

# Sunday School session ideas



## Lent Appeal 2024

Jars of Change

**Involve younger members of your congregation this Lent with these fun, simple and thought-provoking ideas for your Sunday School sessions. These activities are suitable for children aged 5-11, but can be adapted for older age groups too.**

## Activity 1 Our changing climate



**This session will get the group thinking about climate change, our environment, and how we're all responsible for protecting it.**

### Activity

Think about things you can do at home with your family to protect the environment. Choose one thing you will give up over Lent, or a new habit you're going to start. Here are some ideas to get you started: using reusable bags, not wasting water, walking instead of driving, going litter picking, switching off lights when you're not using them.

Start the session by talking about the weather. Ask the group to think about different weather conditions throughout the year. Can they describe the weather during different seasons? Do they have a favourite season?

Explain that climate is the pattern of weather conditions over many years. It helps us know what to expect. For example, we know that in the winter, it is likely to be cold and wet here in the UK. People rely on and work with these patterns. As an example, can the group discuss how farmers use climate to plan their work?

Recently, our climate has been changing. For example, some places are seeing much more rain which can lead to flooding. Other places are getting much less rain, leading to drought.

Explain that human activity has contributed to the changing climate (for example, burning fossil fuels, and the destruction of forests). The poorest people are hit hardest by climate change, despite being least responsible for causing it.

Right now, 1 in 10 people don't have access to clean water close to home. Climate change is making it even harder. Water sources are drying up. With less rain it's difficult to grow food. And floodwater is contaminating water sources with diseases.

**This Lent, our church is raising money for WaterAid, to bring clean, reliable water to people hit hardest by climate change. We can help people cope whatever the changing climate brings.**



# Activity 2

## Coping with floods



**This session will get the group thinking about the impact of flooding, and how important reliable, clean water and toilets are.**

### Activity

Decorate a jar sleeve, and think about something small you could give up with your family, or a new habit you could start.

Start the session by sharing Shama's story. Not long ago, Shama's family had to flee their home, when unprecedented monsoon rains flooded her village.

Now Shama lives in a tent with her husband and 3-year-old daughter. There is no clean water and no toilets. Get the group to discuss the impacts of this for the family. (Walking long distances to find clean water, washing in dirty floodwater, diseases spreading due to going to the toilet in the open, lack of safety and privacy.)

Explain that Shama lives in Badin – a region of Pakistan that is particularly vulnerable to the effects of climate change. Extreme weather is getting more and more common. The poorest people, who are least able to prepare and protect themselves, are affected most – people like Shama.

WaterAid is working in Badin, bringing clean reliable water and toilets to communities hit hardest by climate change. They use solutions that withstand floods, so that people can have a steady supply of clean water, whatever the weather.

**That's why our church is supporting WaterAid's Lent Appeal this year, by taking part in Jars of Change. The idea is simple – you give something up for Lent, collect the money you save, and then donate it to WaterAid. Every penny you save will be used to get clean, reliable water to families like Shama's.**

### You will need:

- ◆ A jar sleeve for each child (download from [wateraid.org/uk/lent](https://wateraid.org/uk/lent))
- ◆ Colouring pens, and any other decorating materials you have

Shama with her 3 year old daughter. Pakistan, October 2022.



Shama now lives in a tent and has to collect dirty water for her family.



WaterAid/ Khaula Jamil



WaterAid/ Khaula Jamil