



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

These children live high in the mountains of Sri Lanka.

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. And so with the help of Mission Together, Sister Ruby delivers health care packs to keep the children fit and well.

Sr Ruby reminds the children that each one of them is special to God. God made them and loves them, as this Bible reading tells us:

**Lord, I thank you because you made me
in an amazing and wonderful way.**

What you have done is wonderful.

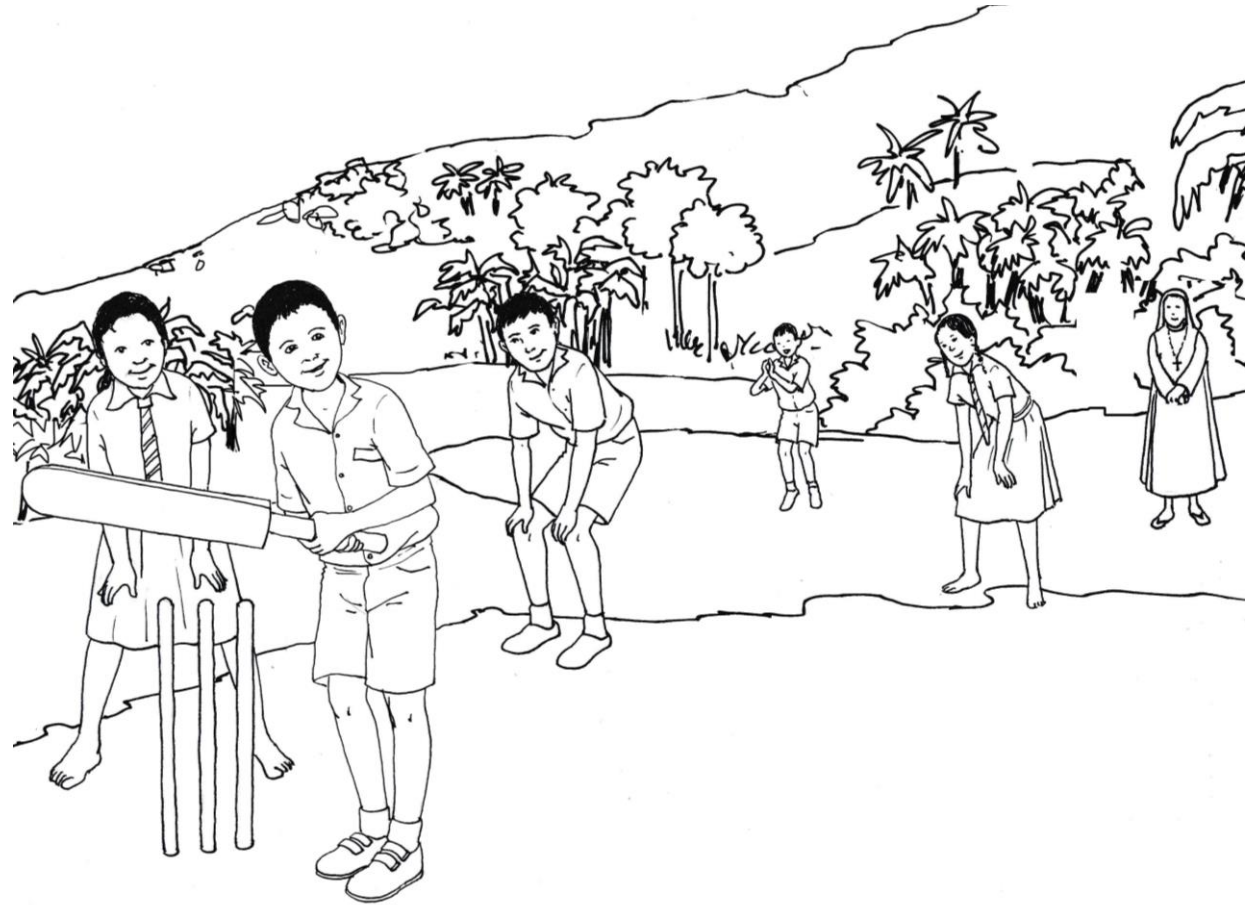
I believe this with all my heart. Psalm 139: 13-14

God wants us to be healthy and happy. For this we need to look after one another and look after ourselves too.

Think of two ways you can do this.

1.

2.



Some of the items here can be found in the health care packs Sr Ruby gives to the children (can you find her in the picture).

Which items belong in the packs?



Healthy Cereal

Sugary Pop

Soap

Toothpaste

Milk

Pasta

Fish

Donuts

Toothbrush

Crisps

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