We have put together this activity pack, to spread a little joy and fun in these difficult times. Inside, you will find colouring, wordsearches, and activities to help you think about people who are living in poverty with disability.

These activities are free to download, print and use at home. Feel free to send them to your friends too.

We know that at times of crisis, people with blindness and other disabilities are at greatest risk – wherever you live in the world. If you would like to share a prayer or make a donation to support our work to help protect the world’s most vulnerable people please visit cbmuk.org.uk or call us on 0800 567 7000.

“Trust in the Lord, have faith, do not despair, trust in the Lord” Psalm 27:14

See through Hemedi’s eyes

Hemedi was living with needless blindness. Unscramble and fill in the missing words to see how light and sight changed Hemedi’s world forever.

Hemedi is 3-years-old but he’s only just seen his dad’s [afec] and colourful [lwofrse] for the first time. Stop and think… what would that be like?

Hemedi, from Tanzania in East [riAfca] was born with cataracts in both his [yese], which made him blind. A simple operation can remove his cataracts, but Hemedi’s family are very poor and can’t afford to pay £190 for treatment. But thanks to special eye doctors, the charity Christian Blind Mission, and people from [uchrhces] like yours who give money to help people in need, Hemedi was able to have the [poertoian] he needed to help him see his family, his friends and his home.

Hemedi and his family are so [pahpy]; now he can see and he now has a bright future! He can learn to [drea] and write, and work when he grows up too. This simple operation has now changed his [feil].

Christian Blind Mission Sunday is a day when we can pray and give to help lots more children like Hemedi [ese]. There are many other children in Africa who are waiting for an eye operation. With our help, hopefully soon they will be [silmign] as much as Hemedi.
Highlight the words

Can you find the hidden words in this grid? The words are all different things that light up the world or help us to see more clearly. (Words can go left to right, top to bottom or diagonally, backwards or forwards!)

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SUN        TORCH        GLASSES        CONTACT LENSES        OPERATION

Find the hidden message

What does Christian Blind Mission help us to do?

See the words

Can you find the hidden words in this grid? All the words are related to eyes and vision. (Words can go left to right, top to bottom or diagonally, backwards or forwards.)

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HOPE        GLASSES        SCHOOL
EYESIGHT        LIGHT        BRIGHT
DOCTOR        DARK        FUTURE
Meet Joseph

Colour in the picture of Joseph at school. What do you think he has been learning about? Discuss your ideas with your family or write them down.

Joseph is 10, and he lives in Kenya, East Africa. He’s had problems with his eyes since he was young, which meant he found it hard to learn at school. Eventually the teachers noticed the problem and Joseph got help at an eye hospital supported by the charity Christian Blind Mission in Kenya. Now he has glasses and a special telescope to see the board at school. As a result, he’s gone straight to the top of his class.
Just imagine...

In the Bible, Psalm 119 includes the prayer to God: “Open my eyes, that I may see wonderful things.” (Psalm 119:18).

Imagine you hadn’t been able to see, but then you were able to. What wonderful things would you be most excited to see? Draw them in the glasses below. You could decorate the frames, too.

Activities and family fun

Light and sight tax

A great way to grow in thankfulness and stack up the pennies... encourage your friends and family to donate a tax for some of the ways light and sight make a difference in their home. Here are some suggestions, but feel free to adapt them to suit you:

- 1p for each light in the house
- 1p for each picture on the wall, or candle-holder
- 2p for each window
- 2p for each person in the house who has their own Bible they can read
- 5p for any patio windows or French doors
- 5p for each TV, computer or mobile device
- 5p for each bookcase in the house
- 10p for a conservatory
- 10p for each family member who has glasses or contact lenses
- 25p for any person living in the house who has had an eye operation
Dining in the Dark

Format

There are two ways you could do this; the first is with a formal, sit-down meal, where you cook in advance. The second is a more informal party-style gathering, where those in your household can help themselves to snacks and you play games.

For the meal, you may want to serve the food without a blindfold to avoid any accidents, but then make sure you are all eating ‘blind’.

During your blindfold dinner

While you are eating the meal or party snacks, discuss the experience with the people you live with. Consider cooking dishes and providing snacks with strong and subtle flavours or unusual textures and ask them what each one is.

For extra challenges whilst blindfolded you could also try to:

• Play a game
• Post something on social media
• Set up text-to-speech on your mobile phone
• Try reading braille
• Clear away

Discussion points

• What is easiest about dining without sight?
• What is most difficult?
• Does food taste different when you can’t see it?
• Was anyone nervous about trying any food?
• How easy was it to work out what each dish was?
• Did anyone guess wrong, and was there any dish people couldn’t identify?
• How easy did people find it to cut their food and keep it on their fork?
• Did anyone drop their food?
• Was anyone tempted to laugh?
• What words would you use to describe how a person feels when they are needlessly blind and trying to eat when other people are watching?
Sponsor a day without sight

This could be a fantastic activity for a member of your household. We all have to think of creative, fun and safe ways to beat the boredom. This activity will also help you to consider the challenges faced by people who don’t have sight.

Think about what activities you will and won’t be able to do, and consider what help you will need. Have your resources and helpers prepared before you start. Try the following and note down how often you need someone’s help:

- Brush your teeth
- Can you apply makeup or style your hair?
- Choose what you’re going to wear and dress by yourself
- Make a sandwich for lunch
- Leave a note for someone
- Make a telephone call
- Tell the time

*Imagine how frustrating it would it be if you were really blind and knew that, if only you had the money, a doctor could perform surgery that would restore your sight tomorrow?*

Taste test game

There may well be different varieties of the same type of food in your house. For example, a few different brands of chocolate, or different flavoured sweets. Why not challenge yourself to a blindfolded tasting game?

Someone will have to be the adjudicator and also set the bowls of chocolate pieces up and keep a careful track of which one is which. One at a time, you can take a piece of chocolate from the bowl, eat it, and write down which type you think it is e.g. Galaxy or Cadbury’s.

The person hosting the taste test will keep a record of which answers each person gave and compare them against their list of answers. If you don’t have much chocolate, you could do this with sweets to guess the flavour.

This is just a bit of fun to see if you can taste the difference between different varieties of the same food. You could reflect on how our sense of taste is heightened when your sense of sight is taken away, and how you savour the flavours more.
Kenyan sponge cake recipe

In Kenya, this light and fluffy cake is called *Mkate wa Mayai*, which literally means ‘bread made with eggs’.

- 80g plain flour
- ½ tsp baking powder
- 4 eggs
- 50g caster sugar
- ½ tsp ground cardamom
- A handful of raisins

1. Pre-heat the oven to 180°C.
2. Grease and line a round 8”/ 20cm cake tin.
3. Sift the flour and baking powder several times to incorporate lots of air.
4. Beat the eggs in a large bowl.
5. Add the sugar and cardamom to the eggs and beat until the mixture is light and fluffy and has doubled in volume.
6. Gently fold in the sifted flour and baking powder, keeping as much air in the mixture as possible.
7. Carefully spoon the mixture into the tin. Scatter the raisins over the top.
8. Bake for 20-25 minutes, until a skewer comes out clean.

New Glasses

Download the glasses template from the back of this pack and print on A4 card. Your household members can then design and cut out their own glasses.

Talk about: What might it be like to see clearly with glasses for the first time?

Make and Decorate Collection Boxes

Print off the cube net template from the back of this pack. For a sturdier box, you could photocopy the template onto A4 card if you have it. Decorate the box then cut it out, fold and stick using glue to make a cube. Children may need help with this. We suggest making a box beforehand as it is not the usual cube net arrangement.

What is it like to have cataracts?

To make cataract masks you will need:

• Sheets of bubble wrap. If you don’t have this you can use tissue paper.
• Scissors
• Elastic or string

People with cataracts can often see light and dark, but that is all. It’s a bit like trying to see through plastic or paper.

Now when you are wearing this mask...

...Can you see if it is light or dark? [perhaps use a torch]
...Can you read this sign? [hold up a sign saying DANGER]
...Can you see this pretty picture? [hold up a picture]
...Can you tell what this is? [hand around a ball, feather or object that can be identified through touch]
...Can you see the face of the person next to you?
...Can you hear what this is? [blow a whistle]
...Can you see what food is on this plate? [show an orange]
...Can you smell what the food is now? [cut up an orange]

Our senses help us to interpret the world around us. Can you name all five senses? What would it be like if you lost one of these?

About Christian Blind Mission

Driven by Christian values, CBM works in the world’s poorest places to reach those whom others leave behind. Working in partnership with governments and local partners, we create long-term positive change: treating and preventing conditions that lead to disability and enabling people with blindness and other disabilities to go to school, access healthcare, earn a living and be active in their community.

Last year CBM reached over 60 million people in 55 countries across Africa, Asia and Latin America. We enabled over 48 million people to be treated for blindness and other disabling conditions.

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