



Planting prayers

Fridah plants her vegetables in layers. The plants can grow even in a tight spot!

In the garden add your prayers and draw your favourite fruit and veggies. 



Fantastic farmer Fridah

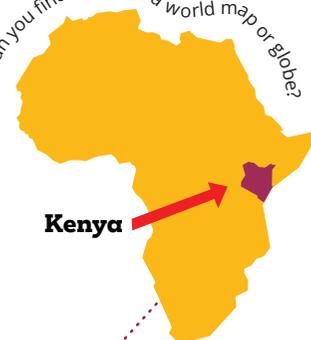
Fridah is a mum and granny. She lives in a busy city called Nairobi, in a country called Kenya. Her home is made of metal sheets and has no running water or toilet.

It's hard to make money, and Fridah sometimes worries her children will go to bed hungry.

But Fridah has learned to grow vegetables in a tiny space. Her farm is small but mighty. Now she feeds her family healthy veggies and sells some too.

Christian Aid is helping more fantastic farmers like Fridah to grow tasty food.

Can you find Kenya on a world map or globe?



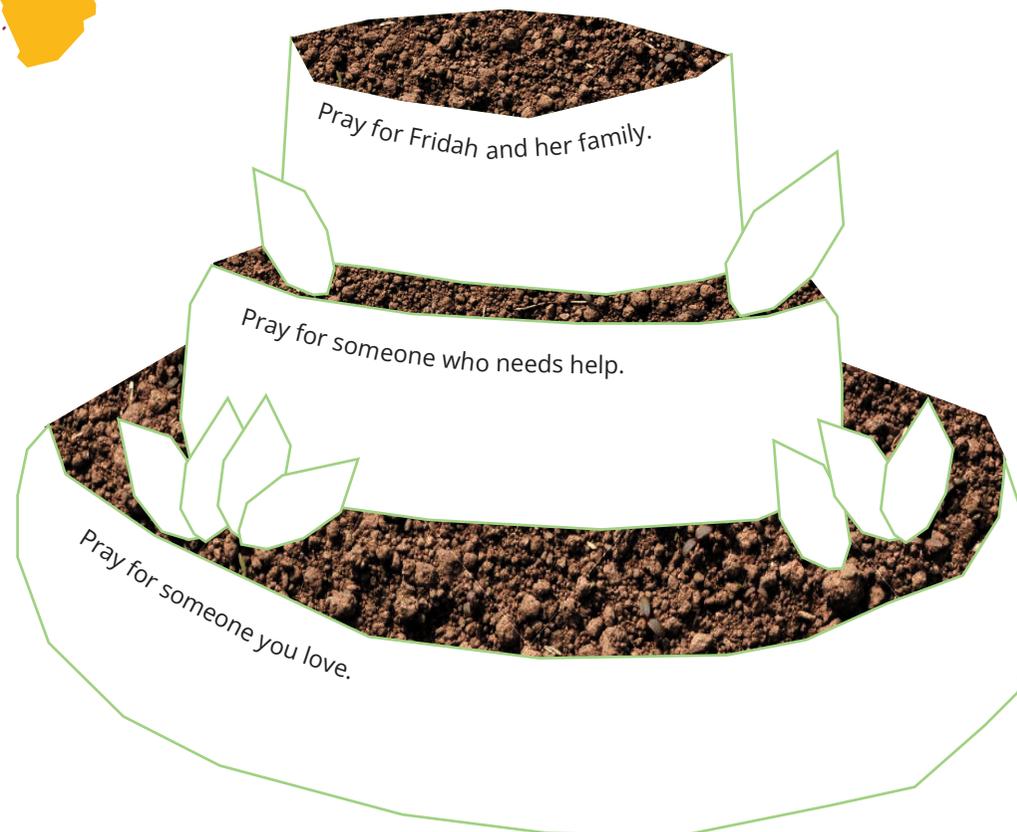
Smallest seeds

With a grown-up, read this gospel story.

'Jesus said, "What is God's kingdom like? What can I compare it with? God's kingdom is like the seed of the mustard plant. A person plants this seed in their garden. The seed grows and becomes a tree. The wild birds build nests on its branches."' (Luke 13:18-21)



Have a look at some seeds in the things we eat like tomatoes, oranges and melons. Use a ruler or tape measure to compare the size of the seed to the fruit. In our Bible story a small seed grows into a BIG tree that makes the garden a happy place, full of life. What do you think this story tells us?



In Jesus's story, the tiny mustard seed grows into a big plant that helps the birds find shelter. We can plant seeds that help others by doing kind things.

Choose one kind act to do each day this week. Write or draw each one in a box and when you do a kind thing, draw a plant growing out of the pot.

Be the mustard seed

7 days to make a difference

Here are some ideas:



Draw a picture for a family member, friend, or teacher.



Help set the table for a meal.



Tidy up toys without being asked.



Share a toy or game with a sister, brother or friend.



Say something nice ('I like your drawing!').



Hold the door open for someone.



Pick up litter (in a safe place with an adult present).



Give away a book or toy you no longer need.



Feed a pet or help water plants (ask an adult to help).



Welcome a new child at school by asking them to join in.

Monday

Tuesday

Thursday

Wednesday

Friday

Saturday

Sunday

Draw a plant in the pot when you've completed your act of kindness.

