Project.

## **Do I Have To Go To School?**

### **Education vs. Work**

**3yr-4yr-PreK**

**Purpose:** Students will explore the connection between education and job opportunities, understanding that when children are fed by Feed the Hungry, they stay in school longer and can get better jobs to help break the cycle of poverty.

#### **Lesson Prep:**

Become familiar with the following statistics/information from Feed the Hungry concerning food and education:

- Education in many countries served by FTH is free, however children are required to have uniforms or provide their own transportation, costs that many families are not able to afford
- Often times, the countries where FTH works do not have laws or standards that require children to attend school
- Many countries served by FTH allow students to “graduate” out of the program by 3<sup>rd</sup> grade, 6<sup>th</sup> grade or 8<sup>th</sup> grade US equivalent
- There is no national lunch program in Uganda,

Gather materials

Make copies of the Jobs for Kids Around the World

#### **Materials:**

White Paper

Crayons, or markers

#### **Lesson Part 1:**

1. Ask students what job they would like when they grow up.
2. After they have some answers (you may want to suggest a few), let them know they will now draw something representing their jobs.

#### **Activity Part 1:**

1. Distribute paper and crayons/markers.
2. Ask children to quickly draw a picture of them doing the job they want or a picture that represents the job (such as a fire engine or a store where they want to work)
3. Give children about 5 minutes to work, writing the name of the job on the top of their papers.
4. Collect the papers and choose 3-4 very different jobs.

#### **Lesson Part 2:**

1. Choose 1 picture, show it to the students and tell them the name of the job (give credit to the artist as well).
2. Ask students if the job is for an adult or a child.
3. Repeat with a couple more pictures. Most answers will reflect the jobs are for an adult.

4. Discuss with the students that families served by Feed the Hungry often cannot afford to feed themselves, so they have children work alongside them in the fields, the dump or the community to provide food and money instead of sending the children to school.
5. One by one, show the pictures of the “jobs” kids have in other countries. Ask students if they would like to have that job instead of going to school.
6. Tell students that one way Feed the Hungry helps kids not have to work is to give them a hot meal at school so they can grow strong and healthy.
7. Show the picture of kids eating the rice meal.
8. Discuss that it has vitamins and minerals in it to help kids grow strong.
9. Ask students if they think kids getting food from Feed the Hungry would rather do a job (work) or go to school and get a meal.
10. Remind them that by helping Feed the Hungry, they are helping kids just like themselves stay in school.
11. Conclude the lesson by reminding students of your project and reminding them how they can help.

Working in a field/farm in Zambia growing vegetables to sell at a local market





## Burning wood in Malawi to make charcoal to sell at the local market



## Getting water from a spring in Malawi to fill buckets to take to neighbors





## Working in a dump in Nicaragua to sort recyclables to sell



Students in Uganda enjoying their hot, nutritious lunch from Feed the Hungry!





## **Shelter Awareness**

### **Homelessness Worldwide**

**3yr-4yr-PreK**

**Purpose:** Students will learn more about the issues of homelessness worldwide. They will see examples of different shelters people live in, and they will experience what it is like to build their own shelter.

#### **Lesson Prep:**

Become familiar with the following statistics about homelessness around the world:

- Over 66% of Ugandans live in “inadequate housing”
- More than 72% of people in Zimbabwe live below the poverty line
- In Honduras, between 8 -12% of all children under the age 18 are homeless

Gather materials

Download pictures of different homes around the world (provided by FTH)

#### **Materials:**

Cardboard boxes

Blankets

Pieces of cardboard

Newspaper

Duct tape

#### **Lesson:**

1. Talk about the homes your students live in.
2. Discuss:
  - What is your favorite part of your house?
  - What kind of neighborhood do you live in?
3. Discuss how every person has the basic needs of food, water, warmth, and sleep.
  - Have you ever stayed up way past your bedtime?
  - How do you feel when you don't get enough sleep?
  - How would you feel if you didn't have anywhere warm to sleep?
4. Discuss homelessness around the world. People all over the world don't have shelter. In many countries, even those who do have shelter live in what we would consider “inadequate housing.” This means their home may be unclean, unsafe, or does not protect them from the weather.
5. Show the pictures provided by Feed the Hungry of different houses around the world and discuss what the homes are made of.
6. Explain that people make homes out of what is available. Tell them they are going to experience what it is like to have to build their own home and spend time in it.

**Activity:**

1. Each student will use the materials provided to build a small shelter. Feel free to use resources in the room, such as chairs, books or desks. You can also divide the students into “family” groups of 3-4, and they can build their structure together.
2. Have students spend 1 minute in silence, lying on their backs in their shelters.
3. After the 1 minute is up, have a discussion while the kids are still lying down in their shelters.
  - What would it feel like to sleep in that every night?
  - Imagine it started raining. Would their home stand up to wind and rain?
  - What would happen if bugs or animals, like chickens or dogs, could get in their home?
4. Now have the kids sit outside their shelters. Ask children about their sleeping arrangements.
  - How did it feel to lie on the floor?
  - How would it feel if you didn’t have a mattress to sleep on?
5. Explain that Feed the Hungry provides food for children but also sometimes builds them beds or gives them blankets and mattresses.
6. Ask what other organizations give out beds or provide homes. How might they help Feed the Hungry or those organizations provide blankets, pillows, mattresses or even homes?
7. Present or reiterate what your group/school will be doing for your Feed the Hungry Project.

**Optional Activities:**

1. Host a lock-in where everyone can sleep in their shelters overnight.
2. You can suggest the students try it at home by themselves (with parent/guardian permission).
3. If you are in a classroom setting, students could wear appropriate pajamas or comfortable clothes for the day.

**Going deeper:** While the students are lying in their shelters, read one of the suggested books about being homeless (or another relevant book about philanthropy and helping others). Afterwards, have a discussion about the people in the story or how the story affected the students.

**Bonus Book Recommendations!**

“Homeless” by Mike Boyce

“A Shelter in Our Car” by Monica Gunning

“Still a Family: A Story about Homelessness” by Brenda Reeves Sturgis

## **Making A Difference**

### **Who Is My Neighbor?**

**3yr-4yr-PreK**

**Purpose:** Students will explore who their neighbor is and become aware of how their compassion can help others. They will create a project (compassion bracelet/bookmark) that will serve as a daily reminder to have compassion for others.

#### **Lesson Prep:**

Understand or research Maslow's Hierarchy of Needs – Maslow stated that people are motivated to achieve certain needs, and some needs take precedence over others. Our most basic need is for physical survival or biological requirements for survival (air, water, food, shelter, clothing, warmth, etc.). This lesson focuses on water, food, shelter, and clothing.

Review the following statistics:

- Over 700 million people lack basic drinking-water services
- Around 1.6 billion people do not have adequate housing
- 1 in 9 people go to bed hungry every night around the world

Gather materials

Create color-coordinated need cards

Create one bracelet packet for each child

#### **Materials:**

White board or large butcher paper taped to the wall

Markers or crayons (white board markers if using a white board)

Colored construction paper with the corresponding word written on it

- White - Clothing
- Blue - Water
- Green - Food
- Brown – Shelter (house)
- Yellow - School
- Orange – Feed the Hungry

White shoe strings (cut it half – one half for each student) – knotted on cut end so the beads will not slide off

Pony beads (enough for each student to have one of each color):

- Blue
- Green
- Brown
- Yellow
- Orange

Small Ziplocs to create bracelet material packets

#### **Lesson:**

1. Ask students to share what they think they need to live (refer to Maslow's Hierarchy and the statistics provided).

2. Ask students to share some gifts they wanted for their birthday or holiday celebration.
3. Explain the difference between NEEDS and WANTS.
4. Hold up each of the color-coordinated needs cards one by one and ask why it is important.
5. Continue the discussion by explaining that some people do not have what they NEED.
6. Explain compassion (caring, helping, loving, etc.). Share with the children, “Knowing these things about the world helps us to have **compassion** for those around us. Compassion means to care about the problems other people face. When we care about other people’s problems, we are more likely to help them.”
7. Refer back to each need card. Hold up the cards one more time, one by one, and for each of the needs, ask students:
  - How can you help someone who does not have \_\_\_\_\_?
8. Explain how this activity is going to help students remember the needs of others and remind them they can help other people.

**Activity:**

1. Hand out the packets\* and have students assemble the bracelets as you hold up the need cards and discuss what each card represents.
  - White shoestring represents clothing.
  - Blue represents clean water. **Over 700 million people lack basic drinking water services.**
  - Green represents food. **1 in 9 people go to bed hungry every night.**
  - Brown represents housing. Around 1.6 billion people do not have adequate housing.
  - Yellow represents education. **Many children are not served lunch at school.**
  - Orange represents kindness. **“Love your neighbor” and Feed the Hungry.**
  - Finish by tying off the end and wither tying the bracelet on the child’s wrist, or they can use it as a bookmark.
2. Each bead signifies one thing people need. Remind students that when they look at their bracelet, they should remember there are people who don’t have these things available to them. The bracelet/bookmark becomes a reminder that students can help others.

**\*You can make the sample bracelet while having the kids watch and listen first. Or, the students can make their bracelets at the same time you are holding up the cards.**

**Note: If your group is participating in the 9-week course, you can use this lesson as a review! Discuss the previous projects and what you learned about poverty and helping people. Let this be a reflective lesson that gives the kids something to take home, reminding them to care for others.**

**BONUS IDEA!**

**Have a designated Feed the Hungry/compassion awareness day EVERY WEEK. Kids and teachers wear their bracelets and remember Feed the Hungry and others in need throughout the day.**



