

# COME AND LEARN ABOUT HUBS OF HOPE IN MOZAMBIQUE!

CHILDREN'S ACTIVITIES



The Leprosy  
Mission

# CONTENTS PAGE

## AND LESSON NOTES FOR LEADERS

### ACTIVITY ONE

#### LET'S LEARN ABOUT MOZAMBIQUE

PAGE 2

Read through the notes and paint a picture of what life is like in Mozambique. Use the fact file and case story to guide you.

### ACTIVITY TWO

#### LEPROSY TRUE OR FALSE QUIZ

PAGE 6

If you are taking part in-person, identify two bases in the room – one for 'true' and one for 'false'. Ask the children to run to each base depending on whether they think the answers to the questions are true or false.

If virtual, children can give a thumbs up for 'true' and a thumbs down for 'false'.

### ACTIVITY THREE

#### BIBLE TEACHING

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Ask the children to talk about what they think 1 John 4:19 (NIV) means. Ask the children to look up and read the verses given in the activity and then talk about how they can love others as God has loved them.

Within the prayer time you could prompt the children with the following:

- Give thanks for God's unconditional love
- Pray for God to show us how we can be better at loving one another
- Pray for children in Mozambique, especially those affected by leprosy
- Pray for the work of The Leprosy Mission, and for funds to build Hubs of Hope.

Call to Action: ask the children what they can do to help children in Mozambique. Could they pray regularly? Could they do something to raise money like a cake sale or a sponsored walk?

### ACTIVITY FOUR

#### MAKE YOUR OWN HUB OF HOPE

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Follow the instructions and use the template provided

### ACTIVITY FIVE

#### BAKE A MOZAMBIKAN BANANA CAKE

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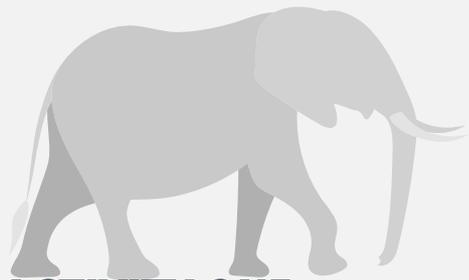
Recipe and method provided

### ACTIVITY SIX

#### MEMORY VERSE COLOURING PAGE

PAGE 12

1 John 4:19 (NIV) 'We love because He first loved us'



## ACTIVITY ONE

# LET'S LEARN ABOUT MOZAMBIQUE



### Can you find Mozambique on the map?

Life is very different for many children in Mozambique because they don't have the food, clean water, medicine or education that you have here in the UK. Can you imagine not being able to see a doctor when you're feeling poorly? It's very hard to get medicine in rural Mozambique villages, so even simple problems like diarrhoea can be fatal.



# FACT FILE



**Olá**

**People speak Portuguese in Mozambique**



**Cassava is the staple food. Boiled/steamed Cassava is usually served with vegetables and at times beef stew.**



**56%**

**56% of people can read and write**



**42%**

**42% of all children are malnourished**



**39%**

**39% of girls and 52% of boys go to school. Girls often have to drop out of school to care for younger siblings or family members who are sick.**



**52%**



**70%**

**Over 70% of schools don't have water, or separate toilets for boys and girls.**



**53%**

**53% of girls are married by aged 18**



**Mozambique has one of the fastest growing economies in the world however,**



**\$1.90**

**64% of people in Mozambique live on less than US\$1.90 a day**



# MEET TEJUNA

Tejuna is eight years old and she lives with her parents and eight siblings in Mozambique. How many brothers and sisters do you have? Jesus teaches us that we must love one another and that we are all brothers and sisters if we believe in Him, no matter where we live in the world.

Tejuna's dad is called Mecaua. He grows maize, sesame and millet to feed his family. It's often hard to grow crops in Mozambique because of natural disasters like droughts. Tejuna, her dad and also her grandma are affected by leprosy. Thankfully, they were cured by a health volunteer trained by The Leprosy Mission. They just had to take a mixture of antibiotics called Multidrug therapy.

Sadly not everyone knows what leprosy is, or that it can be cured. So The Leprosy Mission joins with communities to teach them about this disease. It's very important to take the antibiotics quickly, otherwise leprosy causes lots of problems including losing feeling in hands and feet.

The Leprosy Mission is working with communities like Tejuna's to build Hubs of Hope. These are special places where people can come together to learn about leprosy and how to stay healthy. Learning is lots of fun and is usually done through traditional songs and dancing. At a Hub of Hope, people like Mecaua also learn how to protect crops and farmland from severe weather caused by climate change.

## ACTIVITY TWO

# TRUE OR FALSE QUIZ!

## What is leprosy?

### QUESTION ONE

**LEPROSY IS A DISEASE THAT MAKES FINGERS AND TOES FALL OFF.**

FALSE – without fast treatment, leprosy causes loss of feeling in hands and feet. If you can't feel pain, it's really easy to injure yourself. Cuts can become infected and cause disability.

### QUESTION TWO

**LEPROSY CANNOT BE CAUGHT BY TOUCH.**

TRUE – you can't catch leprosy by touching someone affected by the disease. This is an important message for people in Mozambique who are often very frightened of leprosy. Many people hide away if they think they have the disease, because they are scared that they will be rejected by their community.

### QUESTION THREE

**LEPROSY IS COMMON IN COUNTRIES WHERE THERE ARE POOR LIVING CONDITIONS.**

TRUE – people who don't have a healthy diet and clean water are more likely to suffer from disease. It is easier to catch leprosy if you do not have a strong and healthy body.

### QUESTION FOUR

**EVERY TWO MINUTES SOMEONE NEW IS DIAGNOSED WITH LEPROSY.**

TRUE – in 2018, over 230,000 people were diagnosed with leprosy around the world. That's one person every two minutes!

### QUESTION FIVE

**THERE IS NO CURE FOR LEPROSY.**

FALSE – it's great news that leprosy can be cured with a mixture of three antibiotics. This is called Multidrug therapy.

## ACTIVITY THREE

# BIBLE TEACHING

## 'WE LOVE BECAUSE HE FIRST LOVED US.'

1 John 4:19 NIV

God is love, He created love and loved us first. He loves us with an unconditional love, no matter what we do or where we go. We are loved!

God teaches us that we must show love to others because He loves us. If God is our heavenly Father, then we should care for everyone as our brothers and sisters.

**There are lots of Bible verses that tell us we should love one another.**

- Proverbs 14 v 21
- James 2 v 8
- Leviticus 19 v18
- John 13 v 34-35
- 1 John 4 v 31

## Prayer time

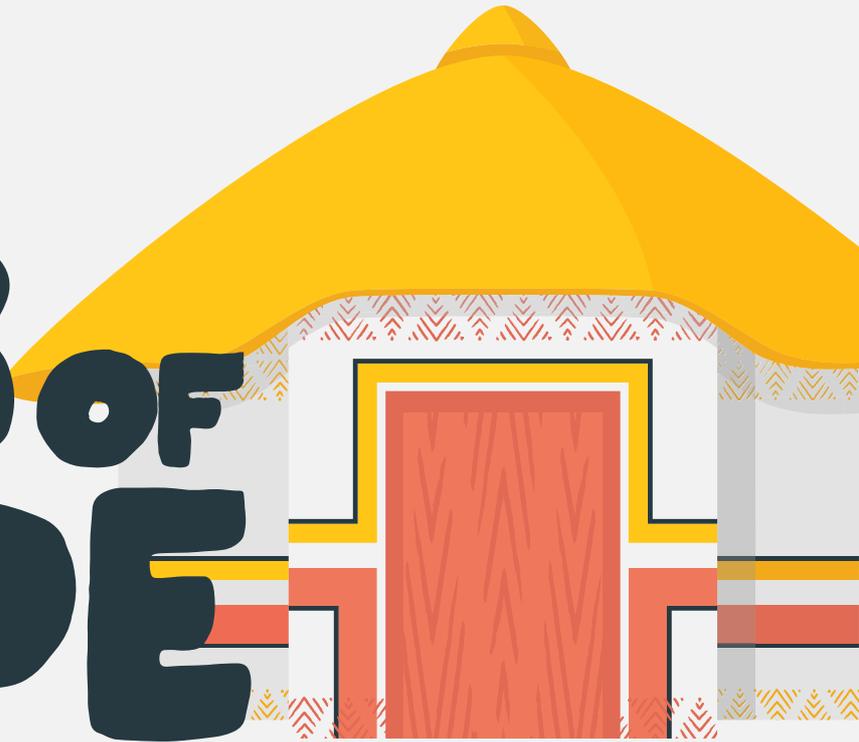
## LEADER'S NOTE

### CALL TO ACTION

Ask the children what they can do to help children in Mozambique. Could they pray regularly? Could they do something to raise money like a cake sale or a sponsored walk?

## ACTIVITY FOUR

# MAKE A HUB OF HOPE



### Materials

- PVA Glue
- Paint/Crayons/Felt Tip Pens
- Scissors
- Card
- Wool/Grass/Straw

## LEADER'S NOTE

### HOW TO MAKE A HUB OF HOPE

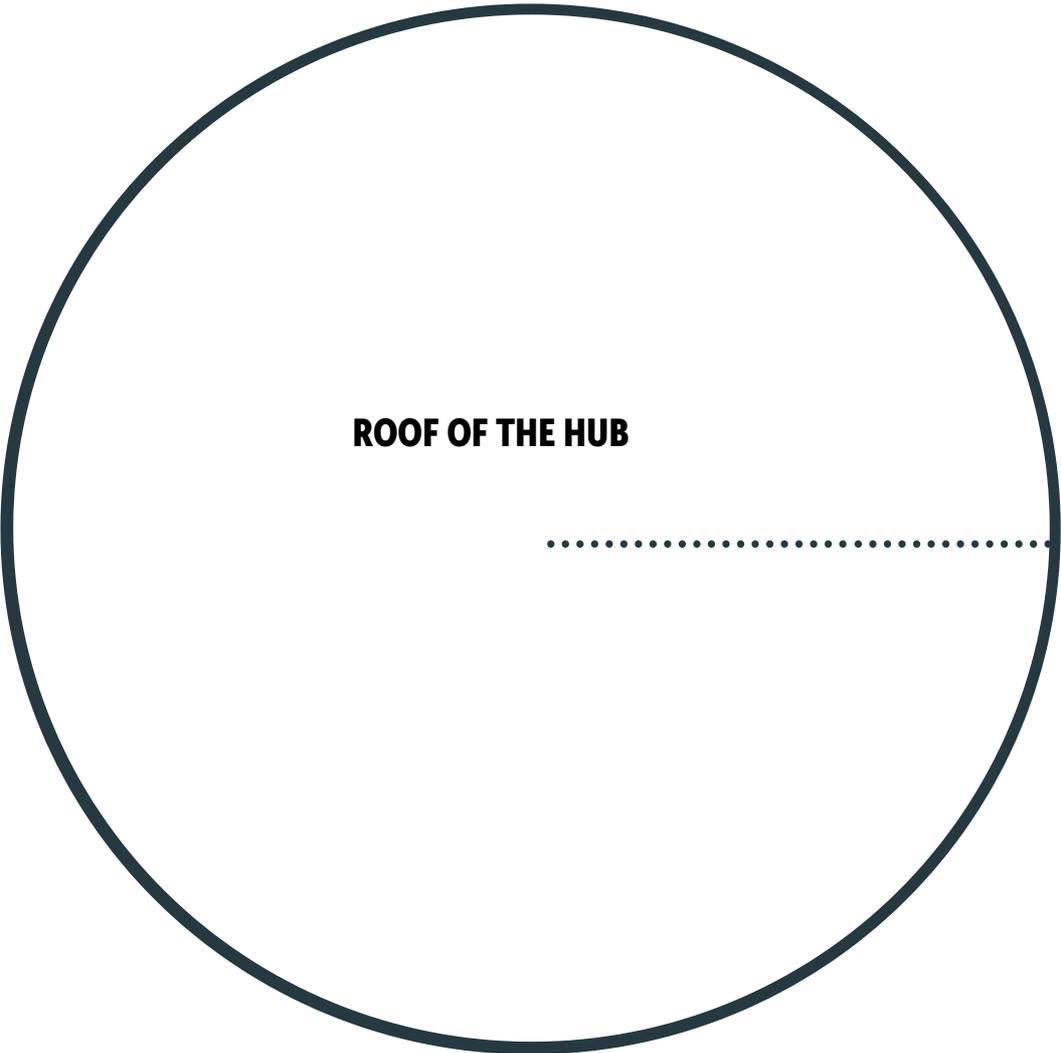
#### Instructions:

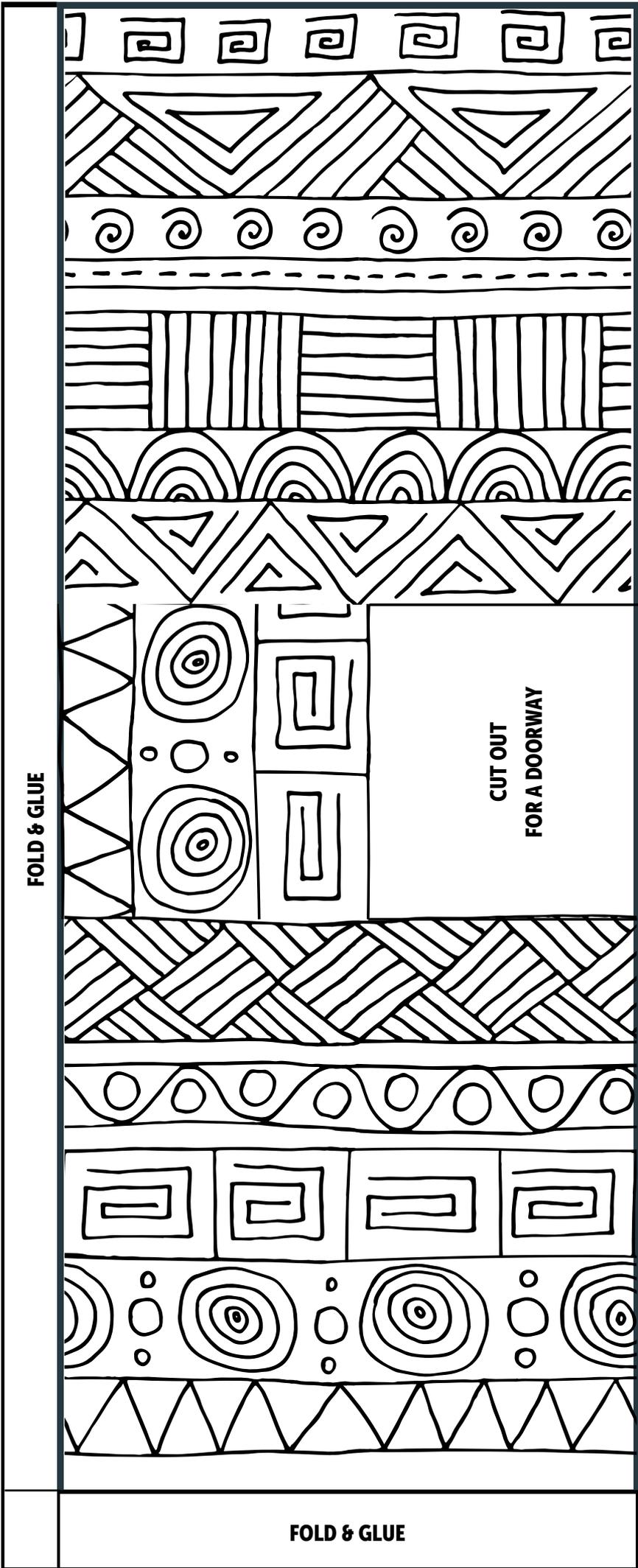
Using the template provided:

1. Cut out a rectangle with a small door cut out
2. Cut out the circle with a slit up one side (half-way along)
3. Colour in the rectangle & circle
4. Add fringing (wool/grass/straw) to the roof
5. Glue one side of the rectangle to make the walls
6. Glue the circle to make a dome shape
7. Place the dome on top of the walls and glue together

**ACTIVITY FOUR**

# **HUB OF HOPE TEMPLATE**





FOLD & GLUE

CUT OUT  
FOR A DOORWAY

FOLD & GLUE

## ACTIVITY FIVE

# BAKE A MOZAMBICAN BANANA CAKE!

**Bake at home | Prep Time: 20 mins | Cooking Time: 40-45 mins**

### INGREDIENTS

#### for the cake:

- 115g Unsalted Butter
- 180g Caster Sugar
- 3 Eggs
- 190g Self Raising Flour
- 1/2tsp Baking Powder
- 1 tsp Bicarbonate of Soda
- 3 Ripe Bananas
- 1/2tsp Ground Nutmeg
- 1tsp Vanilla Extract
- 75ml Buttermilk
- 4tbsp Desiccated Coconut
- 50g Chopped Cashew Nuts (optional)

#### for the icing:

- 25g Butter
- 2tbsp Desiccated Coconut
- 1 Ripe & mashed banana
- 125g Icing Sugar
- 1tsp Vanilla Extract

### METHOD

Preheat the oven to 180°C.

Lightly grease your 20cm cake tin with butter & dust with flour.

Cream together the butter & sugar until fluffy, add eggs one at a time until incorporated well.

Sift together the flour, baking powder, nutmeg & bicarbonate of soda.

Then fold into the butter mixture with coconut & cashews.

Mash the bananas and fold into the batter.

Mix the buttermilk and vanilla extract then add into the batter.

Spoon into your tin and bake on the middle shelf of the oven.

Bake for 40-45 mins – then remove from oven to cool for 10 mins, before transferring to a wire rack.

### And finally, the icing

Mix the butter and icing sugar until they cream together.

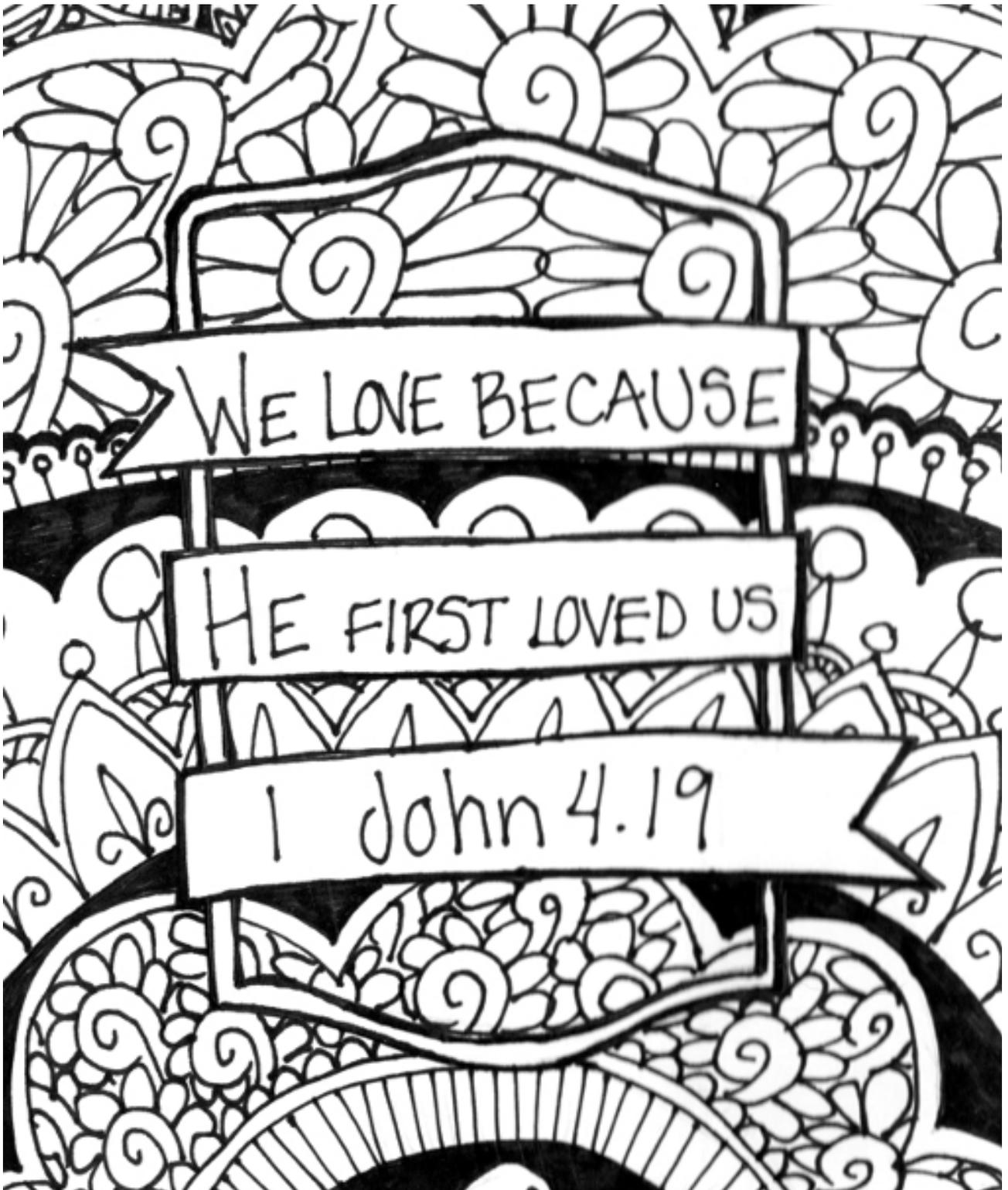
Add in vanilla essence, bananas and coconut then mix well into a smooth paste.

Gently add spoonfuls on top of the cooled cake and using a palette type knife smooth across the cake.



ACTIVITY SIX

# MEMORY VERSE COLOURING PAGE





## The Leprosy Mission

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