



# SUNDAY SCHOOL LESSON: *Refugee Life*

*Objective: To give children a better understanding of the way families live in refugee camps.*

## SETTING

You will need to find a space suitable for the lesson. There needs to be room for five sections: SHELTER, FOOD, WATER, HEALTH and SCHOOL. The SHELTER section should be at least four metres by four metres in size.

## SUPPLIES

- seven posters (posters are included with this resource, or you can make your own)
  - five to label each section: SHELTER, FOOD, WATER, HEALTH and SCHOOL
  - one with the scripture verse from Romans 12:13: “Contribute to the needs of the saints; extend hospitality to strangers.”
  - one with the lyrics to the song “We thank You for food...”
- green painter’s tape (to mark out the shelter area)
- a variety of blankets, mats and rugs. There should be enough for four people.
- a very large metal cooking pot and a large metal ladle
- a sheet of red construction paper
- a cup
- three 6-8” rocks
- a tray with the “ration meal” (see [bit.ly/clwrrationmeal](http://bit.ly/clwrrationmeal) for recipes)
- a CLWR *We Care* bag filled with a Learning and Living Kit (see [www.clwr.org/What-We-Do/We\\_Care\\_instructions.htm](http://www.clwr.org/What-We-Do/We_Care_instructions.htm))
- a 10-litre water container



Photo by ACT Alliance/P.Jeffrey

## PREPARATION

1. Make the posters and gather the supplies. You could ask the children to colour the attached posters or create their own.
2. Prepare a ration meal.
3. With green tape, mark off a square four metres by four metres, leaving a door opening.
4. Set up the ration meal, and the rocks, pot and red construction paper as a cooking pit in the FOOD section. Place the water container and cup in the WATER section and the *We Care* kit in the SCHOOL section.

## *Lesson Plan Overview*

It should be noted that while this plan was created for young children ages 4-11, it could easily be adapted for other age groups.

## INTRODUCTION

1. Begin with some questions to stimulate discussion, interest and awareness. Ideas for questions and answers can be found on the resource websites and it would be a good idea to check back frequently to be sure you have the latest information. For example:
  - **Who are refugees?** *Refugees are people forced to leave their homes to avoid persecution or danger from war or disaster.*
  - **How many refugees are in the world?** *Fifty million, including 33 million people internally displaced in their own countries. To put this in context you can compare it to the population of Canada, which is 35 million.*
  - **How many refugees are children?** *At least 50 per cent.*
2. Read the scripture from Romans 12:13 and ask children to repeat it. Sing through the song a few times so they are familiar with it. The tune is easy and well-known and the words will be on the poster. Explain to the children that each time they hear the ladle banging on the cooking pot (done by the SIGNAL PERSON), they will be reciting the scripture verse, singing the song and then moving from one station to another. You can be the SIGNAL PERSON or you can designate someone else. In this way you will move through the five stations.

### *Resources*

Canadian Lutheran World Relief  
[www.clwr.org](http://www.clwr.org)

Canadian Foodgrains Bank  
[www.foodgrainsbank.ca](http://www.foodgrainsbank.ca)

United Nations High Commissioner  
for Refugees [www.unhcr.ca](http://www.unhcr.ca);  
see also [www.unhcr.org](http://www.unhcr.org)

## STATION #1—SHELTER:

Ask four or more people to enter the SHELTER space. Give them the blankets and rugs. The UNHCR suggests that each person should have a space of two metres square. The reality can be even less. Talk about this place as compared to your own homes. Is there any privacy, doing all your living in one place and sleeping in one room? What is the shelter made of? It could be a tent. It could have metal sides, or be made of cardboard. (Youth groups might be given a few supplies such as cardboard and wood pieces and asked to build a shelter). Find stories about providing refugee shelter, such as the one from the CLWR website called “The blessing of safe shelter:” [bit.ly/clwrsafeshelter](http://bit.ly/clwrsafeshelter).



SIGNAL TO MOVE

## STATION #2—WATER:

*“In order to survive people need to drink four to five litres of water a day. But water is also needed for cooking, washing dishes or clothes and for personal hygiene. So 10 litres per day per person is seen as the minimum.” (UNHCR)*

The average Canadian consumption of water is 329 litres per day per person! Getting water in a refugee camp can be difficult since the source may be far from a person’s shelter. What would it take to fetch enough water each day for an entire family? What might you have to do to conserve water? CLWR works to increase access to clean water by digging wells in refugee communities. Here you can play a game using a 10-litre container inside the SHELTER. Give a child one cup with instructions to fill it by going back and forth to the kitchen until the container is filled. Be sure to find a way to use the water afterward so it doesn’t go to waste.



SIGNAL TO MOVE

### STATION #3—FOOD:

Discuss cooking on an open fire and the ration meal. What do you think? Does it look tasty? How easy would it be to make meals in a refugee camp? Is there enough to eat so you won't be hungry? Where does the food come from? How do people get firewood when there may be few trees? How does cutting down trees affect the environment? Seeds, gardening tools and farmer training, supported by CLWR, help people get more food. Fuel-efficient stoves are safer, create less pollution and reduce the number of trees used for firewood. Give each person something to eat from the ration meal.



SIGNAL TO MOVE

### STATION #4—HEALTH:

One hospital or medical centre for 20,000 people is the suggested standard for refugee camps (UNHCR). You can find a helpful site with condensed information here: [maptoground.id.au/toolbox.htm](http://maptoground.id.au/toolbox.htm). What might the medical centre look like? How far is it from the shelters? How do refugees get to the hospital/medical centre? Cholera and malaria are diseases that are common in refugee camps. Malnutrition and breathing problems are also common.



There should be one toilet for every 20 people. How clean are the toilets? Human waste can cause the spread of many infectious diseases. What do the toilets look like? They could be holes in the ground. There may not be much privacy. What happens in bad weather when it's cold and rainy? CLWR works to increase health by helping build and stock medical clinics with medicine and supplies, and by providing latrines and hand-washing stations to families so they have a healthy and private place to use the washroom.

SIGNAL TO MOVE

## STATION #5—SCHOOL:

For refugees, school is not just a place to learn. It is also a place where they can be safe, get hope for their future and “*discuss their experiences of violence, danger or having no home.*” (UNHCR) What would it be like to miss out on school because you had to leave your home? What is good about going to school regularly? There should be a school for every 5,000 people. Often refugees do not have any supplies for school. How do you complete your assignments without school supplies? The *We Care Learning and Living Kits* that CLWR sends hold school supplies to help refugee children as they go back to school. CLWR also helps build and stock classrooms with school equipment, and train teachers.



## *Conclusion*

You now ask the question “How can we respond?”

- Pray for refugees around the world. Pray for peace and safety in their home countries.
- Pray for sponsors to come forward to help refugees move to Canada and start a new life in safety. Learn more about refugee sponsorship here: [www.clwr.org/Get-Involved/sponsor-refugees.cfm](http://www.clwr.org/Get-Involved/sponsor-refugees.cfm)
- Prepare and send CLWR *We Care* kits for people in refugee camps. Learn how to make kits here: [www.clwr.org/What-We-Do/make\\_kits\\_and\\_quilts.htm](http://www.clwr.org/What-We-Do/make_kits_and_quilts.htm)
- Give money to support refugees. Donations from people like you make it possible to provide food, water, safe shelter, clothing, latrines, school supplies, medical care, counselling and much more to the people who need it most. Check [clwr.org/donate](http://clwr.org/donate) and click on [Emergencies](#) to find out about CLWR’s current calls for support for refugees.

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# We Thank You for Food

Musical notation for the first system, featuring a treble and bass clef with a 3/4 time signature. The melody is in the treble clef, and the bass line is in the bass clef. The key signature has one flat (Bb). The lyrics are: "We thank You for food and re - mem - ber the hung - ry, we". Chords are indicated above the staff: F, C7/E, F, C7.

Musical notation for the second system. The melody continues in the treble clef, and the bass line continues in the bass clef. The lyrics are: "thank You for health and re - mem - ber the ill. We thank You for". Chords are indicated above the staff: F, Bb, F, C, C7, F.

Musical notation for the third system. The melody continues in the treble clef, and the bass line continues in the bass clef. The lyrics are: "homes and re - mem - ber the home - less. May our". Chords are indicated above the staff: C7, F, C7.

Musical notation for the fourth system, ending with a double bar line. The melody continues in the treble clef, and the bass line continues in the bass clef. The lyrics are: "thanks lead to ser - vice, to do - ing Your will.". Chords are indicated above the staff: F/A, Bb, A/C, C7, F.

## We Thank You for Food

We thank You for food and  
remember the hungry,

We thank You for health and  
remember the ill.

We thank You for homes and  
remember the homeless.

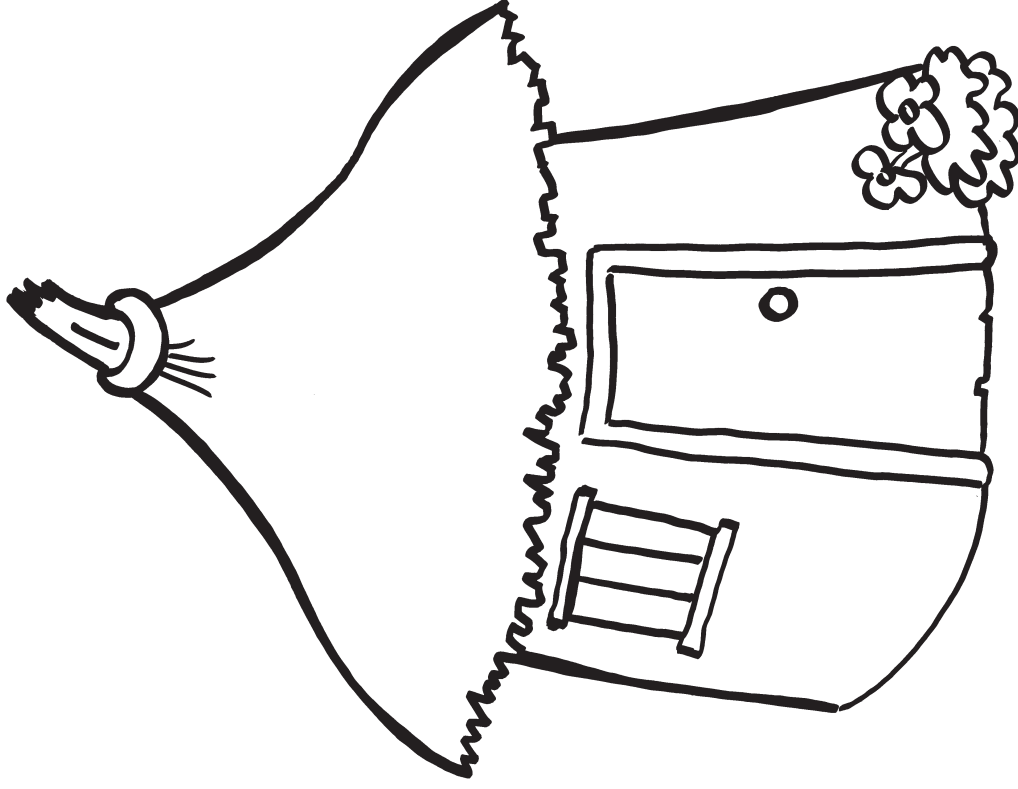
May our thanks lead to service,  
to doing Your will.

Contribute  
to the needs  
of the saints;  
extend  
hospitality  
to strangers.

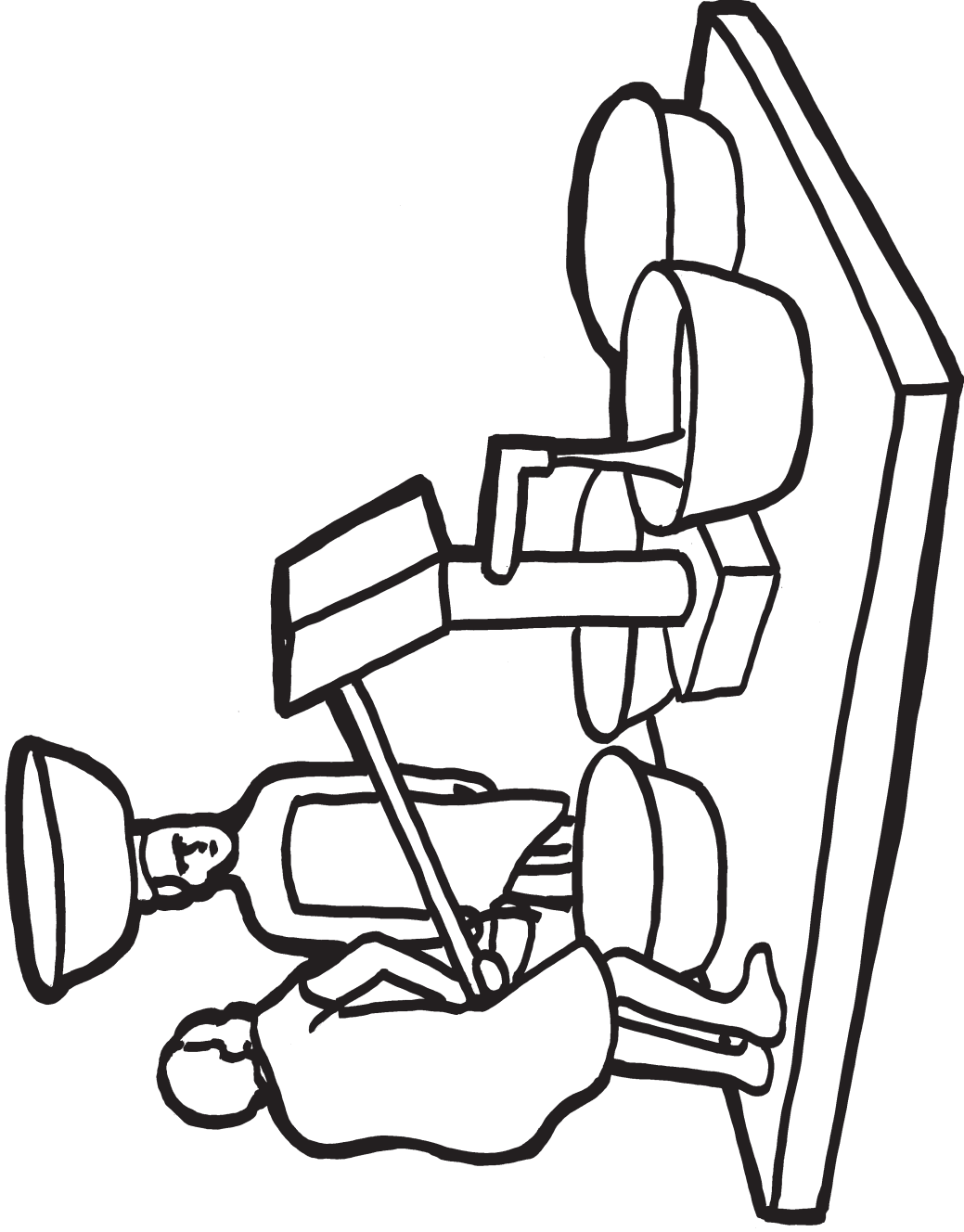
ROMANS 12:13



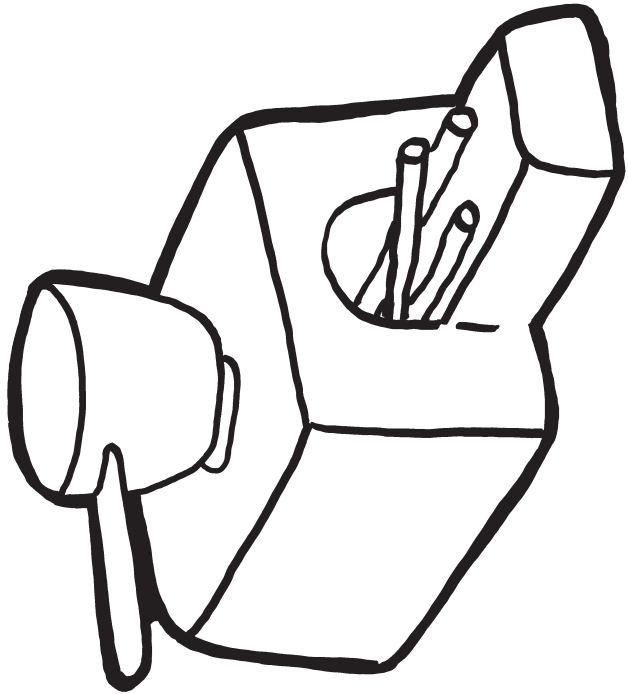
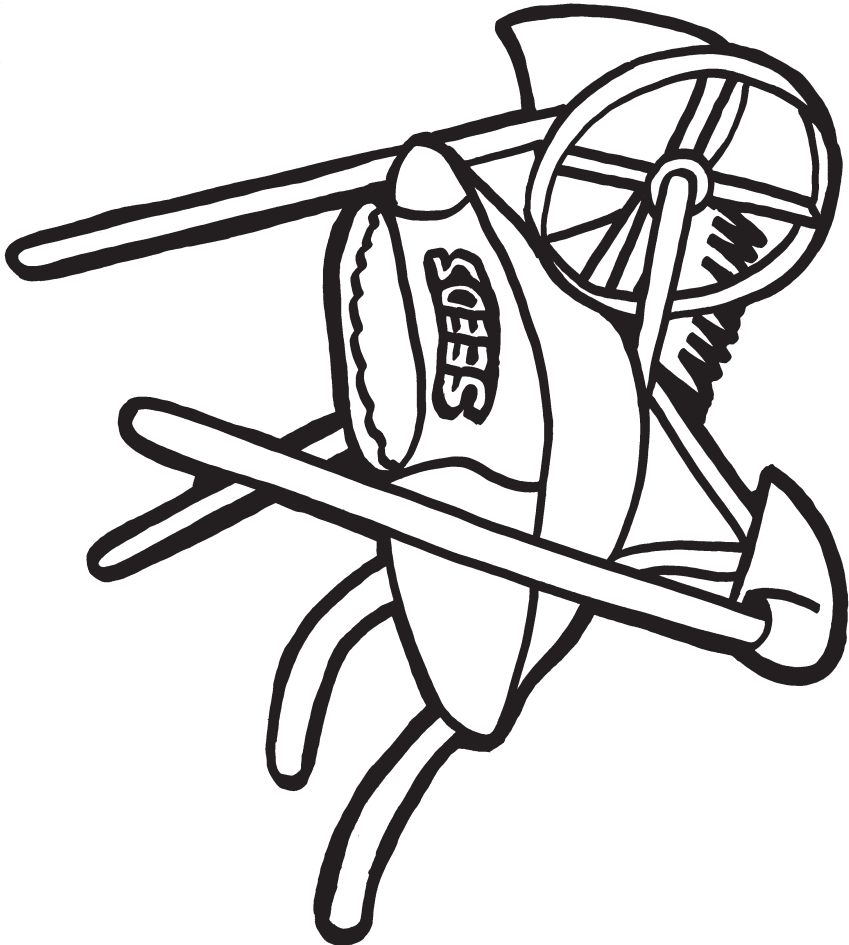
# STATION #1—SHELTER



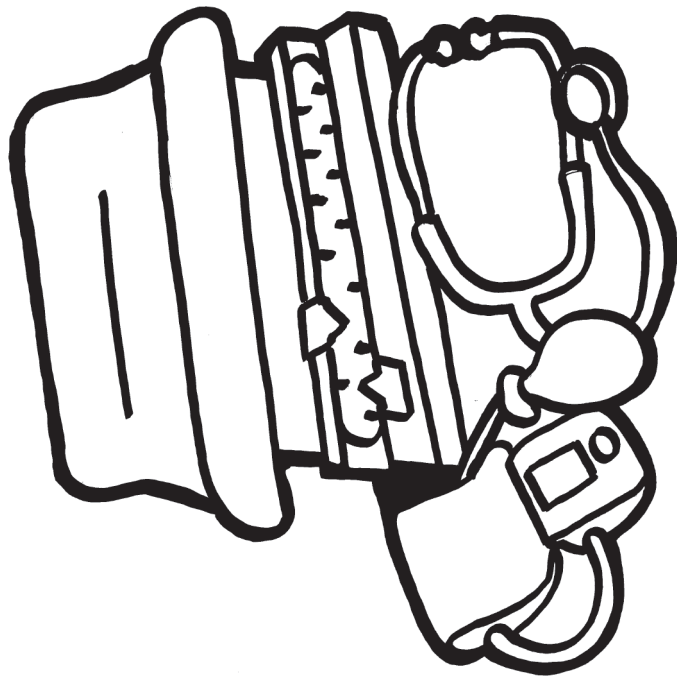
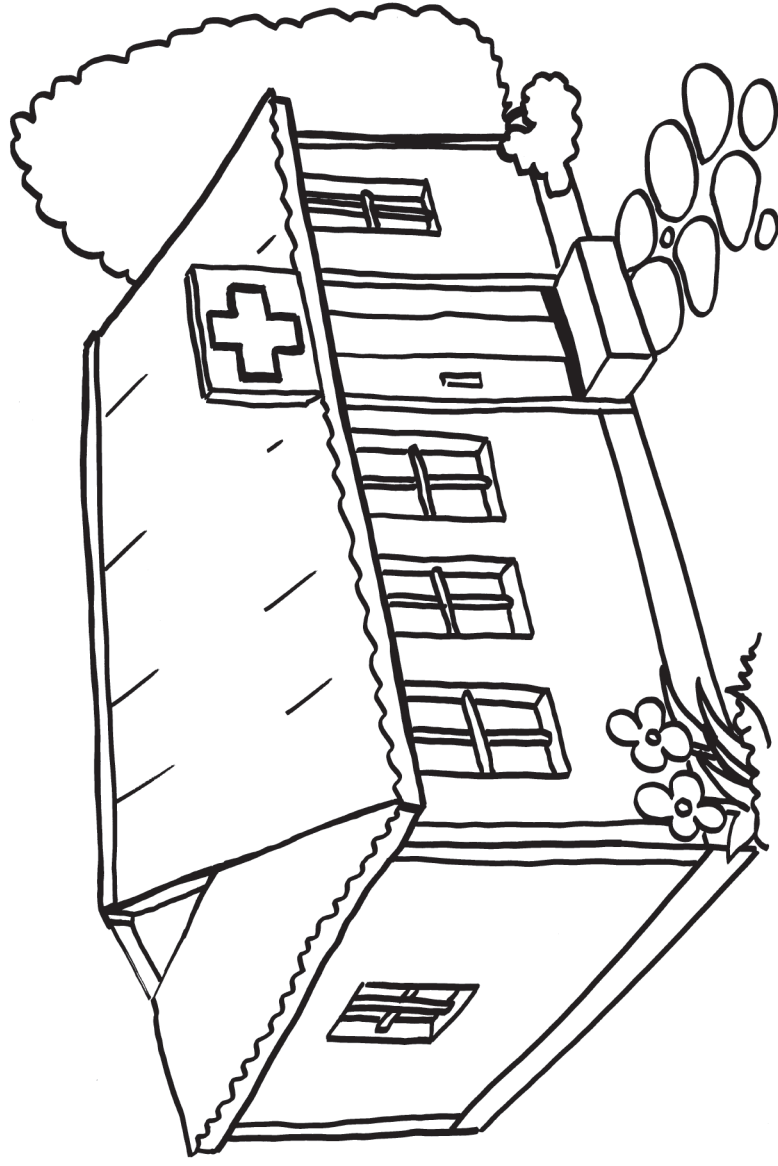
# STATION #2—WATER



STATION #3—FOOD



# STATION #4—HEALTH



# STATION #5—SCHOOL

