

The children here live in Sri Lanka. Thanks to your prayers and sharing what you can with MissioTfal, they receive health care packs to keep them well. Complete the questions, colour the picture, then say the MissioTfal Prayer for children everywhere.

These children live on a tea plantation in Sri Lanka.

**Geography Q:** Which continent is Sri Lanka in? \_\_\_\_\_

The tea plantation is high in the mountains. It's difficult living there. Many of the houses don't have their own toilet or running water! Without both these things the children risk becoming unwell.

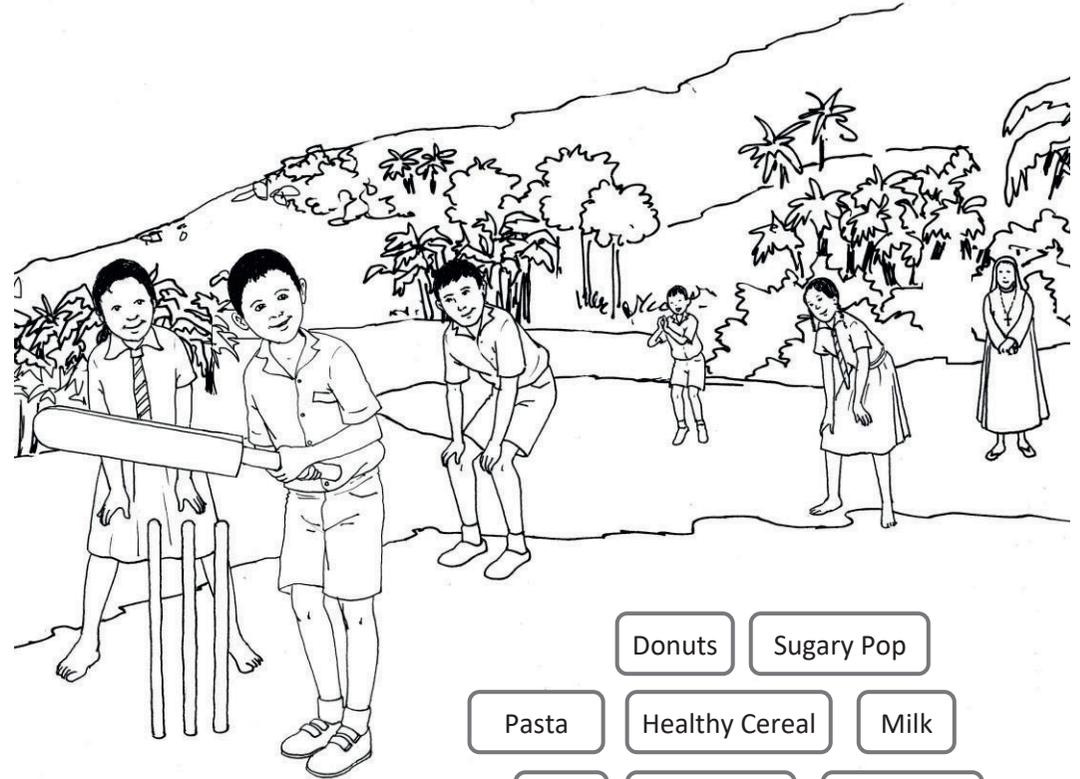
Because the children live far from town, it's hard to visit a doctor if they become sick. So with the help of MissioTfal, Sister Ruby delivers health care packs to keep the children fit and well.

The Bible reading below reminds us that God our Father made us in an \_\_\_\_\_ and \_\_\_\_\_ way!

**Lord, you made my whole being.  
You formed me in my mother's body.  
I praise you because you made me in an amazing and wonderful way.  
What you have done is wonderful.  
I know this very well.** Psalm 139: 13-14

God wants us to be healthy and happy. For this we need to look after one another and look after ourselves too. Write three ways you can do this.

- 1.
- 2.
- 3.



Some of the items here can be found in the health care packs that Sr Ruby gives to the children. Draw an arrow to show which belong in the packs.



- Donuts
- Sugary Pop
- Pasta
- Healthy Cereal
- Milk
- Soap
- Toothpaste
- Playstation
- Ointment
- Tinned Fish
- Toothbrush
- Crisps