

SUPER FRIENDS8!

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Welcome to SUPER FRIENDS!

In the Anglican Church in Canada, we are Super Friends. We are friends with people from our communities and with others

from around the world through The Primate's World Relief and Development Fund (PWRDF). Super Friends help each other by sharing

resources and learning from each other. Safety is something that matters to **all** Super Friends.



Super Friends
are like the sun.
Even if you
don't see them,
you know
they are
still there.

WHY IS EMERGENCY PREPARATION SO IMPORTANT?


Because an emergency can happen at anytime, anywhere Super Friends live. It's important that our parents, teachers and people who look after kids help us prepare to protect ourselves and other people.

WHEN EMERGENCIES HAPPEN, BE PREPARED!

Ask your parents about carrying a Super Friends Backpack Emergency Card and keep it in your backpack. It will also come in handy if you lose your backpack!



Make a Super Friends Backpack Card



It is important to have your contact information with you in case of an emergency. Get a piece of cardboard and ask your parents for help cutting it out and filling it in like this one. Then keep it in your backpack!

In Case of Emergency SUPER FRIENDS

My Name: _____ Date of Birth: _____

Parent's Names: _____

Home Phone #: _____ Parent's Cell #: _____

School Name: _____

School Phone #: _____

Special needs, medical conditions, allergies, important information:

Fill it in and keep it in your backpack.

Super Friend Story

In 2017, parishioners at St. Alban's Anglican Church in Grand Bank, Newfoundland, donated their coins to the Sunday school Super Friends each week asking them to pick a charity for their gift. The Super Friends picked PWRDF's World of Gifts and raised **\$1,055** for **chicks, goats, ducks** and a host of other items. "This is a 'hands-on' gift approach to development through PWRDF", said the Rev. Bob Peddle. "The children choose their own gifts to offer. This is what makes it so special", he

said. Sunday school superintendent Wanda Power thanked the congregation "for your little bit of change every week".



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Where PWRDF Super Friends work



PWRDF works with Super Friends all around the world. Above is a map with purple balloons that show us where PWRDF has worked on emergency and disaster projects and blue balloons that show us PWRDF development projects.

Study the map and then the list of places where Super Friends have worked on emergency relief projects (purple balloons). Then go to the word search puzzle and find the projects.

Word List:

ALBERTA	INDONESIA	PERU
BRITISH	KENYA	PHILIPPINES
COLUMBIA	SIERRA LEONE	SOMALIA
CUBA	MEXICO	SYRIA
HAITI	NEPAL	YEMEN

A W A W S M V L C R C S Q N N
X I G L E R A A A U K O U A G
I S B X B I N P F F B M P E W
X X I M R E Z E A E S A E N H
T C M Y U Q R N L E T L R O E
O Y S O O L S T N O G I U E V
Y E M E N X O I A J D A U L M
L T M Z L K P C W B T X K A X
I N V T J P P E H F R W A R D
Y A J Y I F I P L S R M R R T
G P Y L D G H V N A I J X E S
K U I N D O N E S I A T D I Y
G H S I E T Z G J M I B I S W
P N V V X K Q C K G M Y Y R V
N W I G Y A Y I T I A H R E B

(Solution on p.8)

Super Friends Prayer

God in heaven hear my prayer,
Keep me in your loving care.
Be my guide in all I do,
Bless all those who love me too! **Amen**





Noah's Ark

There were many people in the world and God watched them. He saw them hurting each other, being selfish and not thinking about him very much. God saw that Noah was a very good man. The world had not turned out as God had hoped, so he decided to create a great storm and start Creation again. God told Noah to build a big boat — an ark — and told him to take two of every animal, bird, insect and bug and his family and put them in the ark. The sky went black — God had turned on the storm! Everything was covered with water and the ark sailed on for six weeks. Then the rain stopped

and Noah sent out a dove to see if there was any land visible. The dove came flying back, carrying an olive twig in its beak. Noah opened the doors and all the animals and people ran onto the dry land. God said to Noah, "I promise I won't flood the world again. Now go, and let all your children and grandchildren make the world a good place to live". God went away again, leaving a rainbow to show that he would keep his promise.

Adapted from
www.storynory.com/noahs-ark-audio-bible-story-children/

Caring for Creation

As Super Friends, we are called to look after all of God's creation to show that we respect all life and care about all people who share in caring for creation.

Let's
Draw

Caring for the animals

Animals live in forests, deserts, mountains and many other places. These homes are called "habitats". It is important to protect these habitats so the animals can thrive.

Draw a picture of your favourite animal and its habitat.

Caring for the oceans and sea life

More animals and plants live in the ocean than on land. Even though the oceans are very big, the careless polluting of water puts sea life in danger.

Fill in the square with animals, fish and plants that live in the ocean.

Caring for plant life

God's world includes many different kinds of trees, plants, flowers, herbs, fruits and vegetables.

Draw the plants that will grow from the seeds that you plant.

Owl Rice Cakes



Ingredients:

- 4 rice cakes
- 1 medium banana
- 4 tablespoons peanut butter or other nut butter
- 1 cup blueberries
- 1 medium apple
- 1 medium carrot
- 1 cup cereal, Cheerios

Directions:

1. Put rice cakes on a baking sheet.
2. Slice banana and set aside.
3. Spread peanut butter or other nut butter over each rice cake and then place 2 slices of banana towards the upper part of each of the rice cakes. This will serve as your owl's eyes. Dab a small amount of peanut butter or other nut butter on the center of the owl's eyes and add a blueberry for the pupil of the eye.
4. Slice apple in half and then slice the halves into very thin wedges (1/8 inch thick). Place 2 onto each rice cake, (peel side outward) to serve as the owl's wings.
5. Peel carrot and slice thinly. Using 4 slices, cut into triangles for the nose.
6. Finally, add some cheerios for feathers between the wings.
7. Eat and enjoy.

Note: Ask your parents for help with slicing the banana and apple.



Super Friends Be Prepared Kit



When an emergency happens Super Friends need to be prepared. Talk with your family about putting together a Super Friends Be Prepared Kit! Look at this list.

How many items can you find?

ANSWER

- Non-perishable food (such as dried fruit or peanut butter)
- First aid kit
- Extra batteries
- Matches in a waterproof container
- Toothbrush, toothpaste, soap
- Paper plates, plastic cups and utensils, paper towels
- Water – at least a gallon per person, per day
- Battery-powered or hand-cranked radio
- Sleeping bag or warm blanket for each person
- Flashlights
- Whistle to signal for help
- Can opener
- Local maps
- Pet supplies
- Baby supplies (diapers, food)

FIRST AID KIT ANSWER

1. WARTE
2. TISRF IDA
3. PEARERP
4. LIHSWTE
5. BANDEGA
6. HTFSLIAGLH
7. TBETAREIS
8. IRDAO
9. TEKNALB
10. VEEFER

1. Water
2. First Aid
3. Prepare
4. Whistle
5. Bandage
6. Flashlight
7. Batteries
8. Radio
9. Blanket
10. Fever

Cover the answers
before you look.

Unscramble the letters in the list to form emergency words.

Climate Change is a Hot Topic



What can Super Friends do?

- 1 Reduce and reuse things as much as possible.
- 2 Fix your clothes instead of buying new ones. Good thing holey jeans are back in style!
- 3 Wash your clothes in cold water and hang them to dry.
- 4 Unplug electronics when you're not using them.
- 5 Eat a more plant-based diet. Farm animals, er, emit another heat-trapping gas, methane.
- 6 Buy locally grown and in-season foods and products to reduce emissions from transporting products.
- 7 Wear a warm sweater at home in the winter instead of turning up the heat, and open your windows instead of blasting the air conditioning in the summer.

Source: *National Geographic Kids*

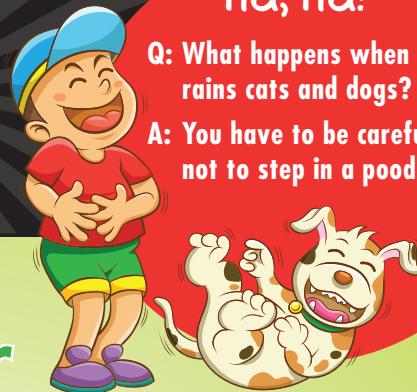
Q: What is the difference between weather and climate?

A: You can't weather a tree, but you can climate!

Ha, Ha!

Q: What happens when it rains cats and dogs?

A: You have to be careful not to step in a poodle!



Super Friends Corner

Hot Lunches for Haiti

After the 2010 earthquake in Haiti, Super Friends from Christ Church Cathedral in Montreal helped PWRDF's school feeding program by gathering over **60,000 pennies** for the cause! These pennies paid for hot lunches for elementary school children. The children made special Penny Piggy Banks from recycled food containers and gave them to adults so they could collect pennies too! Over \$600 was raised for Haiti.

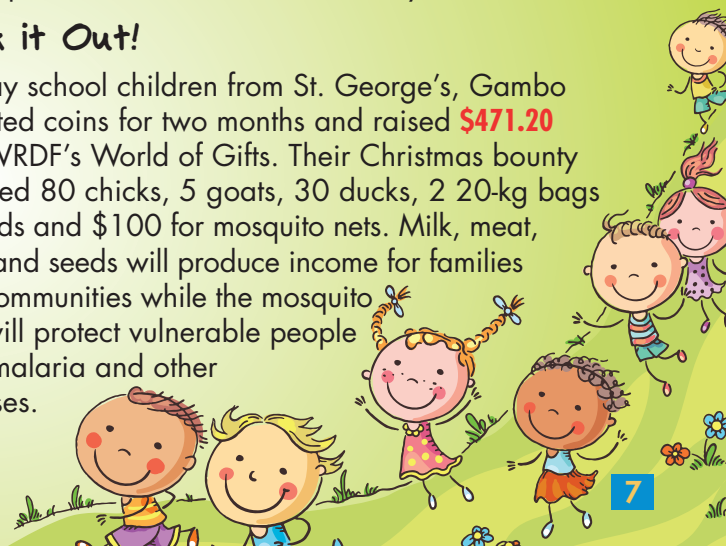
On Eagle's Wings

When Super Friends need help, PWRDF is there. Henry is a Super Friend who lives in Fort McMurray. After the wildfires that forced many from their homes, their schools, their families and friends, PWRDF **funded On Eagle's Wings summer camp** to help Super Friends get back

to 'normal'. Henry participated in activities and played with others again. On the last day of camp, Henry made flip-flops to walk with Jesus and painted a rock with a picture of his favourite Bible story.

Chick it Out!

Sunday school children from St. George's, Gambo collected coins for two months and raised **\$471.20** for PWRDF's World of Gifts. Their Christmas bounty included 80 chicks, 5 goats, 30 ducks, 2 20-kg bags of seeds and \$100 for mosquito nets. Milk, meat, eggs and seeds will produce income for families and communities while the mosquito nets will protect vulnerable people from malaria and other diseases.



How to Use

Tips for Parents and Teachers

- Share your child's copy of Super Friends8! with your friends, family and teachers.
- Use Super Friends8! for children's time during worship, Sunday school or Vacation Bible School.
- Meet with worship leaders to discuss Super Friends8! and how topics raised can be explored with the entire congregation. Talk about including children in the offertory time or in a time for mission.
- Read it at home with children and do some of the activities together.
- Be creative — suggest that children write a prayer for PWRDF Super Friends and partners and send it to PWRDF.
- Tour the PWRDF website with your children and learn more about PWRDF — together! www.pwrdf.org
- Consider a Sunday school fundraising project to help PWRDF be ready to respond to emergencies.

**Super Friends say
thank you!**



What KIDS can do...

- **Sharing** — Share what you have learned about emergencies around the world and in Canada with your family and friends.
- **Learning** — Learn about your community and parish and how they respond to emergencies.
- **Planning together** — Make an emergency plan and put together an emergency kit with your family.
- **Caring** — Collect coins in a jar and send them to PWRDF to help Super Friends in emergency situations around the world.
- **Celebrating** — Check out PWRDF's World of Gifts (<https://pwrdf.org/world-of-gifts/>) and the next time you have a birthday or at Christmas and Easter buy a gift to support Super Friends far away.

Visit

<https://pwrdf.org/get-involved/resources/>
and get your copy of
Super Friends6!: Health and Wellbeing
and *Super Friends7!: Education*



Page 3 word search solution



PWRDF

The Primate's World Relief
and Development Fund

*le fonds du Primate pour le secours
et le développement mondial*

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