

Youth resources



Harvest
Appeal
2018



Get everyone in your congregation involved in harvest fundraising with this fun Sunday School activity and reflective youth group session for older children.

You will need:

- Paper plates
- Pictures of breakfast food
- Blu tack
- Dice
- Chantal's story: available from www.wateraid.org/uk/harvest

Sunday School activity

This short, interactive session aimed at children from 5 years + helps groups to think more about harvest and celebrates easy access to good food and clean water.

Start the session by explaining that you will be talking all about food. Ask the young people what their favourite food is and why? Let them know that you are going to play a game, a bit like beetle drive, but instead of racing to draw a beetle you will be competing to build a breakfast!

Give each pair a paper plate, a dice and pictures of enough breakfast items to build their breakfast. Explain that they have to roll the dice and each number represents the food in front of them. The aim is to collect a complete breakfast plate.

Breakfast drive items and corresponding numbers:

- **Toast = 6** (this has to be the first item on the plate)
- **Eggs = 5** (2 per plate)
- **Orange juice = 4** (1 per plate)
- **Spoonful of baked beans = 3** (3 per plate)
- **Tomatoes = 2** (2 per plate)
- **Mushrooms = 1** (1 per plate)

Once the first team completes their breakfast, announce the winner and ask the young people why they think today's session is all about food? It's because you are celebrating harvest, a time when people give thanks for the food available to them.

Explain that this year your church is supporting WaterAid, and together they are trying to make sure that communities across the world are able to celebrate a plentiful harvest. Communities like Sablogo, in Burkina Faso where Chantal lives with her family. Share Chantal's story: available to download from www.wateraid.org/uk/harvest

Chantal and her family are able to grow lots more food since clean water was installed in her community. Thanks to your church, even more poor communities will soon be able to grow enough food for their family. Finish the session by reflecting on how easy it is for us in the UK to eat our favourite foods. Your group could write a prayer for children like Chantal on the back of their breakfast plates.

Youth group session

This reflective session for older children (11 years +) should last an hour and can be adapted easily to fit in with your church's harvest fundraising activities.

You will need:

- A blindfold
- Cups of different foods with varied tastes, textures and smells
- Moustapha's story (Download at www.wateraid.org/uk/harvest)

Start your session with a blind taste test. Blindfold your volunteers and serve them samples of different foods (some could be quite obscure to make guessing more difficult!). For each correct guess the volunteer gets a point. After a couple of rounds, tally up the scores and announce the taste test winner.

Now ask the group to think about the foods they have been tasting, were any of them their favourite food? What foods do they love? And what is their favourite meal to eat?

Now ask them to imagine they are hosting a dinner party with their friends. What would be on the menu? Working in pairs they could draw up their perfect three course meal.

After the menus have been discussed, ask the group to think about what other things make a great dinner party? Would it be a group of their favourite people? A good playlist or having something to celebrate?

Can they think of a time in the Bible when people joined together and shared a meal? Explain that in many of these examples the best part of the meeting was what happened afterwards.

In Acts, the Bible talks about how the community came together to share food (and all of their other possessions). It meant that poverty was eradicated in their community. Or in Matthew, a young boy gives Jesus his small lunch, who turns it into enough food to feed 5,000 people.

When communities come together and share a meal, amazing things can happen. Explain to the group that your church is also hoping for incredible things to happen by supporting WaterAid this harvest. Share the story of Moustapha, from Burkina Faso to demonstrate the life changing effect of clean water on communities like his. Story available at www.wateraid.org/uk/harvest



Now that Moustapha has safe, clean water he can grow crops.

Next ask your group to plan a dish they can prepare and bring along to your church's harvest supper. Or they could choose to hold their own harvest supper with some of their favourite food and raise money for WaterAid's harvest appeal by asking people attending to donate towards the supper.

Ask your group to share photos from their fundraising suppers with us on Facebook (WaterAid UK) or on Twitter (@WaterAidUK) and use the hashtag #WaterAidHarvest