

CMSI Children's Resource

Nepal



Yellow Group

NAME:

CLASS:



Week 1

Introducing Nepal Fact File



NEPAL'S FLAG IS
THE ONLY FLAG
THAT ISN'T A
SQUARE OR
RECTANGLE



NEPAL'S FAMOUS
MOUNTAIN RANGE IS
CALLED THE HIMALAYAS

8 out of 10

of the world's
highest mountains
are found in Nepal

The highest mountain in the world
is in Nepal - Mount Everest

A man from Nepal has climbed
Mount Everest 26 times - more
times than anyone else!

Nepal is a landlocked
country between...



Nepal's national animal is a cow



81.3% of
people are
Hindu

A popular meal in Nepal is

DAL BHAT

- rice (bhat)
- a thick lentil soup (dal)
- a curry of vegetables (tarkari)
- spicy vegetables (achaar)



50% of people in
Nepal live on

\$1 per person/day



"Namaste"

Said with palms pressed together, this
forms a standard greeting in Nepal.



Activity:

This banner was made in Nepal. It says: "The earth and all that are gathered, they belong to the Lord. Amen"

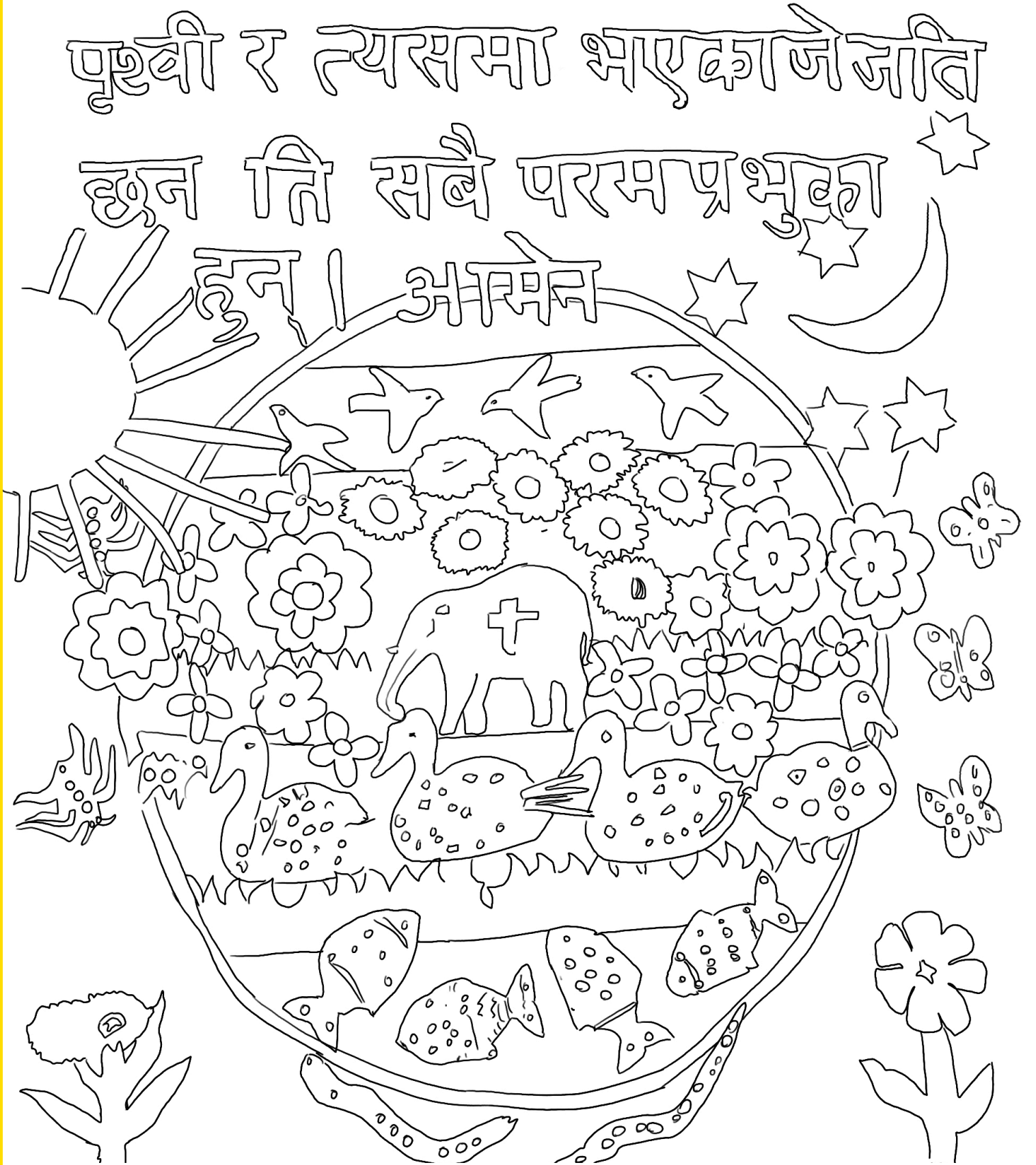
Colour in the banner using the original banner as a guide.



Activity:

This banner was made in Nepal. It says: "The earth and all that are gathered, they belong to the Lord. Amen"

Colour in the banner to show the beauty of God's creation.



Cress Head Care Package



This week your task is to care for this little patch of creation.

Instructions:

1. Place your cress head in a sunny spot.
2. Keep the soil damp but not waterlogged.
3. In a week's time, harvest your cress crop and enjoy the produce of your labour.



+ MEMORY VERSE

"Bear one another's burdens
and so fulfil the law of
Christ."

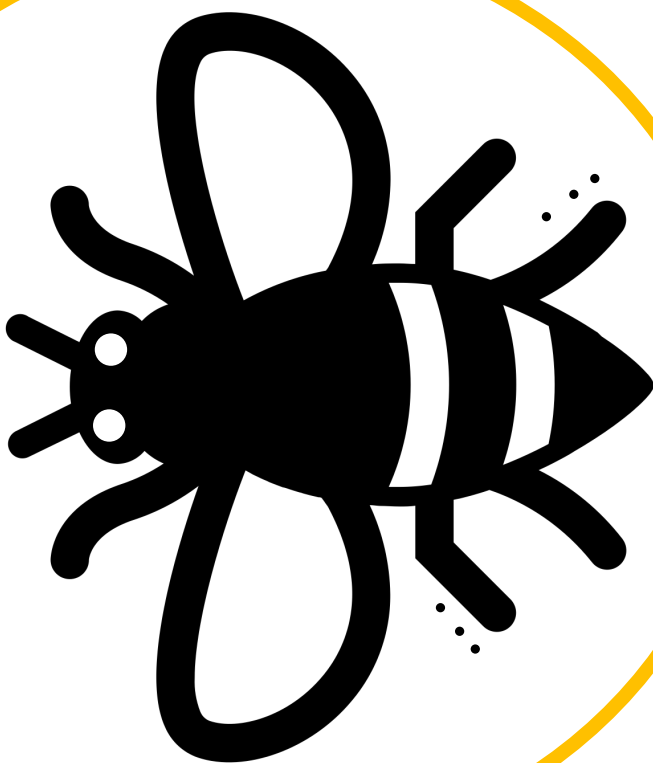
Galatians 6: 2

PRAYER

Dear God, thank you for this beautiful planet. Bless it and keep it safe from harm. We pray for the protection of the animals, the soil, air and water. May we care for all you have made.

#connect4creation

Bee Kind

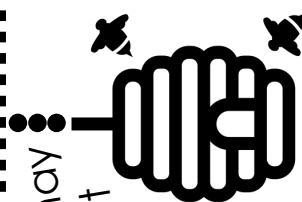


Can you do something kind for a neighbour?



Can you see other homes as you wander – it may be where a person lives, an animal or an insect

I wonder what words God
would use to describe you?



Bees live in a colony.

A colony of bees consists of 20 000
to 60 000 worker bees.



Kind words are
like honey -
Sweet to the soul
and healthy to
the body

Proverbs 16:24

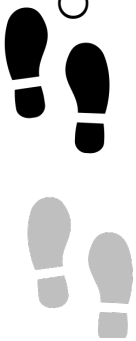


muddy
church

Bishops' Appeal

Church of Ireland World Aid and Development

Fun for all
the family



Honeycomb Scavenger hunt:
Can you find these items and tick them off as
you discover them

Bee Patient

But if we hope for what we don't see, we wait for it with patience.

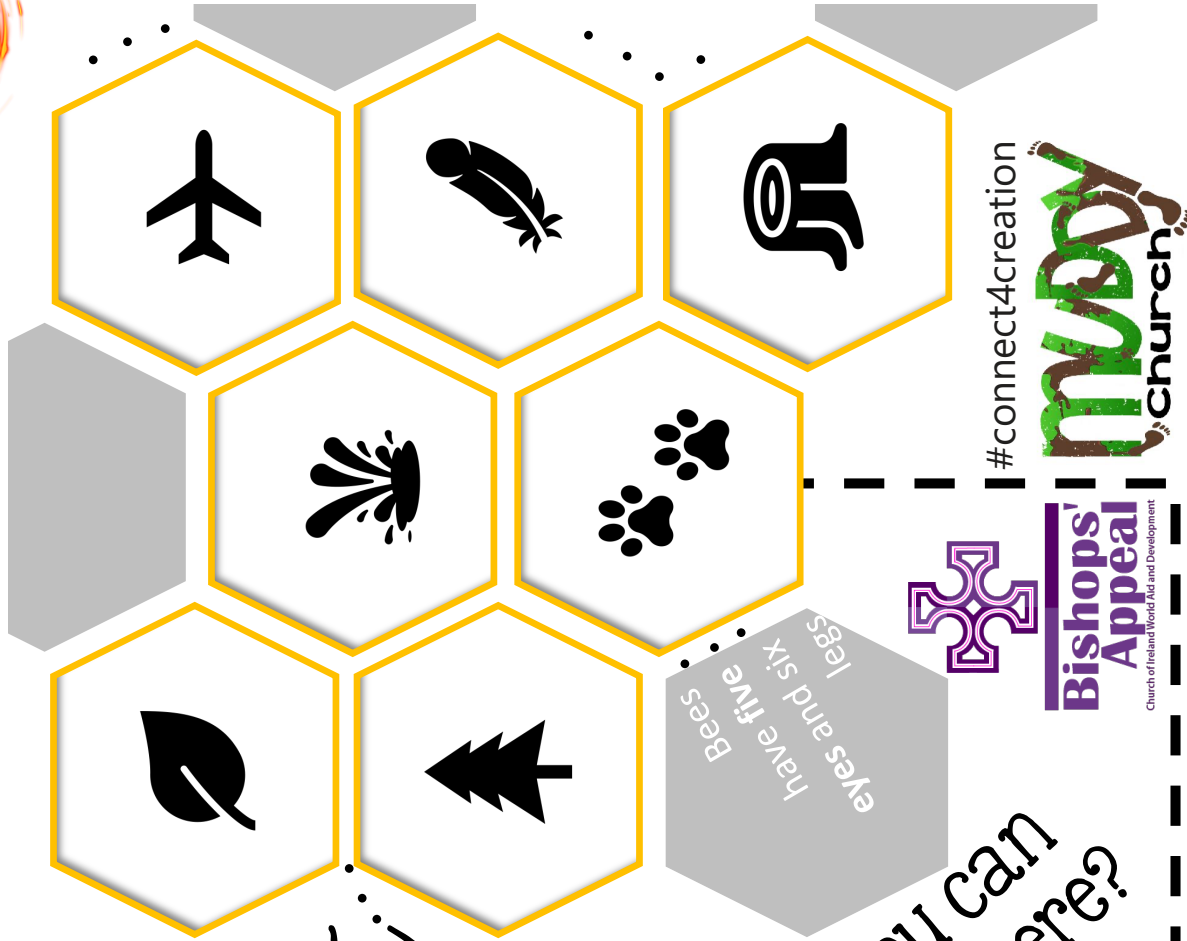
Romans 8:25

Bees are amazing at mathematics and engineering. They build using hexagons which are the best shapes to fix together with the smallest space for extra wax. How clever is that?

What shapes can you discover?



Did you know honey bees never sleep?



Bees
have five
eyes and six
legs



Bishops' Appeal
Church of Ireland World Aid and Development

#connect4creation



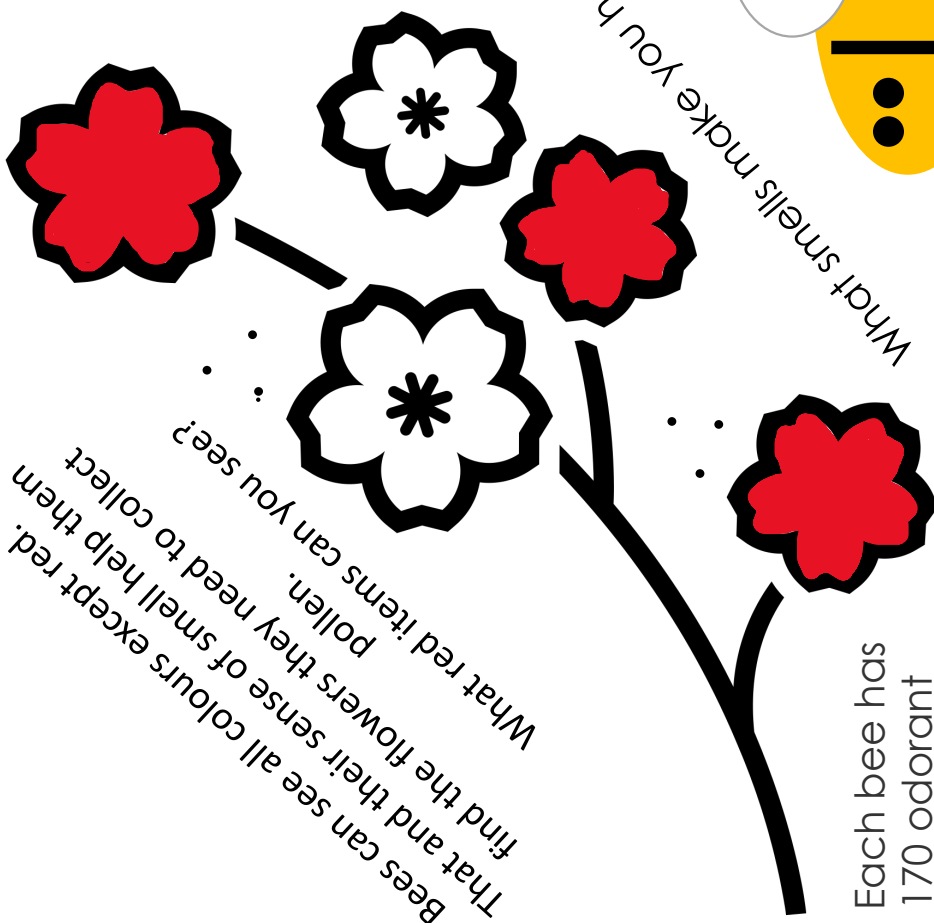
Fun for all
the family

A happy heart makes the face cheerful,
but heartache crushes the spirit. PROVERBS 15:13

Bee happy

Bees communicate where nectar is through a 'waggle dance'. They move in a small figure of 8 shape to tell their friends where to find the nectar and how to get home.

Can you do a waggle dance?



Each bee has 170 odorant receptors, which means they have one serious sense of smell.

I wonder what the fragrance of God is like?

#connect4creation



Bishops' Appeal
Church of Ireland World Aid and Development

muddy Church

Fun for all
the family



To produce a kilogram of honey, bees fly the equivalent of three times around the world in air miles – that is amazing!



Can you see any flower bowing?

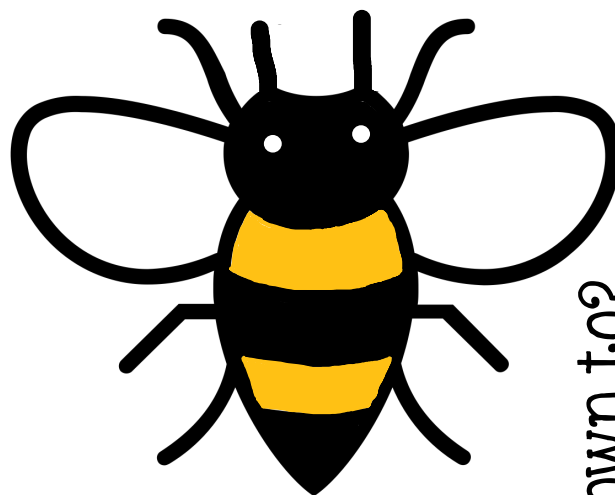
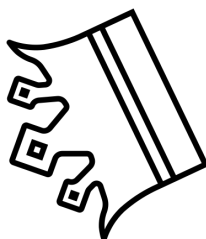


What do you think the most important things are that you can see?



Can you see trees bowing in the wind

One queen is in charge of the whole hive and she lays all the eggs that will create the next generation of bees.
If you were in charge of the country for the day what would you do?



Bee Humble

Humble yourselves before the Lord, and he will lift you up.
James 4:10

#connect4creation



I wonder what things you bow down to?

Fun for all the family



Week 2

In the space below, draw some of the ways that we can bear one another's burdens



+ MEMORY
VERSE

"Bear one another's burdens
and so fulfil the law of
Christ."
Galatians 6: 2

Write a sentence that will help you to tell your friends and family what you learnt today:

PRAYER

Dear God, help us to care for others by sharing our love and our lives with them. May our service make you smile! Amen

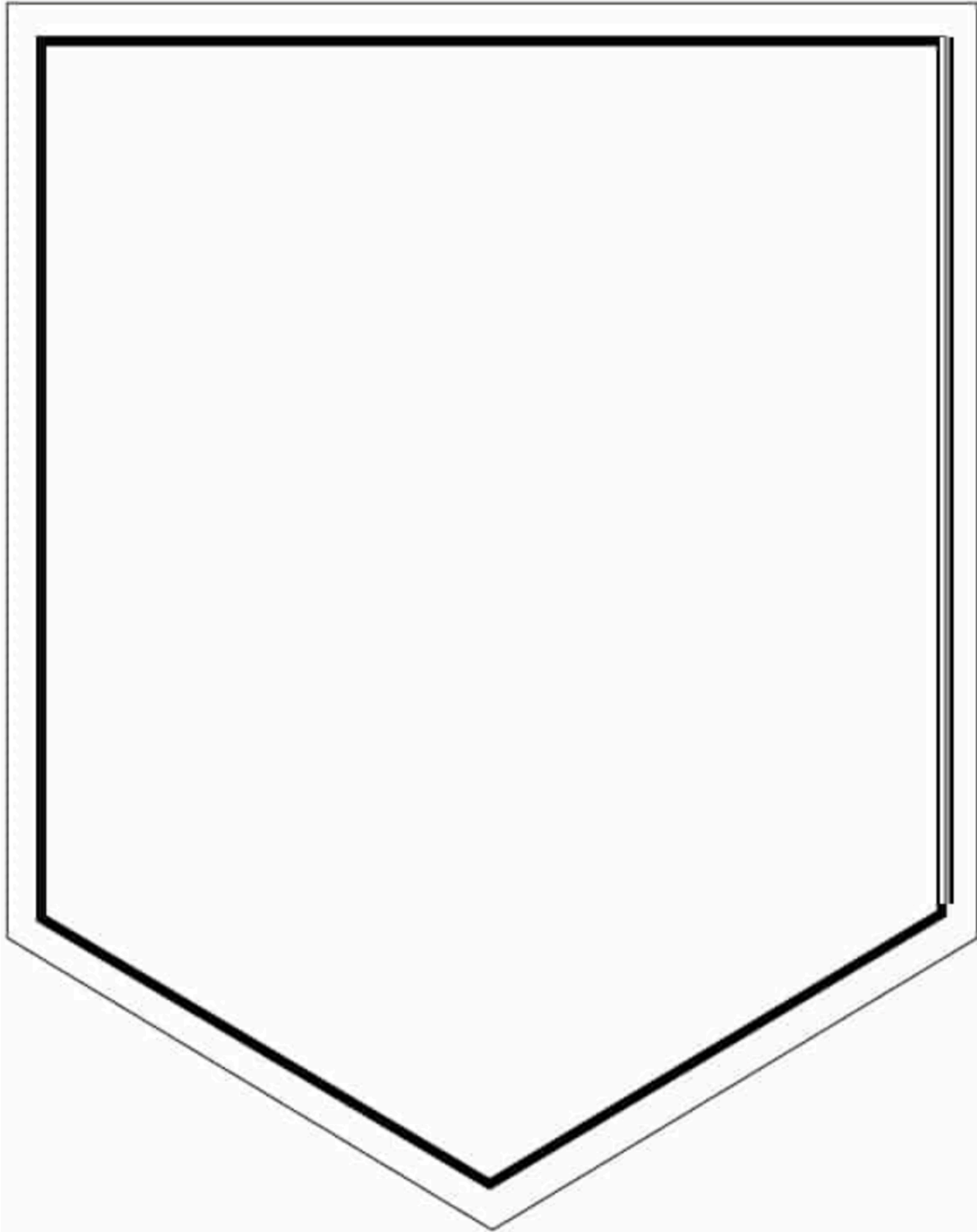


PRAYER

Week 3

Dear God, thank you that you love every single person alive today. Help us to love others better – as you would want us to.

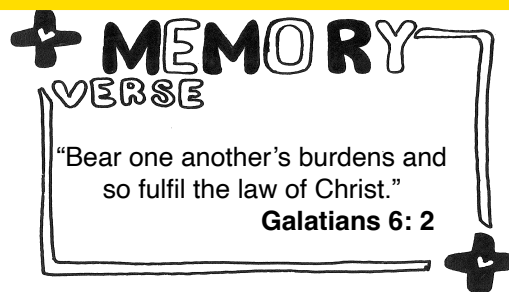
Create your own banner



Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. Love your neighbour as yourself.

परमप्रभु आफ्ना परमेश्वरलाई आफ्नो सारा हृदयले र आफ्नो सारा प्राणले र आफ्नो सारा दिमागले र आफ्नो सारा शक्तिले प्रेम गर।

आफ्नो छिमेकीलाई आफूलाई जस्तै प्रेम गर्नुहोस्।



Week 4

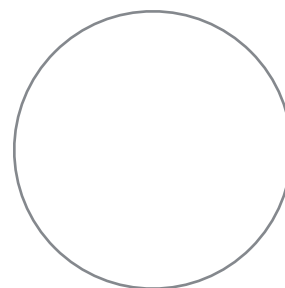
Walk a mile in someone else's shoes

visualisation exercise

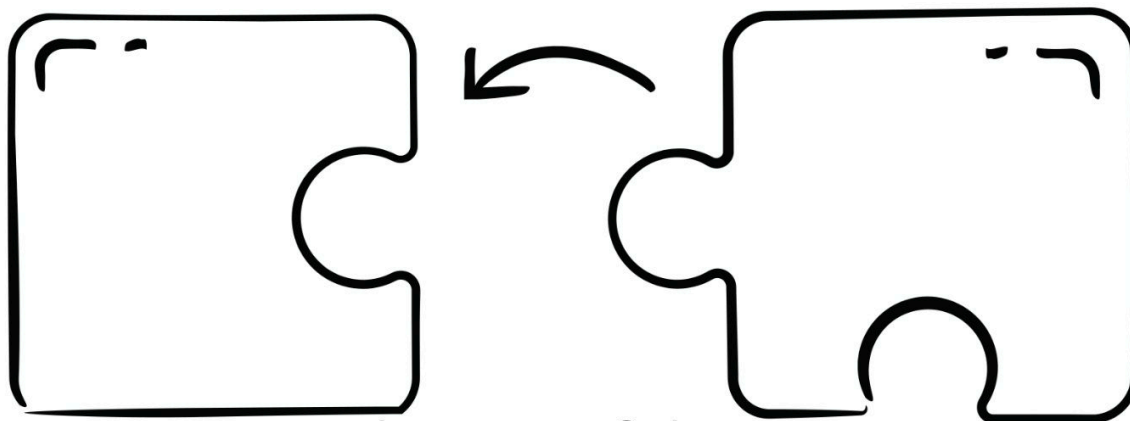


Close your eyes and listen carefully.

After you have heard your teacher's words, draw a face to show how you felt when you heard the second part of the story.



ideas area



be part of the
puzzle - be a
better neighbour



Choose two things that you are going to do / not do - write them down and share them with a grown-up you live with. Ask them to help you care for others by committing to do / not do these things.

1

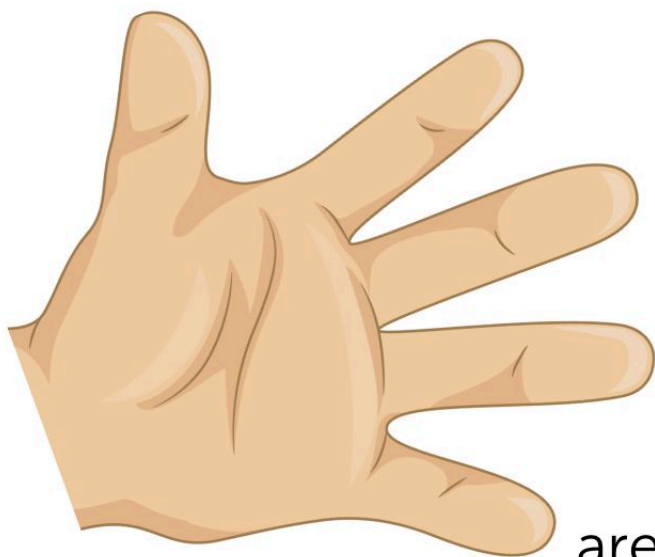
2



The 5 Finger Prayer

Thumb : those closest to you, your family.

Pointer: those that point you in the right direction (teachers, doctors, ministers) ask for wisdom & support.



Index: (tallest) those that lead us (government) ask for guidance and wisdom.

Ring: (weakest) those that are weak, in trouble or in pain. We cannot pray too much for them.

Pinkie: (smallest) our prayers for ourselves & our own needs.