



Journeys in the Spirit

Children's work

June 2018

Topical Activity

Children helping children



Even if you'RE little you Can do a lot, you
mustn't let a little thing like 'little' stop you

Matilda the Musical, Tim Minchin

With social media and 24 hour news children can get overloaded with information about world events and much of it isn't good news. Rather than feeling helpless to change things, doing something positive can help children feel like they can make a difference — that they have the ability to make a positive impact, at any age. This issue looks at some children who saw a need and decided to work towards changing those situations. Share these three stories with the children. There's an opportunity for the children to think about and create their own responses at the end of each.

Climbing Mountains

Inspired by a parent's involvement with the charity [ChildAid](#) to Eastern Europe, a group of children aged between 8-14 years came together to make a difference to the lives of children in Ukraine. Kamianske is a day's tank ride into Ukraine's conflict zone - poverty, neglect and abuse are rife. The orphans and children with disabilities of Kamianske have a small refuge provided by Child Aid in which to meet, learn, socialize and play. But conditions are spartan and heating is minimal, there is no equipment for the older children and nowhere comfortable to hangout.

The group wanted to change that. They decided to organise a climb up one of Scotland's highest mountains and gathered together a group of willing adults to help them with the climb. The adults were in charge of maps, food and kit - the children in charge of motivation, fitness and team spirit! Using social media the children publicised their adventure and linked to the charity for online donations. The day of the climb came and the weather was bad so the group had to change which mountain they climbed, but they did it and the alternative mountain – Schiehallion was still three times the height of the Shard. There were pictures posted of their progress up the mountain as it happened and of course one from the top where it was 'cold but really cool'. Over £7000 was raised by the children which will now be put to great use.

Talk with the children about anytime that they have ever been part of a fundraiser.



Kid President



Kid President is all about letting children know that they matter, that their voices are important and that they can change the world through joy and love.

Kid President started making videos with his brother in law in 2012 to inspire the world to be more awesome. His videos have gone on to inspire children and young people (and adults) all around the world to do things that will make the world a better place. Kid President LOVES helping people and helping people help other people.

He asks three big questions in one of his videos that might just change the world:

- **What are you not ok with?**
- **What do you have?**
- **What can we do about it?**

Ask the children if they have answers to these questions that might inspire them and others around them to do something awesome, remembering that awesome doesn't always mean big. If you are able to, watch Kid President on Youtube: <https://bit.ly/2lengcK> and find out a bit more about him here: <https://bit.ly/2lhLLSc>.

Ask the children what they might talk about if they were Kid President for a day? You might make your own video or act out your own broadcast to the world.

Clean Beaches

The children of Penzance Quaker Meeting often have their meeting outdoors. As they walked one Sunday they got chatting about plastic rubbish and the effect that it had on the area's beaches. Beaches are beautiful places to visit and children especially enjoy visiting and exploring these wonderful areas. If they're covered in rubbish then visits are spoiled, but more than that the rubbish is dangerous to wildlife. During their children's meeting they had a beach clean and then returned to the meeting house and told the adults about their time there. They told how they had learned about single use plastic waste that pollutes the seas and ends up on beaches around the world and asked for a recycling bin for the Meeting House.

Ask the children if they have seen a beach or area spoiled by rubbish or been part of any projects to clean up their environment?



What can you do?

The children will probably be bursting with ideas of how they can help other children by now but if they need inspiration the book - *Do Nice, Be Kind, Spread Happy* ISBN: 1782401059 (available from the Quaker Bookshop 020 7663 1030 quakercentre@quaker.org.uk) has some great ideas.

How about recycling an old jar and having it around to collect loose change. Everyone drops in whatever change they can and then, when it is full the children can donate the contents of the jar to a charity that they have all decided on.

Try a skills swap. What are the children good at that they could teach someone else? It might be drawing, building cool lego structures, singing, adding up or times tables tricks, playing the guitar or recorder or writing cool stories. Ask the children to draw or write a list of all the things they can do already and then put them out on a table for the group to see. The children can then choose the new skill they want to learn. Make sure that everyone is paired up with someone else and then give some time for them to talk about their skills swap. It's exciting to learn new things but even nicer to help someone and who knows what that might lead to?

Q. Why do seagulls live by the sea? A. Because if they lived by the bay they would be bagels.