

World Women Christian Temperance Union
Children Department WWCTU
World Kit 2023
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Interim Director of Children Department of WWCTU

A variety of activities have been planned for the children to participate in throughout the year. These activities are intended to fit into the WWCTU goal of promoting Christian well-being through sustainability development goals. It focuses on strengthening the fight against and cure of alcohol addiction, including the detection of drug abuse and the harmful use of alcohol. Given activities are guidelines, these can be used as it is or can be changed according to situations.

Aims and objectives of children department – The children’s department promotes Christian values and encourages children to make choices that will lead to a drug-free lifestyle. Website - www.drug-freekids.com.

The children’s department has focused on teaching children about specific themes related to sustainable development goals, including keeping healthy, washing our hands, taking good care of our bodies, looking after one’s emotions, and having daily routines that increase our well-being and mental health as well as spiritual health and Christian living. In addition we try to make them aware of climate change, environmental problems, importance of clean drinking water, and minimizing excessive waste.

Members of children department:

- Birth to 11 years in which birth to 5 years of age children are enrolled and the pledge is taken by the mothers who promise that they will bring up their children with the principles of the temperance along with Bible teachings.
- From 6 to 11 years, children are the members of children department. It is job of the organizers and WCTU members to go to schools, Sunday schools, church and communities to enrol members and ask for pledge cards to be signed.

Sheet No.1-

January- Jesus is the way the truth and the life

1. Discuss the value of truth in Christian living and how Jesus is the only way.
2. Tell the story of Ananias and Sapphire.
3. Encourage the kids to write an attractive slogan on truth.
4. Endorse any innovative games or competition at your community, at Sunday school, and at your church community children.
5. Schools with the approval of authorities.
6. Play find the way game with kids.

Memory verses- John-14:6, John -1:17, John -8:31-32, John-14:17, 1 John5:20, Psalm 25:5



Activity sheet no 1- Jesus is the way and the Truth and the Life

Discuss: how important it is to walk with Jesus every day. Read Psalm 23

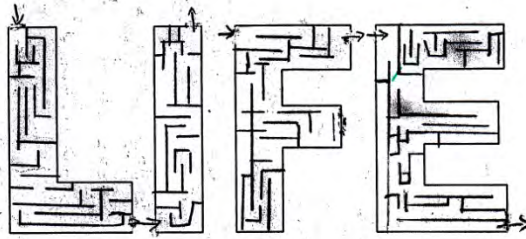
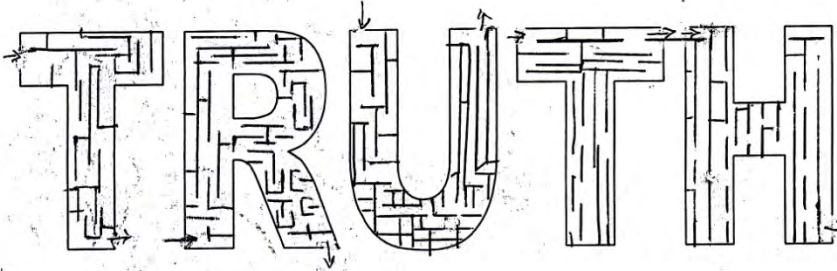
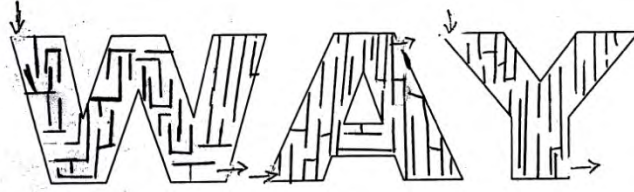
Chorus- WalkingwithJesus, walking every day, walking all the way

Walking with Jesus walking with Jesus alone

Walking in the sunshine walking in the shadow walking with Jesus alone

Activity -1- Find the way-

Jesus is the way Truth Life



Jesus said to him, "I am the way, and the truth and the life" No one comes to the father except through me.

John 14:6

Sheet No. 2 – February–

1. Talk to children about the safe use of internet and mobile.
2. Importance of prayer in our daily life.
3. Share story of Daniel with children

Telephone to Jesus every day, Prayer is the way to talk to Jesus



Five finger prayer

Thumb - Thank for everything and pray for family and friends.

Pointer - Prayer for those who leads you in right direction - teachers, leaders.

Index - Prayer for Elders and authorities and government, ask for guidance.

Ring - Prayer for those who are weak, in trouble, in pain, sick and poor.

Smallest - Prayer for ourselves and for our own need.

Chorus- Hello Tring Tring Hello - 2

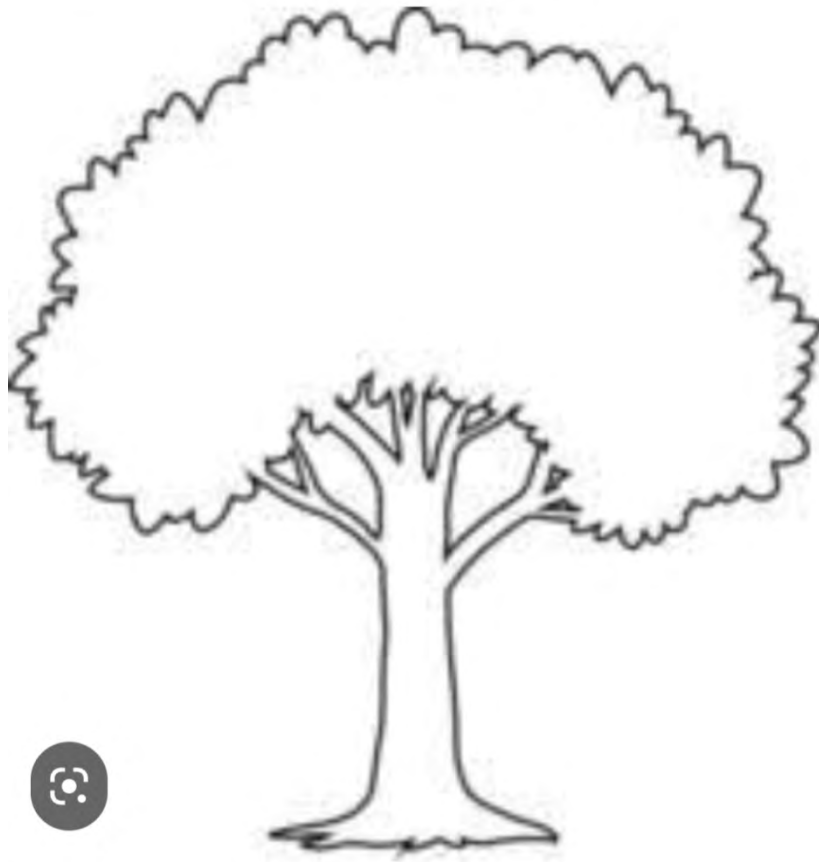
Telephone to Jesus, Telephone to Jesus, Telephone to Jesus – Everyday

Be in HIS network, Be in HIS network, Be in HIS network - Everyday

Thank you Jesus, Thank you Jesus, Say Thank you to Jesus - Every day

Sheet No. 3— March - The Fruit of Spirit

Love Joy Peace Patience Kindness Goodness Faithfulness Gentleness Self-control



Talk about the fruit of the Spirit

Discuss each attribute one by one and explain its importance for Christian life.

This fruit should be in our lives. Galatians 5:22-23

Draw a tree and color it with green and cut the shapes of different fruits like mango, apple, pear, banana, pineapple, watermelon, strawberry, cherry and orange. Color as well.

Write an attribute on it one by one and paste on tree.

Memory Texts:

Love – 1 Corinthians 13:4-5

Patience - Proverbs 14:29

Faithfulness – Lam. 3:22-23

Joy - Romans 15:13

Kindness - Ephesians 4:32

Gentleness- Mathew 11:29

Peace – John 14:27

Goodness - Galatians 6:10

Self-control- 2 Timothy 1:7

The Fruit of Spirit



Sheet No. 4 – April- Resurrection Day

Jesus said, - I am the resurrection and the life; whoever believes in me, even if he dies, will live.



He is not here, for He has Risen - He is Alive

Drawing and Coloring activity

Discuss the story of the crucifixion of Jesus, and His pain which He suffered for us

Story of Resurrection and importance of salvation. He gives us a new life, glory, and heavenly crown.

Activity - Make a crown with golden paper and decorate it.

Think about Jesus - He has given himself for us, what we giving? What we are doing?







Sheet No. 5 – May

NO TOBACCO DAY- Cigarettes, smokeless tobacco and other forms of tobacco cause oral cancer, gum disease, and other oral health problems









1. Talk about oral hygiene, invite any dentist to talk about good oral health, which helps you enjoy life- speak clearly, test, chew and swallow nutritious and delicious food.
2. Visit schools of your area to make them aware about oral health.
3. Host an event or competitions about the hazards of tobacco, alcopops, and other drugs for your church and community kids.
4. Talk about other things that can be in foods that can cause cravings or lead to addictions (eg. Sugar content in foods)
5. Encourage tobacco free Tuesdays and Thursdays.
6. Talk about the harmful effects of chew tobacco, cigarette, e-cigarette.
7. Sponsor a NO TOBACCO DAY PROGRAM for kids.
8. Encourage children to speak up 'No Public Smoking'.
9. Encourage to participate in a skit competition with message of harmful tobacco and its effects on our body and mind.

If every alphabet has different symbol, decode the sign language.

Example:

S	a	y		n	o		t	o		d	r	u	g	s
	#	ψ			■			■		&			£	

Code Chart:

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
#	@	\$	&		₹	£	€	3	φ	ž	ç	ə		■							Σ	♀	∞	ψ	π

Now decode the messages

1 -

♪	■	@	#	\$	\$	■		3	♣		3	3	Ç	Ç	3	♥	£		♪	♣,	
&	■	♥'	♪		Ç	☯	♪		3	♪		3	3	Ç	Ç		ψ	■	♪.		

2 -

♀	☯		♥	☯	☯	&		♪	■		@	♪	♦	♥						
\$	#	Ç	■	♦	3	☯	♣,		♥	■	♪		♪	■	@	#	\$	\$	■	

3 -

☯	Ç	3	ə	3	♥	#	♪	☯		♪	■	@	#	\$	\$	■				
₹	♦	■	ə		ψ	■	♪	♦		Ç	3	₹	☯							
@	☯	₹	■	♦	☯		3	♪		3	3	Ç	Ç	♣		ψ	■	♪.		

- Answers-**
1. Tobacco is killing us, don't let it kill you.
 2. We need to burn calories, not tobacco.
 3. Eliminate tobacco from your life before it kills you.

Sheet No. 6 – June

JESUS said: “I AM THE LIVING WATER”

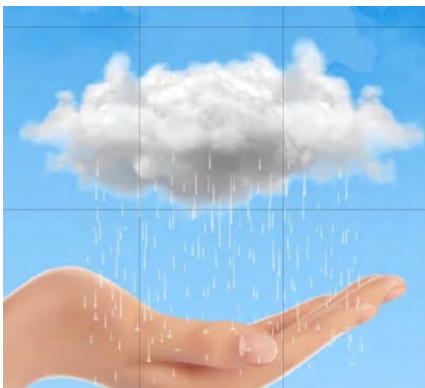
The body cannot survive without water, which accounts for approximately 60-80% of our body's water content, depending on age. Water is more important than food; without it, the body becomes lethargic, mentally confused, and eventually dies. Water is required for body function, transportation, and temperature regulation, as well as to moisten eyeballs, blinking eyes for waste excretion, and cleaning. Water is also necessary for brain functions such as concentration, disposition, and pain threshold.

In daily life we also need water for cleaning food, clothes, utensils and surroundings. We need it to prevent from infection and disease. We wash our hands and bodies to clean infections and remove bacteria.

The importance of our need for water for life is like our need of JESUS. He is the water of life. He provides nourishment to our spiritual life, cleanses us from sin, and give us endurance in our Christian walk. Like physical dehydration, a lack of Jesus causes lack of enthusiasm, creates confusion, disorientation and eventually death. It means the rejection of salvation.

1. Talk to kids about importance of clean drinking water.
2. Make them aware to save water and environment.
3. Discuss the story of a woman of Samaria and Jesus
4. Walk to encourage an alcohol-free lifestyle.
5. Need to take living water, connection and supply of living water is very necessary to clean ourselves, to cleanse us from our sin. Only Jesus can supply this.
6. To connect with Jesus and obey Him. We need to obey and respect parents and elders.

Memory Texts: Psalms 51-7, Isaiah 12:3, John 4:3, Revelation 22:7



Save Water - where it falls and when it falls.

Drawing Activity: Jesus, the Samaritan Woman and Living Water



Sheet No. 7 – July John 6:51

I AM THE BREAD OF LIFE

Encourage people to know about healthy eating. A plant-based diet is the most healthy diet. Carbs provides energy to do work. Proteins helps to make new tissue, and muscles and to repair the body. Vitamins and minerals are good to protect the body from disease.

We should have a balanced diet to maintain good weight because if we eat more than we need, it will be harmful for the body. Body should maintain balance among the energy growth and protection. So there is need to have variety of food: in colour, tastes, texture and in method of preparation.

Exercise is important like walking, dancing, workout, jumping, rope-skipping, swimming , hiking and playing sports.

- Talk about balanced diet and exercise, nutrition and food.
- Visit poor and needy families help them - food packets, clothes, woollens can be given.
- Talk about importance of bread for life as well importance of Jesus for our spiritual life Explain the comparison.
- Discuss the story of five loaves of bread and two fish to 5000 people.

Memory Texts: Psalm 34:8, 2 Peter 3:18, John 6:33-35, Ezekiel 4:9

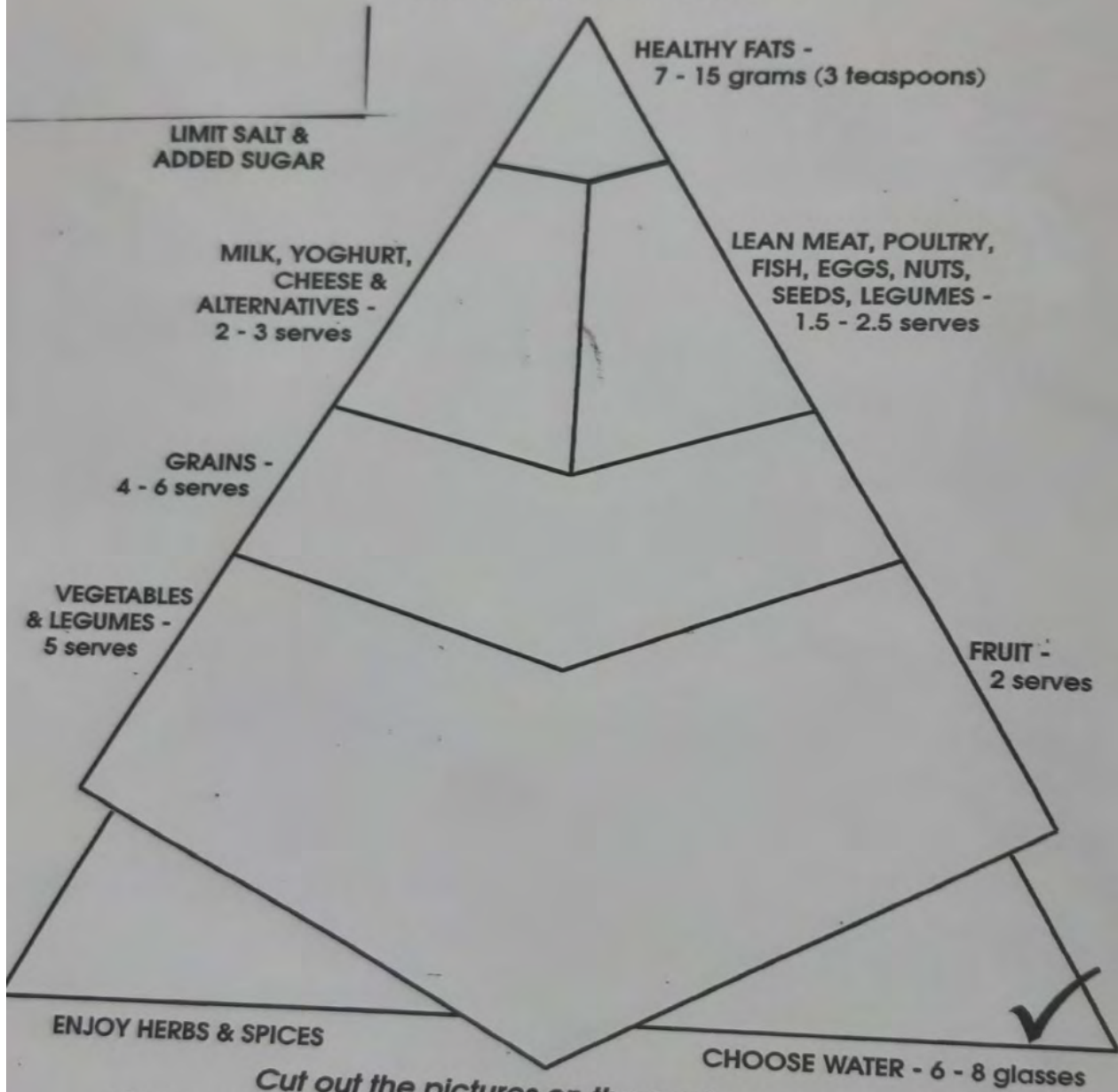
As bread is important for life so Jesus is important for our spiritual life. Obey Jesus as well as obeying your parents.



NUTRITION -

God provides us with the food we need to live healthfully.

Remember to eat a variety of different colours and textures.
Eat a rainbow every day!



*Cut out the pictures on the next page or
draw your own pictures to fill in your healthy eating pyramid.*

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JESUS SAID: I AM THE LIGHT OF THE WORLD

Light is a form of energy. Light plays very important role in our life. Main source of light or energy is sunlight and it makes us able to see everything. Sunlight is essential for a child's growth, enhances immune system, improves brain function, and it improves bone health and is important for plants as well. Sun is very important for us, life could not exist on earth without the heat and the light of the sun, but we take it for granted because it is up in the sky every day for us.

Just like Jesus is the light of the world when everything is dark and stormy in life, Jesus is there. What would the world do without sun? It would be cold, dark and dead, without purpose and hope. Similarly this is what the world is without Jesus. There is hope of salvation in Jesus.

We know excesses of anything can cause damage, so direct exposure of sunlight to eyes can damage eyesight and also burn skin, so balance exposure of sunlight is beneficial but excessive exposure is harmful. This is the perfect example of concept of temperance. But staying close to Jesus leads us to eternal life. As the Moon reflects sunlight, it convert into moonlight. The Son of God gives us light for good life and we can reflect this light to others too.

Encourage children to share their schoolbags, old books, pen pencils, and eraser.

Discuss about sharing and caring. Jesus gave Himself for us.

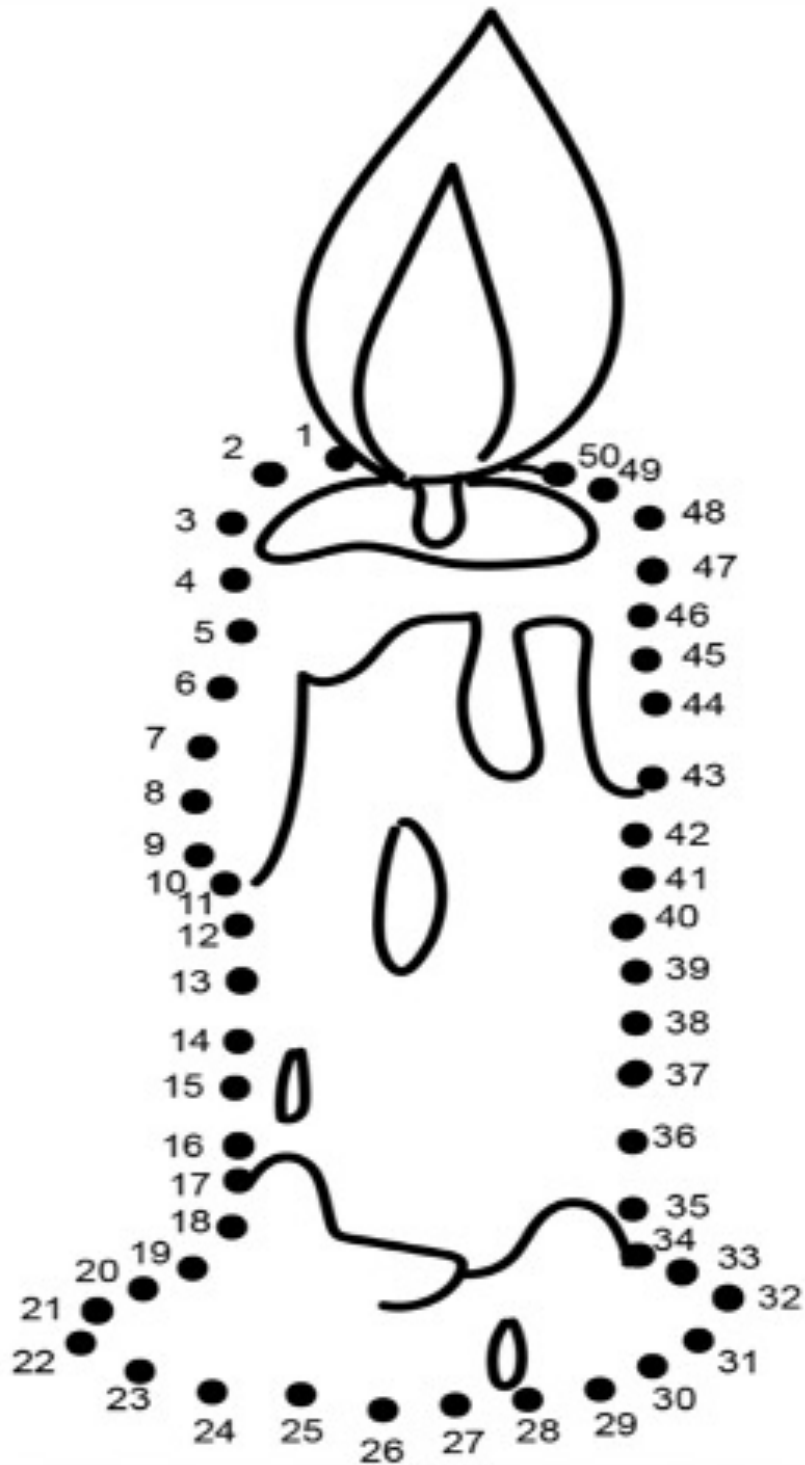
Host a candle light walk with your community children

Chorus: Walk, walk, walk, walk in the light –3
Walking in the light of the Lord
Jump, jump, jump in the light
Turn, turn, turn away from what's not right
Turn turn turn away from dark dark dark

Turn to Jesus - Give Him your life - He is the light and you too, can be a light.

Activity – 8

Join the numbers to make a candle and color it and try to spread the light of



Jesus.

Jesus is the Light of the World

Sheet No. 9 –September- FAS DAY

- Observe 9th September as FAS awareness day
- Visit schools to make them aware about FAS
- Organize awareness program about FAS
- Give message on bulletin board, notice board about harmful effects of alcohol.
- Create awareness with a health talk about cleanliness of surroundings and environment.
- Cradle roll ceremony with kids at your church or in your community.
- Invite young mothers with their kids (up to 5 years). Encourage them to take a pledge to total abstinence. Ask that they will protect their kids from alcohol, tobacco and all narcotic drugs and will raise them according to God's word. Tie a white ribbon bow at the right wrist of kids.

Activity- Unscramble each of the clue phrases.

1. ssedble rea hte roop ni iritps, orf eirsth si het gdomnik fo venhea.
2. lessedb rea oseth ohw ournm, orf hyet allsh eb fortedcom.
3. essedbl rea eth eekm, orf hety asllh eritinh het rthea.
4. essbedl rea oseth who ngerhu dna irstth rof hteorigusssne rof yhet ahlls eb isfiedsat.
5. seseldb era eth rcifulme orf eyth lhals ceiveer rcyme.

You can do something special for FAS related Autistic children or down syndrome children. Spend time with them.

1. *Blessed are the poor in spirit, for theirs is the kingdom of heaven.*
2. *Blessed are those who mourn, for they shall be comforted.*
3. *Blessed are the meek, for they shall inherit the earth.*
4. *Blessed are those who hunger and thirst for righteousness for they shall be satisfied.*
5. *Blessed are the merciful for they shall receive mercy.*

Answers:

NO ALCOHOL DAY

- Observe 2nd of October as World No Alcohol Day.
- Organize a poster competition related to alcohol free life, slogan competition, speech competition,
- Visit schools and host a talk about harmful effects of alcohol and how alcohol is destroying families. How alcohol affects people physically, mentally, emotionally and financially.
- Alcohol free Tuesday and Thursday or Saturday and Sunday.
- Walk to encourage an alcohol and tobacco free life style.
- Host an event at your church, or local community and share small snacks and non alcoholic mock-tails.
- Offer alcohol and drug education to local school or churches
- Contact the head of education institute and talk to students about harm of alcohol and drugs, competition for students like drawing and coloring, recitation, slogan, speech etc.
- Organize cartoon show, moppet show, attractive videos and power points
- Promote cooperation with other organizations within the drug prevention field
- Spread the message about harm or alcohol, and drugs, to family, work colleagues, and passers-by on the street.

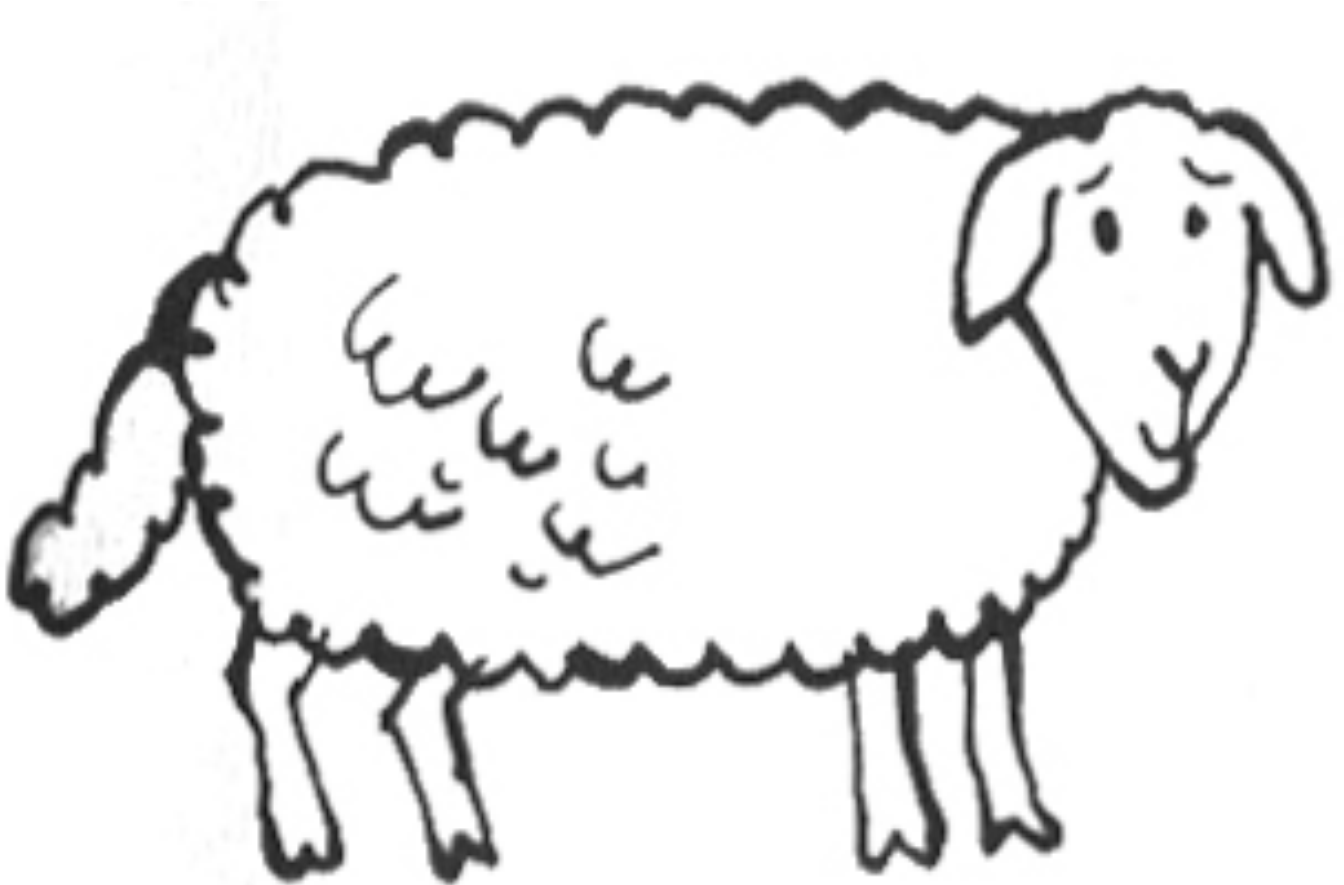


Sheet No. 11 – November

JESUS said: "I AM THE GOOD SHEPHERD"

- Share story of the lost sheep and talk about how Jesus is the Good Shepherd.
- Have a celebrity speak about having a drug-free lifestyle.
- Develop a social media page and circulate at least a weekly message, where your voice can be heard to the public online
- Host an evening to encourage alcohol-free hospitality. Share alcohol-free recipes of cakes and other dishes.

ACTIVITY: Cut out the sheep and glue cotton wool on it.



Activity- Every alphabet has a particular number-

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

Decode the messages by numbers-

1.

25	15	21		1	18	5		20	8	5		19	1	12	20		15	6
20	8	5		5	1	18	20	8.										

2.

25	15	21		1	18	5		20	8	5		12	9	7	8	20		15	6
20	8	5		23	15	18	12	4.											

3.

12	5	20		25	15	21	18		12	9	7	8	20		19	8	9	14	5	
2	5	6	15	18	5		15	20	8	5	18	19.								

4.

2	12	5	19	19	5	4		1	18	5		20	8	5		16	21	18	5	
9	14		8	5	1	18	20		6	15	18		20	8	5	25				
19	8	1	12	12		19	5	5		7	15	4.								

Answers

1. You are the salt of the earth.

2. You are the light of the world.

3. Let your light shine before others.

4. Blessed are the pure in heart, for they shall see God.

Sheet No. 12– December

Christmas-

1. Share Christmas story with kids.
2. Host a Christmas tree program with your church or community Children.
3. Talk about giving and sharing - How Jesus gave Himself for us.
4. Share cake and cookies with story and fun games.
5. Drawing and coloring with Christmas story and encourage community to enjoy alcohol-free hospitality.
6. Sharing of alcohol-free recipe.
7. Share some food packets, cake, cookies, woollens with poor families at Christmas.
8. Visit old homes and share Christmas carols and cakes with them.

Activity 12 - Drawing and coloring

Cut out the pictures on the next page and others too which are your favorite and make your own picture of Christmas- Baby Jesus, Mary and Joseph, star, shepherd, angel, wise men, stable and animals and color it in.

