



Honduras Well Projects | Kid's & Women's Ministry

Thank you for saying yes!

This guide is designed to help your team get ready for the journey ahead. We'd also love to connect for a 45-minute video meeting to walk through the materials, answer questions and explain how your in-country Agua Viva leader will support your team.. Our hope is that this guide helps you feel prepared, confident, and excited for the experience God is calling you to.

Please email HondurasWellProjects@gmail.com today to schedule the meeting.

In the meantime, it may be helpful to assign one person as coordinator of the Kids Ministry and one of the Women's Ministry.

Typically, on Monday, Tuesday and Wednesday the children will gather in the morning and the women in the afternoon. Thursday is set for free play until the well dedication ceremony midmorning.

Each day during Kid's Ministry time, you will share a Bible lesson and a Self Care lesson.

Please choose three Bible lessons from those offered below. Perhaps you want to add questions, a different craft or a different Bible story than the ones suggested – that's fine! Make it your own.

All lessons are structured for ages 4 - 10 with minimal supplies.

*Please note, we cannot confirm the size of your community until a few days before your arrival. This is due to many moving parts in the mission field. **Please plan for 125 children and 50 women.** If you are placed in a small village, you can take home the excess materials for a future trip or leave with the Agua Viva staff. If you are in a larger community, your Agua Viva leader will know how to distribute appropriately.*

In your pre-trip meetings, please prepare all your crafts for easy distribution in-country and remember to **bring a completed craft as your sample.**

Please also consider bringing a suitcase of items for free time fun: Soccer ball (we recommend one World Play indestructible soccer ball from Amazon!), jump ropes, face paints, color sheets, beads, football, Uno, etc. This will also help keep children entertained during the Women's Ministry time and give the drillers something to do with the kids when they pop over!

If you wish to bring gifts for the people, we will include a suggestion list at the end of this document. If your idea is not on the list, kindly check with us first before purchasing.

Kid's Ministry Lesson flow:

1. Welcome, prayer and songs - AVI Leader will guide you or do it for you
2. Icebreaker Questions
3. Bible Reading
4. Narrated Skit
5. Discussion Questions
6. Craft
7. Self Care Lesson - AVI Leader may choose to do this before the craft

Tips:

- **Agua Viva Leader:** Your leader will not only interpret for you, she is there as an expert director of kids and women ministry. She can guide you or completely lead, whichever you prefer. Just let her know the level of assistance you need with the lessons.
- **Narrate loudly, with enthusiasm and positive body language:** You are the story teller! The AVI Leader who interprets will reflect your personality. The children will listen to her, but eyes will be on you. Don't just read the lessons, interject energy!
- **Skits | Briefly explain to the actors:** Take a few minutes to get the characters in costume. Tell them you'll be reading the story and they need to listen and act out exactly what you are saying. Tell them to have fun and be exaggerated. The teammates with roles will set the fun factor example!
- **Skits | Audience Questions:** Narrator can pause to ask questions at the main points during the skit. Ask with enthusiasm: "What would you do?" or "Should the shepherd keep looking?"
- **Ministry opener | Read from Bible:** Pre-place the sheet ready to read from in your Bible and read the scripture from it. This sets a good example for the children.
- **Teammates:** If children are not raising hands to answer a question, teammates should raise their hand and answer. This encourages the children and sets a good example.

Remember, choose THREE Kids Ministry Lessons, (plus all three Self Care Lessons)

Have fun! And go...be love!

Honduras Well Projects

The Lost Sheep

Bible Passage (simplified - suggest the Clear Word translation):

“Suppose a shepherd has 100 sheep, and one goes missing. The shepherd leaves the 99 in the open field and goes to look for the one that is lost. And when he finds it, he is even happier about that one sheep than the 99 that were safe. In the same way, your Father in heaven is happy when one sinner turns back to Him.” (Luke 15:4–7)

Today we are going to act out this story and we are going to talk about who the Sheep and the Shepherd really are!

Icebreaker Questions:

1. Have you ever lost something important? Tell me about it.
2. Have you ever gotten lost? Tell me about how you felt and who was looking for you.
3. How did you feel when you were found?

Roles: Shepherd (team member), 6 Sheep, Narrator (team member)

Consider bringing props: Tan bed sheet for the shepherd robe, use a stick from the yard as a staff, make five white sheep masks, one black/gray sheep mask

Skit:

Jesus once told a story about a shepherd and his sheep. Here comes the shepherd walking his sheep into the field. The sheep are all happy and baa'ing. The shepherd uses his staff to gently guide them. The shepherd shows them where there is some grass to eat and all the sheep follow him to the area of grass. They all stay together in one group. Some eat, and some lay down to rest. The shepherd loves his sheep. He pets them and smiles at them. He kneels beside them to talk to them.

One of his sheep decides they want to see what is over the hill. The one sheep decides he does not need the Shepherds' help all the time. The sheep starts to wander away while the shepherd is taking care of the others.

Soon the sheep has wandered far away and begins to get nervous. The little sheep is acting scared and alone. The lost sheep begins to baa, calling for his shepherd's help.

The shepherd loves all his sheep so much! He makes sure the group is safe and he begins looking all around for his lost. He is searching everywhere. He shades his eyes and looks far away. His lost sheep is calling to him. Can you hear it? Can you help the shepherd find the lost sheep?

The lost sheep climbs up onto a hill and there! The Shepherd sees him! He runs to him and hug him! The shepherd picks up his sheep and carries him all the way home while everyone cheers. The shepherd calls all his friends to come celebrate finding the lost sheep.

All the other sheep gather around and jump up and down with excitement.

Jesus told this story to remind us that every person matters to God. Just like the shepherd searched for the lost sheep, God loves us and always wants to bring us back to Him.

Discussion Questions:

- What did he do for the other sheep before he went to look for the lost one?
- Why did the shepherd look for the lost sheep?
- Did the shepherd love one sheep more than the others?
- When Jesus told this story in the Bible, who do you think the sheep are?
- Who do you think the Shepherd is?
- What does this story teach us?

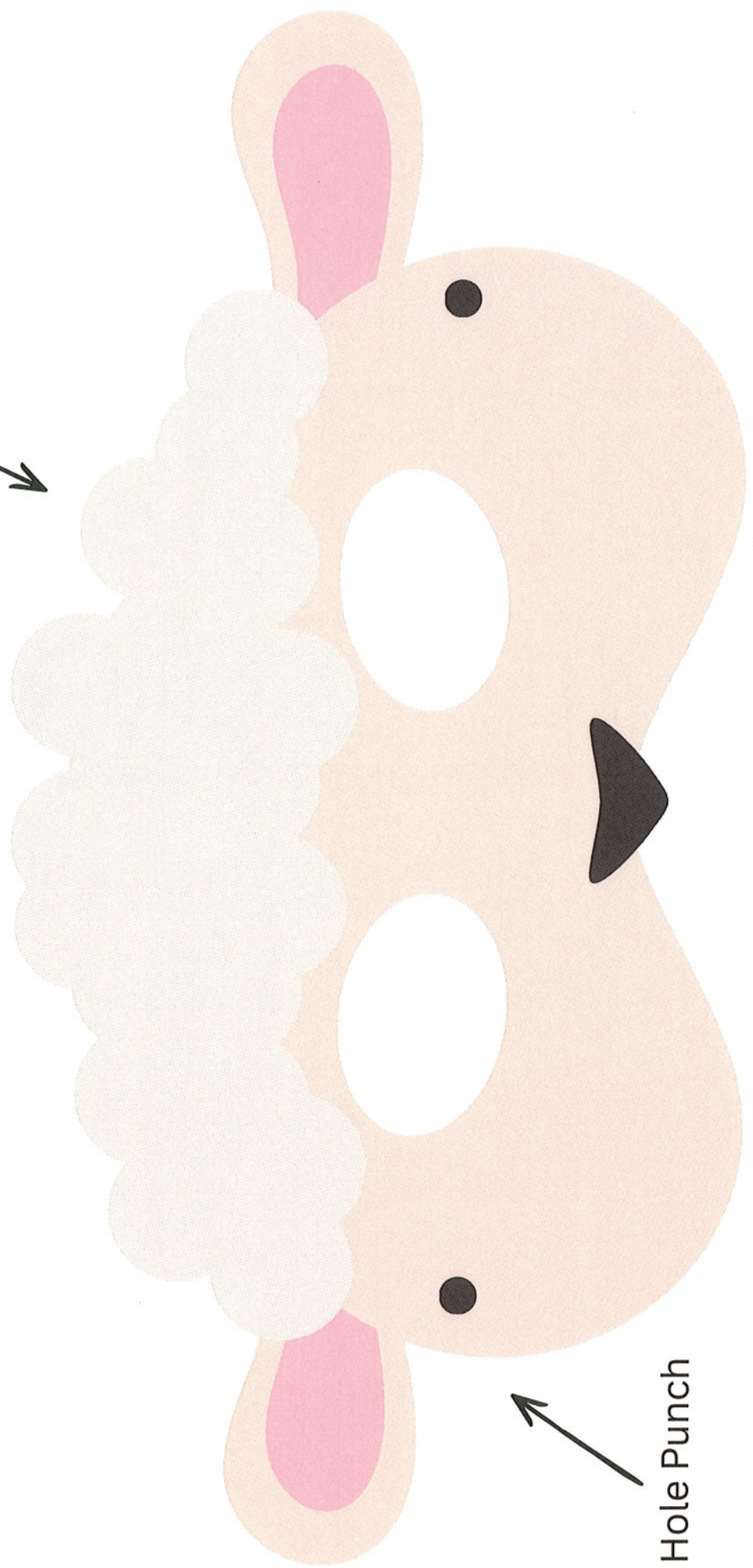
Craft – Sheep Mask:

Materials: Cardstock, cotton balls, glue, round elastic cord, hole punch, kid scissors to share (if you are having them cut out the mask)

Steps:

1. Copy mask onto cardstock
2. Consider cutting out the masks and eyes at team meeting
3. Hole punch where shown
4. Cut elastic cord in 11" sections
5. Show children how to pull apart the cotton balls to stretch the "wool" - Glue on mask.
6. Attach elastic cord

Kids stretch cottonballs & glue here



Hole Punch

PRINT ON CARD STOCK

cut out eyes

The Good Samaritan

Bible Passage (simplified):

"When Jesus said, "Love your neighbor as yourself", an expert in the laws asked Jesus, 'Who is my neighbor?' Jesus told a story: A man was traveling and was attacked. A priest and a Levite passed by, but a Samaritan helped him. Jesus said, 'Go and do the same.'" (Luke 10:25–37)

Today we are going to act out this story and we are going to talk about how we are supposed to love and take care of people we like and we don't like.

Icebreaker Questions:

- Who helps you when you get hurt?
- Have you helped someone before?
- Have you ever helped someone you didn't like? Would that be hard or easy for you?

Roles: Traveler, 4 Robbers (one is teammate), Priest, Church worker, Samaritan (teammate), Donkey, Inn Keeper, Narrator (teammate)

Consider bringing props: Bed sheets as robes for actors. Crown for priest. Bandanas for robbers. Toy gold coins, water bottle, bandages for the Samaritan. Donkey ears and tail. Bag for the traveler.

SKIT:

One day Jesus told a story about a Jewish man traveling down a long road from Jerusalem to Jericho. The Jewish traveler was walking very slowly with a bag over his shoulder. He was looking around cautiously as he walked because he was a bit nervous with the road being quiet and lonely.

Suddenly, robbers jumped out! They ran to the traveler and pushed him to the ground. They grabbed all his money, his bag and everything they could take. They beat on him so he could not get up and then left quickly

Oh, the traveler was so hurt! He moaned. He groaned and he tried to sit up but he could not.

He was laying there when a priest came walking down the road. The priest looked. Is that a man lying there he wondered? He walked slowly by the traveler, stopped for just a second, and then hurried off. He didn't want to be late for church.

Soon another man came walking down the road. He worked in the church as an important person. He was walking along when he saw the traveler. He glanced quickly around and looked afraid. Who had done this? Would they do it to him? He began to walk past the traveler...he had a feeling he should help, so he turned around and looked at him again...but then got scared and ran off without helping.

Then a Samaritan came traveling along the road with his donkey. He is walking slowly and his donkey is making donkey noises. The Samaritan people *were not liked* by the Jews. They were not friends. They were enemies.

Then the Samaritan and his donkey see the traveler. He stops and looks closer. At first he thought he was dead. But then he hears the man moaning and groaning.

The Samaritan is cautious and walks slowly towards him. He bends down and sees how badly hurt the man is. The traveler says "please, will you help me?"

The Samaritan does not care that this is his enemy. He does not care if anyone sees him helping. He does not care if he himself gets beat up. The Samaritan feels compassion for the man. He offers him something to drink. He holds his head while he drinks some water. The Samaritan begins taking care of the man's wounds. He carefully wraps him in bandages. He tells his donkey to kneel beside the man. The donkey kneels and the Samaritan places the Jewish man on the donkey's back.

The Samaritan leads the donkey slowly down the road to a hotel where he sees the Innkeeper. He hands the Innkeeper several coins and says will you please take care of my friend? Use the money for food and a nurse. I will return with more money if it is needed.

The Jewish man gently hugs the Samaritan, saying thank you and the innkeeper helps him inside. The Samaritan and the donkey continue on their journey.

Jesus told this story to teach us something very important.

We are to be kind to and help everyone. Not just our friends or our family. Just like the Good Samaritan did .

Discussion Questions:

- Who were the first two people who walked past the injured Jewish man?
- Who helped the injured man?
- Why is that surprising?
- Why do you think the Samaritan stopped to help when others didn't?
- How do you think the hurt man felt when someone finally helped him?
- Why do you think Jesus told this story?

Craft – Helping Hands:

Materials: Cardstock, crayons, hole punch, yarn

1. Copy template onto cardstock
2. Have the child *trace their left hand* on the white paper, then *trace the right hand of another child*.
3. Color the heart between the hands.
4. Punch holes top center 4" apart, tie yarn through so they can hang their project at home.



Hole punch.

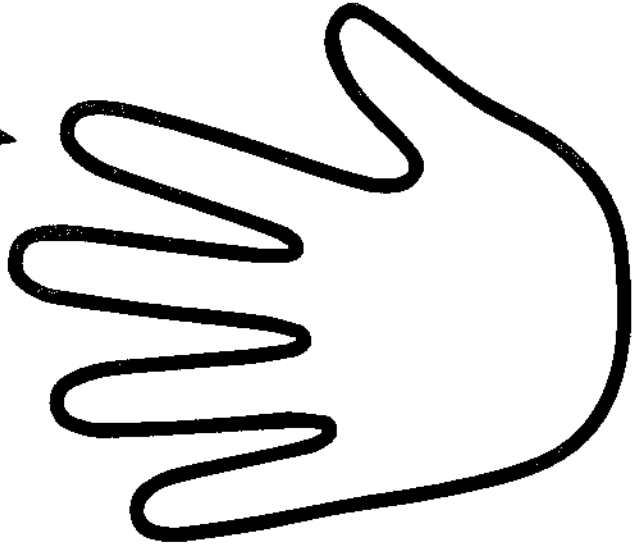


Add yarn for hanging.

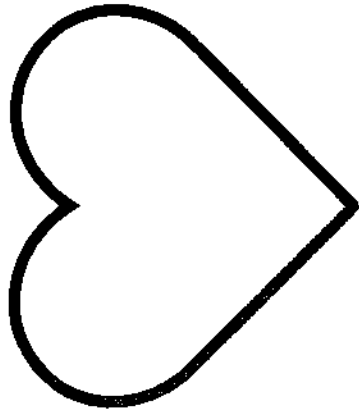


“Ama a Dios. Ama a todas las personas.”

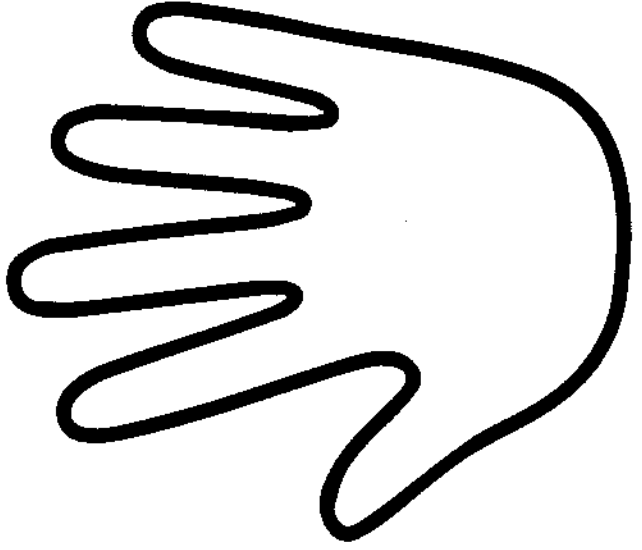
Child traces their
left hand here



Color the heart



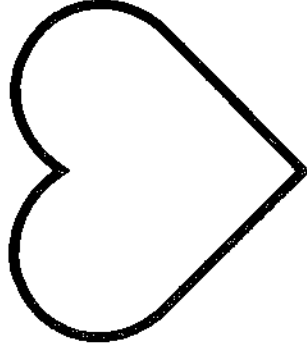
Child traces another child's
right hand here



WHITE CARDSTOCK

Se amable. Parte. Ayudar a los demas.

Be kind. Share. Help others.



Jesus Feeds the Five Thousand

Bible Passage (simplified):

"A boy had five loaves of bread and two fish. Jesus blessed the food and gave it to the crowd. Everyone ate until they were full, and twelve baskets were left over. Jesus provides for our needs." (Matthew 14:13–21)

Icebreaker Questions:

- What is your favorite food?
- If you had just a tiny snack of your favorite food with you today, would you share it with everyone here?
- If you had to feed 1,000 people what would you feed them?

Today we are going to act out the story of Jesus feeding **5,000** people with just seven small things. Who would like to help me?

Roles: Jesus (teammate), 4-6 Disciples (two teammates, plus kids), Boy, Crowd (10-15 kids), Narrator (teammate)

Consider bringing props: Tan sheet for Jesus robe, brown sheets for disciples, walking stick for Jesus found in yard. Dollar Store small baskets. Paper fish. Paper loaves.

SKIT:

One day Jesus was walking along and a large crowd began following because they wanted to hear Him teach and see the miracles He was doing.

Jesus told them to settle down and he would begin teaching them. He knew they came from far away and he wanted them to be comfortable. Some of the people sat down and some stood in the back.

Jesus began teaching them. He raised his arms to make gestures. He smiled and he laughed. The people smiled. The people laughed. He was a good teacher. Sometimes it made the people cry.

The day went on for a very long time. Soon the crowd began to rub their stomachs because they were getting hungry. A couple of them stretched their arms and yawned a little bit.

The disciples noticed this and kindly went to Jesus. They pulled him aside and said "Jesus, the people are hungry. And it is getting late. Look, the sun will be going down soon. Should we let them go to town to eat before it gets too late?"

But Jesus said "You feed them."

The disciples looked around - they didn't have any food. They asked each other "do you have food?" No! "How can we feed them?" they said to Jesus.

Jesus said, bring me what you can find.

One of the disciples looked around and saw a young boy with a small lunch. He pointed to him and asked him to come forward. The small boy stood up, and walked to the disciples. He opened his bag and said "Look. I only have five loaves of bread and two fish"

The disciples pointed to everyone in the big crowd. That can't feed all these people! One disciple shrugged his shoulders and shook his head. He told the boy, go show it to Jesus.

The little boy walked over and showed his lunch to Jesus.

Jesus took the bread and fish. Jesus looked to the sky and held it up. He thanked God for the food. He bowed his head and put the food back into the basket.

Then Jesus began pulling it out and giving it to the disciples to hand to the people. Loaf by loaf. Fish by fish. More and more and more and more. The disciples carried the food to all the people. Handing it to everyone. The people ate and ate until their bellies were full.

Something amazing happened. The bread and fish did not run out! God kept making more bread and more fish! Everyone had enough to eat.

In fact, everyone was so full, the disciples had to walk around and pick up the leftovers. 12 baskets full! The disciples were so surprised! The people were so surprised!

Jesus took one small lunch offered by a little boy and used it to feed thousands of people.

Everyone pointed at Jesus and looked amazed! Then they cheered for him.

This miracle showed that Jesus cares about people and can do amazing things—even with something small.

Discussion Questions:

- What problem did the disciples notice about the crowd?
- How much food did the boy have in his lunch? Was that enough?
- What did Jesus do first with the fish and loaves?
- What amazing thing happened when Jesus started giving out the food?
- Why do you think the boy was willing to give his lunch to Jesus?
- What does this story teach us?

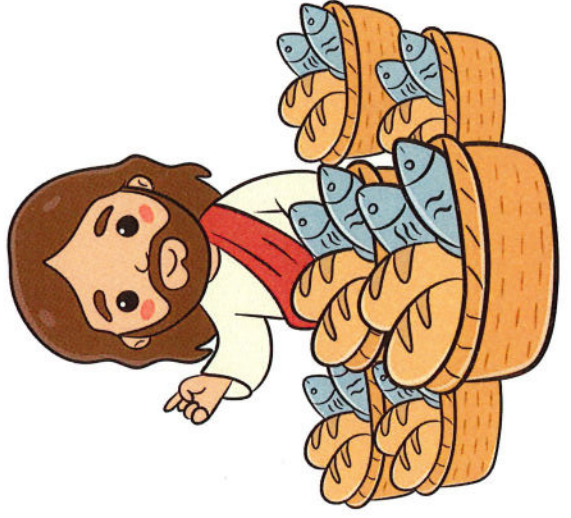
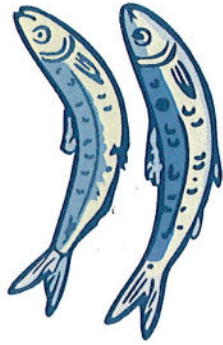
Craft – Basket with Fish and Bread:

Materials: Non-coated paper plates, glue, hole punch, yarn, copies, kid scissors if you want them to cut out.

Steps:

1. Children cut out items and glue to paper plate.
2. You may decide to prep this at a meeting by cutting them all and placing them in individual baggies to be handed out.
3. Punch two holes in top and thread yarn so they can hang at home.

Jesus provee!



Glue to paper plate

Daniel in the Lions' Den

Bible Passage (simplified):

"Daniel loved God and prayed to Him every day. Some jealous leaders tricked the king into making a law that people could only pray to the king. Daniel kept praying to God anyway, so he was thrown into a den of lions. But God sent an angel to shut the lions' mouths, and Daniel was not hurt. The next morning the king found Daniel safe and praised the God who rescued him. Daniel prayed to God even when it was against the law. He was thrown into the lions' den, but God protected him. The king said, 'Daniel's God is the living God!'" (Daniel 6)

Icebreaker Questions:

- Who teaches you about God?
- Have you ever heard the story of Daniel and the Lions' Den?
- What would you do if you had to spend the night in a cave with lions?
- Tell me a story about a time you had to be brave.

Today we are going to act out the story of Daniel and the Lions Den to learn more trusting God to protect us.

Roles: Daniel (teammate), Lions (1 teammate + 4 children), King, Angel, few people (3)
Narrator (teammate)

Consider bringing props: Bed sheets for robes for Daniel and the King. Crown for king. Lion's masks. Angel robe and halo.

SKIT:

This is Daniel. Daniel loves God with his whole heart. He is very faithful to God. Daniel kneels and prays to God at least three times every day.

There were a few people who did not like Daniel. They would point at him, laugh at him, and whisper lies to others about him.

These people went to King Darius and said, "You have a law that says everyone should worship you. But look at Daniel over there. He doesn't obey your law! Look, he prays to God!"

King Darius was surprised to hear this. And then he became sad, because he liked Daniel. But the law said anyone who disobeys must be thrown into the lions. King Darius looked very worried and the people looked very happy.

King Darius hangs his head and then points to the lion's den.

The men went to Daniel and arrested him. They took him to the lions' den. The lions were roaring and prowling.

The king said with his whole heart, "May your God save you, Daniel!" And he walked slowly and sadly back home.

The men threw Daniel in with the lions who were roaring so loudly, showing their hungry teeth. Daniel immediately knelt down in the den and prayed. The lions circled Daniel and looked at him with hungry eyes. They sniffed Daniel. But Daniel kept praying. They pawed at him. But Daniel kept praying. They opened their mouths wide and were just about ready to attack....

When God sent a mighty angel to **shut the lions' mouths!** The angel commanded the lions to lie down! The lions yawned and stretched and laid down peacefully.

Daniel thanked God. And then he sat next to the lions and waited for morning.

Early the next morning, King Darius came running to the den to check on his friend.

He fell to his knees beside the den, put a hand over his eyes to look in and shouted "Daniel! Are you alive?"

Daniel stood up and waved to King Darius, "God sent His angel to save me. Yes I am safe!"

The lions woke up and began to purr and growl quietly. They rubbed against Daniel as he pet them.

The king was very happy. He took Daniel out of the den and made a new law that everyone should **respect the God of Heaven.** Daniel and the King knelt and prayed to God together.

Everyone learned that trusting God is the bravest thing you can do—even when things seem scary.

Discussion Questions:

- What law did the king make about praying?
- Did Daniel stop praying to God when the law was made?
- What happened to Daniel because he kept praying?
- What did God do to protect Daniel in the lions' den?
- Why do you think Daniel kept praying even though he knew he could get in trouble?
- Did the king believe in God at the beginning?
- When Daniel set the example, what happened to the King at the end?
- What is something you can do every day to show God you love Him?

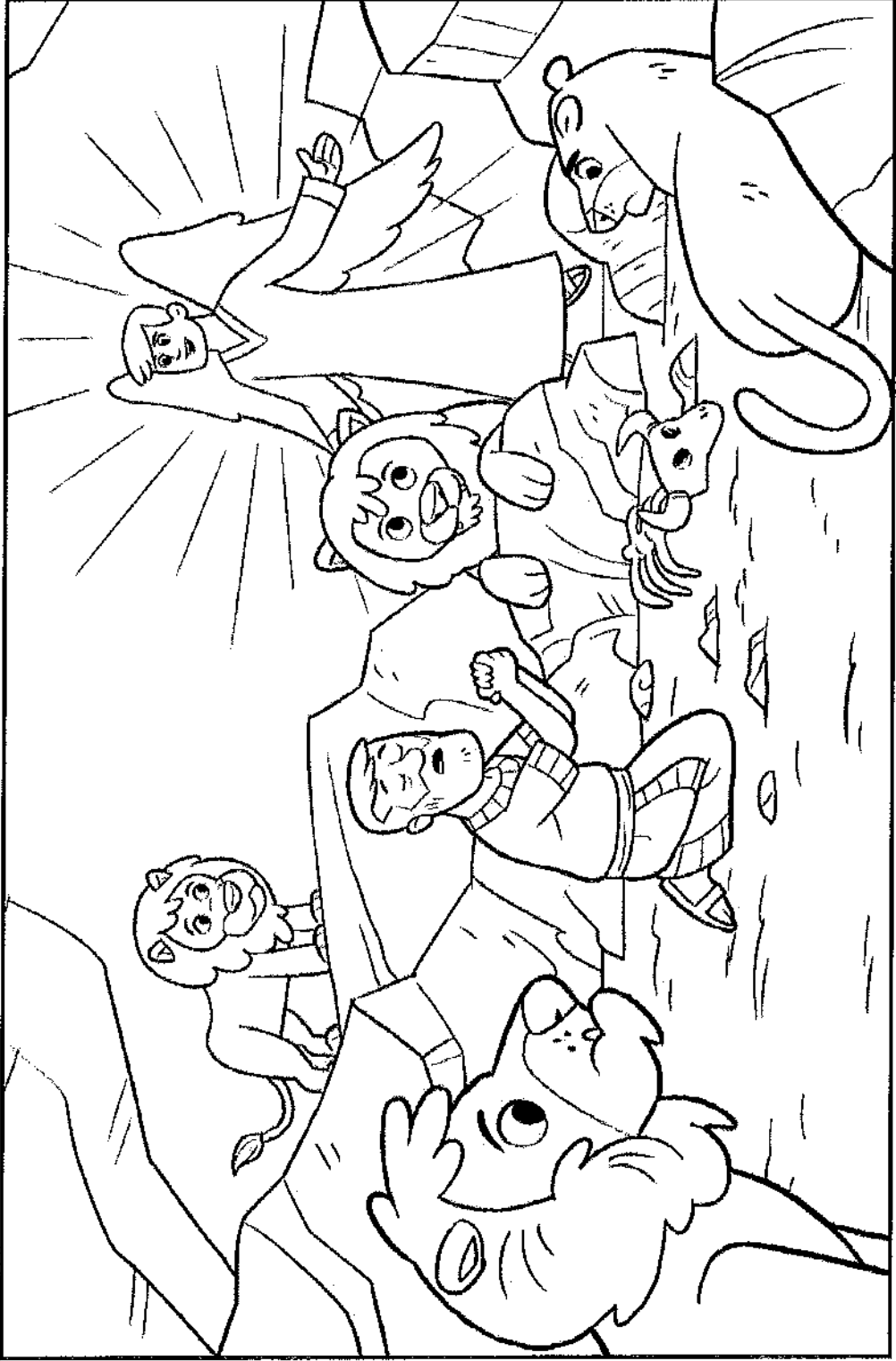
Craft – Lions and Angel coloring sheets:

Materials: Color sheet, construction paper, glue, hole punch, yarn, crayons

Steps:

1. Make copies of the color sheet and consider trimming down so children can glue it to construction paper.
2. Children color the sheet. Glue to construction paper.
3. Punch two holes on top center of construction paper and thread yarn for hanging.

Confiare en Dios, incluso cuando tenga miedo.



Jesus Calms the Storm

Bible Passage (simplified):

“Jesus and His disciples were in a boat. A storm came. The disciples were afraid, but Jesus said, ‘Quiet! Be still!’ The wind and waves stopped. They were amazed and asked, ‘Who is this person that even the wind and waves obey Him?’” (Mark 4:35–41)

Icebreaker Questions:

- Can someone tell me about the last really bad storm you had here? What happened?
- Have you ever been afraid of a storm?
- Who helps you feel safe during storms? What do they do?
- Who helps you feel safe all the time? What do they do to make you feel safe?

Today we are going to act out the story of what happened to the disciples - the men who were friends with Jesus and learning to be like him - during a really bad storm. Who wants to help?

Roles: Jesus (teammate), 4 disciples (2 teammates), Wind 3 kids and Waves 3 kids, 1 moon Narrator (teammate)

Consider bringing props: tag board waves, wind, moon and oar, sheets for robes

SKIT:

One evening Jesus and His disciples got into a boat to cross the lake. The disciples rowed the boat together and because Jesus was very tired, he laid down in the boat to rest.

The waves were calm and the moon was shining bright.

Suddenly, the wind began to blow, the moon disappeared and the waves began to crash against the boat.

(Have the “wind and waves” kids move around the boat making whooshing sounds.)

The waves crashed into the boat, making the disciples fall over. They sat up again and tried to row their boat, but the wind was getting stronger and the waves were getting stronger. Their boat almost tipped over!

The disciples were afraid the boat might sink! They held their heads, pointed at the waves and looked very worried.

But Jesus was calmly sleeping. The disciples were so scared, they woke Jesus up. They shook him and pointed at the waves crashing into the boat.

Jesus slowly stood up. He looked gently and lovingly at each disciple. And then, he stood straight and tall, raised both hands and spoke in a commanding voice to the wind and to the waves. He said “PEACE! BE STILL!”

Immediately, the wind stopped and the waves became calm. And the moon shone brightly over the lake.

The lake became completely quiet. The disciples stop rocking and look amazed.

The disciples looked at Jesus in wonder. They pointed at Jesus and whispered to each other as they realized that the wind and the waves listened and obeyed Jesus!

They hugged him and fell to his feet in amazement and gratitude.

Discussion Questions:

- What were the disciples feeling during the storm?
- What did the disciples do when they got scared?
- What did Jesus say to the wind and waves?
- What happened right after Jesus spoke?
- Why do you think the disciples were amazed?
- What kinds of things make you feel scared like the disciples?
- What can we do when we feel afraid?
- What is one thing this story teaches us about trusting Jesus?

Craft – Boat with Weather:

Materials: Non-coated paper plates, crayons, copies, glue, hole punch, yarn

Steps:

1. Children draw a wavy line down the center of the plate dividing water and sky.
2. Do the same on the reverse side.
3. One side of the plate the sea is angry. Children glue picture of Jesus and disciples on the water. Draw waves and storm. Glue "No tengas miedo" (Do not be afraid) on the top
4. On the other side the sea is calm. Children glue the picture of Jesus calming the sea. Draw calm water and sky. Glue "El viento y las olas le obedecent!" (The wind and waves obey!) on top.
5. Hole punch two holes on top and thread yarn so they can hang at home.



No tengas miedo.

El viento y las olas le obedecent!

No tengas miedo.

El viento y las olas le obedecent!

No tengas miedo.

El viento y las olas le obedecent!

No tengas miedo.

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El viento y las olas le obedecent!

No tengas miedo.

El viento y las olas le obedecent!

Peter Walks on Water

Bible Passage (simplified):

"Peter saw Jesus walking on water and asked to come. He walked toward Jesus but began to sink when he doubted. Jesus caught him and said, 'You have so little faith. Why did you doubt?'" (Matthew 14:22–33)

Icebreaker Questions:

- Have you ever tried something that felt a little scary at first? What was it?
- Who helps you feel brave or safe when you're nervous?
- What do they do to help you?

Today we are going to act out the story of when Jesus called Peter to step out of the boat, in the middle of the lake, and walk across the water!

Roles: Peter (teammate), Jesus (teammate), Disciples 3, Wind 3 Waves 3, Narrator (teammate)

Consider bringing props: Tagboard wind, waves, oars. Sheets for robes.

SKIT:

One night the disciples were in a boat. They were rowing their boat across the big lake.

Everything was peaceful and going great, when the wind began to blow and the waves started rocking the boat. The disciples were having a hard time rowing, because the waves got stronger and bigger. And the wind got louder!

The disciples were tired and trying hard to steer the boat through the storm. They began to look worried and scared as they struggled to row.

Suddenly, they saw someone walking toward them on the water!

The disciples were frightened. They pointed to the person. And then Jesus called out to them, telling them not to be afraid.

Peter stood up in the boat. The waves were still crashing and the wind was still blowing. He looked at the man. He thought it was Jesus! So he said "Jesus! If it is you, tell me to come to you on the water!"

Peter looked Jesus in the eye. Jesus reached out his hand and said "Come to me"

Peter stepped out of the boat slowly but confidently. The waves were all around him, but he kept his eyes locked on Jesus. He put one foot in front of the other and slowly walked forward.

But then Peter noticed the strong wind and the big waves. He took his eyes off Jesus, and looked around him at the storm! He became afraid and began to sink.

Peter called out for help and reached for Jesus.

Immediately Jesus knelt down, reached out and grabbed Peter's hand. He pulled Peter up and to him. He held Peter for a moment. He helped Peter get back into the boat.

As soon as they were in the boat together - the wind and waves stopped.

The disciples looked at Jesus with amazement. They pointed to Jesus and said "Yes!" they said "This is the son of God!" They hugged Jesus and thanked him.

When we keep our eyes on Jesus, He helps us through the scary times,

Discussion Questions:

- Why did Peter get out of the boat (he wanted to be with Jesus)
- What happened when Peter kept his eyes on Jesus?
- Why do you think Peter started to sink?
- Who saved him? Did he wait awhile until Peter learned his lesson?
- What are some "stormy" or scary situations in your life?
- How can keeping your eyes on Jesus help you when things feel hard?

Craft – Jesus and Peter plate

Materials: Non-coated paper plates, crayons, popsicle sticks, tape, glue, copies

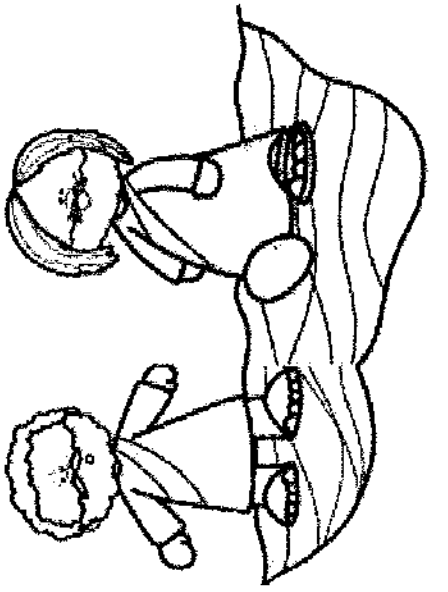
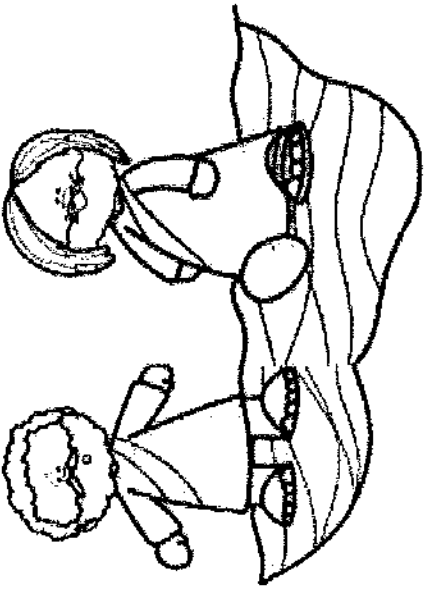
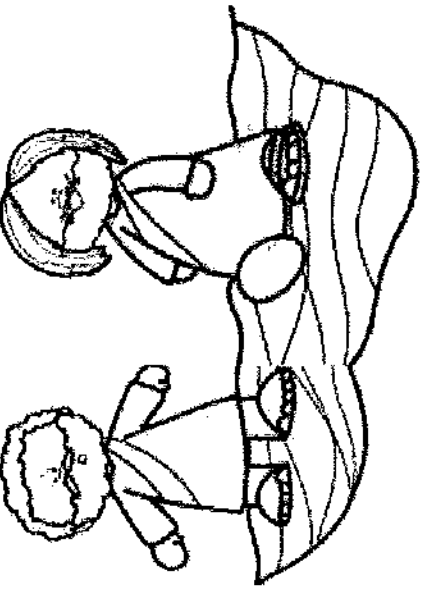
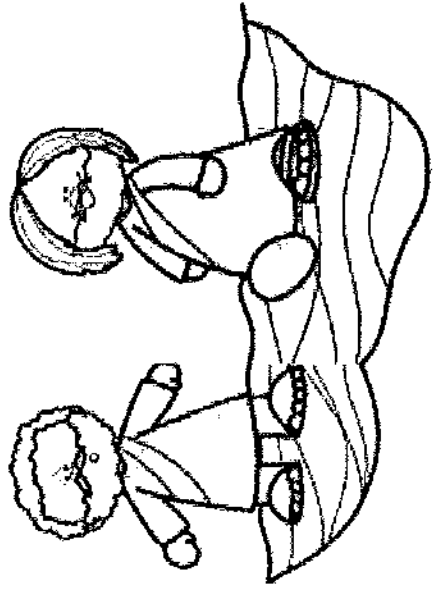
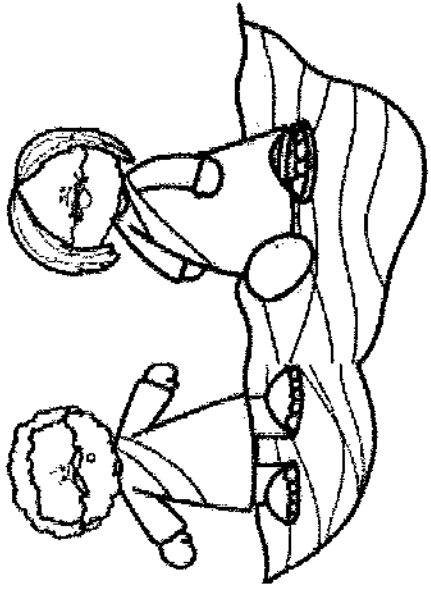
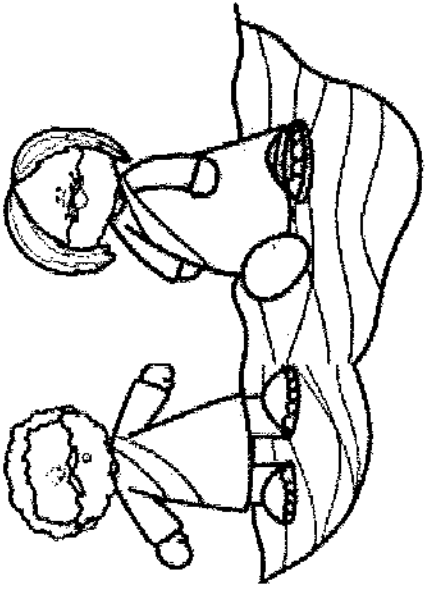
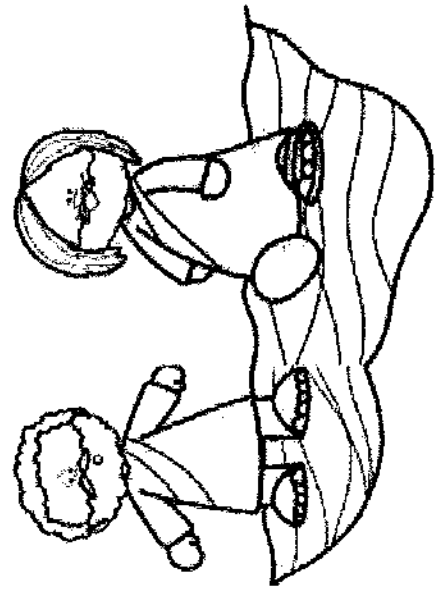
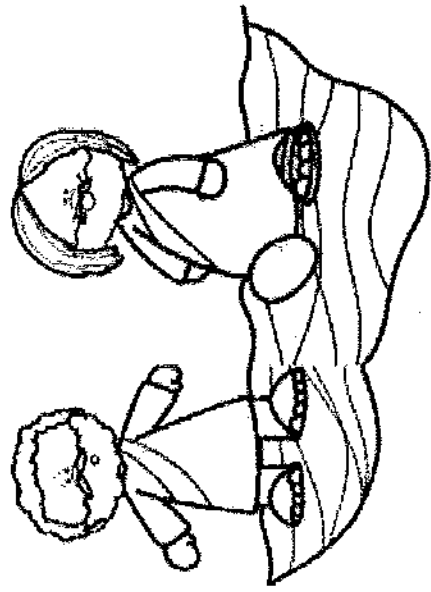
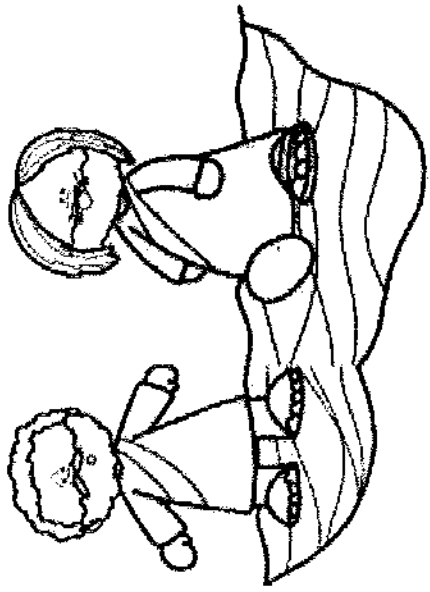
Steps:

1. Prep by cutting paper plates in half with a wavy line.
2. Use a utility knife to cut a 2 1/2" slit in the middle of the "water".
3. Cut out Jesus and Peter.
4. Kids will color the water, adding fish and a boat if they like.
5. Color Jesus and Peter.
6. Glue *Mantén tus ojos en Jesús!* (Keep your eyes on Jesus!) to the plate.
7. Slide popsicle stick through the slit, tape Jesus and Peter to it.
8. Slide stick back and forth to walk on water together.



Non-coated
paper plates

2 1/2" slit for stick



Manten tus ojos en Jesus!

Manten tus ojos en Jesus!

Manten tus ojos en Jesus!

Manten tus ojos en Jesus!

Manten tus ojos en Jesus!

Manten tus ojos en Jesus!

Manten tus ojos en Jesus!

Manten tus ojos en Jesus!

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Manten tus ojos en Jesus!

Manten tus ojos en Jesus!

Manten tus ojos en Jesus!

Honduras Well Projects | Self Care Lessons

Day 1: Germs

Teaching the children about germs and the importance of hand washing.

Props needed: Large container of glitter. Two bottles of water. Three hotel size bars of soap.

Without the children seeing, have all teammates dampen their hands with water and then sprinkle a generous amount of glitter on them. Hide your hands behind your back during this next section.

Leader: [Re-introduce yourself]

Do you kids know why we are here? Well, your community leaders have asked us to come here because they know how important it is to have safe, clean water.

Do you know what that large piece of equipment you see is called?

A drill rig and it is digging deep down into the ground where the water is clean.

The clean water will be brought up in a pipe and there will be a handle on the well. When you pump it, clean water will come out!

We are excited about the time we will spend together this week learning about each other. We are going to have a great time!

You know what? My team mates are a little sad though. They don't think you remember their names from this morning. Let's see... who is this? (point to each team member)

Leader: Hey team, why don't you go out and say your hellos to the kids.

(As the team greets the children, patting on the shoulder or head, touching a cheek or by fist bumping, let the glitter fall from your hands onto the kids. You are spreading germs!)

Okay team. Thank you very much!

Children, I have a very important question to ask you. Do you know what germs are? *(wait for answers)*

Germs are tiny, *living* things that can get into our bodies. Sometimes these germs can make us sick.

Can we see germs with our eyes? *(wait)* No, but we can see them under a microscope. And we know we do not want germs in our body or what happens? *(wait)* yes! We get sick.

We put glitter on our hands to act like germs so you can see how germs get passed from person to person so easily.

What happens if I “acchoooo” into my hand and then shake your hand? (act this out)

Or what happens if I pet the dog and then eat my lunch? (act this out)

Oh boy, what if I go to the bathroom... wipe...(act this out)...and then give you a hug? (start to go towards a child to pretend hug)

These are all ways germs get spread.

But guess what? Our team knows a SUPER POWER for fighting off germs. Do you know what it is? (wait)

Washing your hands!

It's important to wash your hands after all the things I mentioned.

Cough or sneeze, using the bathroom, playing with animals or changing my sister's diaper!

Can we get three children to come up front and let's show how to wash our hands the right way.

Three come forward. Everyone else stands and does what the three do with actual soap and water.

Wet the hands. Lather up with soap. And let's count as we wash our hands

Top of left hand: Uno dos tres quattro cinco

Top of right hand: Uno dos tres quattro cinco

Between the fingers: Uno dos tres quattro cinco

And under each finger nail: Uno dos tres quattro cinco Uno dos tres quattro cinco

Now let's rinse!

And should I dry my hands on my clothes? (wait) No! Why? (germs on dirty clothes).

Let's air dry Uno dos tres quattro cinco

Great job friends! Handwashing is the number one super power to keep germs OUT of our bodies and keep us healthy.

While the children are standing, ask them who would like to end the day with by saying a prayer for the group and then it will be free play time until lunch.

Day 2: Oral Rehydration Solution (ORS)

Children often suffer from diarrhea and then dehydration when they are sick. We want to teach them an easy home remedy for diarrhea (similar to Pedialyte) and remind them to keep drinking clean water until they are feeling better.

It may seem odd to teach little children this, but remember, oftentimes they are caring for themselves or one another while parents work.

You will need teammates to act out the skit of Sarah & Maria. Sarah, Maria, Mother. Your Agua Viva Leader will have props.

Leader: Hello! My name is _____ and I'm going to be telling you a story that my friends here will act out. Make sure you pay attention because we will ask some questions at the end.

This is Sara, she is ten years old. And this is her baby sister Maria. Maria is two. Sara and Maria love each other very much.

Maria is just learning to walk. Sara helps Maria learn. Sometimes Maria falls down and starts to cry. But Sara is quick to make funny faces and jump around to make her laugh again. Sara plays patty cake with Maria to make her happy.

One day Sara went off to school and while she was away Maria was with her mother.

Her mother tried to feed Maria, but Maria wouldn't eat.

Mother tried giving Maria something to drink, but Maria wouldn't drink.

Maria was getting sick. She began to vomit.

When mother laid Maria down to rest, Maria cried and pooped.

And pooped.

And pooped some more!

All day this went on so Mother did not give Maria anything more to drink.

When Sara came home, she found mother tired and Maria still crying.

What's wrong, Sara asked? Her Mother told her how all day Maria was vomiting and had diarrhea.

Did you give her anything to drink? Sara asked. No, her mother said.

Mama! Sara said. Today in school I learned something very important. My teacher told me diarrhea can be very dangerous because it takes all the water out of our body.

This is what we need to do. Mama held Maria and rocked her while Sara showed her.

First, we boil some water. When it is cooled down, we add **ONE SPOON** of sugar and **ONE PINCH** of salt... We stir it up and give it to Maria.

Maria drank it very quickly because she was so thirsty. But as soon as she laid down, it all came back up! She began to cry.

Sara said we need to give her more. She quickly mixed another glass **ONE SPOON** of sugar and **ONE PINCH** of salt, gave it to Maria and told her to drink it SLOWLY.

She drank it slowly and laid back down. In a little while she sat up and asked mama for a piece of bread. She was already starting to feel better.

Soon Maria was back on her feet and playing with Pablo again.

Thank you, friends, for helping me with the skit!

Leader: Boys and girls, how did Sara know his sister was sick?

Why is diarrhea dangerous?

Was mama giving Maria anything to drink?

Is it important to drink water when we are sick?

Do you remember the word he used when our bodies don't have enough water? (wait) That's right, dehydrated.

Who can tell me what Sara mixed in the water? (wait) Sugar and salt yes. How much Sugar? How much salt?

This helps our bodies when they are sick to keep the water inside. You can share this with your mom or dad at home too – so the next time someone is sick, they know just what to do!

Ask the children to stand and who would like to end the day by saying a prayer for the group. Then it will be free play time until lunch.

Day 3: Oral Care | Plus Day 1 and 2 Review

- *Purchase a box of Plaque Disclosing Tablets from Amazon (\$8)*
- *Ask your local dentists to donate toothbrushes and sample size toothpastes for the village. *200*
- *Open five toothbrushes and a tube of paste for this demonstration.*
- *The Agua Viva leader has a giant set of teeth and toothbrush*
- *This lesson does not need to be read word for word. You can read ahead of time and adlib.*

Leader: Who can remind me what we learned on our first day together? (wait - give hints if they don't remember) That's right - we learned about germs and how to wash our hands.

How do the germs spread from person to person? (cough, bathroom, animals)

And the super power to keep germs out of our body is? Yes! Handwashing **with** soap!

And then yesterday we learned what to do if you or someone in your family gets sick with diarrhea or lots of vomiting.

Can someone remind me what we mix up? Yes. Clean water with *one spoon* of sugar and a *pinch* of salt. Great job.

Well today is our last full day together and we are going to talk about keeping our teeth clean and healthy.

Who brushed their teeth this morning? (be sure teammates participate)

Who thinks they brushed REALLY good?

Let's have four kids and one teammate come up who brushed great this morning.

We're going to give our teeth a little test with these "magic" pills. When you chew these pills, they are going to leave pink on all the places you missed.

Give each child and your teammate a plaque tablet. Instruct them to chew it really well. They must swish their spit around in their mouth as they are chewing. Make sure the saliva and pill mixture makes it around the front of teeth and cheek to cheek when swishing. This should take 1-2 full minutes.

Spit out the mixture.

Okay friends, should we have them smile to show how well they brushed this morning? Remember, the pill will be pink any place they missed.

On the count of three everyone will smile their biggest smile... Uno! Dos! Tres!

Take a photo to show the kids since you won't have a mirror.

It's okay. Don't be embarrassed. This happens because when we eat or drink anything after brushing our teeth, plaque will stick to our teeth again. That's why it's important to brush at least two times every day.

What happens if the plaque stays on our teeth?

Yes, it will start to eat the tooth and cause a cavity. A cavity is a hole in the tooth. Many of us can't go to the dentist. A dentist would either fill up the hole or pull out the tooth.

And guess what? Those teeth won't grow back! So it's very important we take care of our teeth.

Today we brought a toothbrush for everyone, but before we hand them out, let's have these kiddos brush while I explain how to do a good job.

Let the kids with the pink teeth brush, spit, rinse, repeat while the Leader continues using the large set of teeth and brush.

Explain to the kids how to go up and down. Outside, inside. Tops and bottoms. And then to brush the tongue too. Rinse the toothbrush and don't share because that will spread germs.

Have the kids show their freshly brushed teeth.

Applause.

Ask all the children to stand and someone close in prayer.

Hand out the toothbrushes and paste your brought to each child.

Free play until lunch

Honduras Well Projects | Women's Ministry

Afternoons with the Women of the Community

While the well is being drilled in the morning, afternoons are a special time to spend with the women of the community. On average, **40–50 women** attend. Your group may start small on the first day, but as word spreads, more women will join.

This is your opportunity to **build relationships**, share what Jesus has done in your life, learn what He is doing in theirs, and encourage one another.

Your Agua Viva leader can either completely lead this time, guide you or let you run with it! Simply let her know how much or little you need. She is an expert at speaking with her fellow Honduran women and will be in-tune to their needs. **If you choose to have Agua Viva lead the ministry portion, please still bring a craft for the women to do after. It does not have to correlate to Agua Viva's message.**

The goal is to learn from each other, much like a Life Group you might attend at home. Speak with the women like you are hosting them in your living room.

A good tip is before asking the women to answer any questions, have one member of your team answer first. This helps the women understand the kind of sharing that is welcome and often makes them feel more comfortable speaking. Also allow moments of silence — sometimes courage and the nudging of the Holy Spirit takes time, but once one woman shares, many others will follow.

You will meet for three afternoons for about two hours.

Setting the Space

- Agua Viva will have the chairs set in a semi-circle rather than their typical classroom style. This encourages conversation rather than a "teacher-and-student" or "preacher" setup.

Opening the Session

- Take turns introducing yourselves, sharing something personal beyond your marital status, occupation, or number of children.
- Let the women know that you are there to learn from them, and share what you are hoping to learn from them this week.
- The Agua Viva leader will prompt you or a Honduran woman to lead an opening prayer.
- After prayer, the Honduran women may sing a couple of songs.

Ice Breaker / Fun Activity

- Consider a short ice breaker game or story, similar to what you might do at a wedding or baby shower.
- This helps warm the group up and start breaking down cultural or generational barriers, creating a comfortable, casual space for connection.
- Introduce the Leader for the day.

Each day, **one or two women from your team** should plan to share a **lesson, story, or testimony** lasting about **15 minutes**. The key is to **keep it story-focused**, not lecture-based.

Prepare 3 to 4 questions that will help open the women up to the story shared.

This time should be followed by a craft / object lesson to reinforce the message and as a reminder when they return home. Or perhaps it is just something fun to do together that doesn't have any tie to the message! Just spend time together as women, learning something new!

Here are a few ideas from past teams:

Restore the Heart | A four inch flat, plastic heart with ribbon for hanging. Ladies use black marker to "fracture" the heart as they recall times in their life of hurt or betrayal. Colored markers are used to color the pieces they've given to God or want to give to God. Once finished, and held up for the Light to shine through, it is a beautiful "son" catcher, mosaic.

Uniquely Made | Tie dye tshirts. We all start the same, but life experiences make us unique, beautiful, bright and vibrant.

Love Your Neighbor | Tea Towels in bulk quantity. Before leaving home, use fabric markers to dash mark "Ama a tu vecina" and pretty designs, flowers, etc. In country, the ladies can connect the dots with colors of their choice, finishing the tea towel. A surprise when finished, they exchange the towel with someone else.

God's Masterpiece | Purchase a 4"x6" photo printer. Take photo of each woman the day before. Print at hotel. Purchase white photo mattes to fit 4x6 photo and washti tapes. Women decorate their own photo frames, tape their picture to it.

I am the Vine | 4"x4" canvas. Acrylic paints and brushes. Follow along how to paint a vine, branch and grapes.

Prayer Bracelet | Colored beads represent children, community, strength, gratitude, etc. Women choose and make bracelets. When they see the bracelet it will be a reminder to pray for those people or things.

Who Told You That | Purchase a can of white spray paint at hardware store by hotel. Children gather 50 flat sided rocks in the morning for you. Rinse and spray one side only white. Women will write a lie they have been told on the dark side and the truth God tells them on the white side. You can only see one side at a time. You choose.

Love Your Neighbor | Bring tag board and markers. Ladies draw a map of their village. Show where their homes are located, rivers, school, churches, markers.

Gratitude Garland | Strips of construction paper in various colors. Women choose, writes what she is grateful for on each strip. Glue the links together. Make one long chain to decorate the area you are holding class.

Healing Earth: Exchange information about plants with healing properties and home remedies. Ladies make three rollerball essential oils (ex: lavender, peppermint, tea tree) and have Spanish printed cards that discuss the uses of each.

Sisters in Christ: Bracelet making with colorful and unique beads. Exchange with another woman. Or make one for yourself and one to give.

ICE BREAKER example:

You are not alone | How it works:

Have the women stand or sit in a large circle. Explain that you will read a few simple statements. If the statement is true for them, they simply **raise their hand or take one step into the circle.**

Examples of statements:

- Raise your hand if you have ever **worried about your children.**
- Raise your hand if you have ever **felt tired or overwhelmed.**
- Raise your hand if you have ever **prayed for your family.**
- Raise your hand if you want **God to help your family have a better future.**

As the women look around, they see **many other hands raised.** It becomes a visual moment where they realize they share the same hopes and struggles. Great for day one to begin breaking down our cultural barriers.

Suggested Gift List

Some teams choose to bring small gifts for the community. If that is something your team would like to do, here are a few suggested ideas. ***This is completely optional.***

125 children, 50 women, 15 men

Hotwheels, jump ropes, school bags, sunglasses, journals, bandanas (not red or blue political colors), brown hair Barbies, crayons, color books

Aprons, umbrellas, hot pads, Spanish new testament bibles, 2.0 reader glasses, toiletries, nail clippers, journals, baseball hats, chapstick

Leather palm work gloves, bandanas, nail clippers, nail scrubber, baseball hats, Spanish new testament bibles, 2.0 reader glasses, sunglasses, chapstick