

# compassion<sup>®</sup> explorer



Details on back page.

**Chew  
on This!**  
WHAT KIDS EAT IN ASIA

 **Compassion**  
in Jesus' name

[compassion.com/  
explorermagazine](http://compassion.com/explorermagazine)



## What's Inside?

### Hi, Compassion Explorers!

Hot chocolate and soup are popular for warming up people during cold winters, but when it's hot on the other side of the world, kids enjoy different drinks and foods. Read about those in this issue!



Illustrations by Luke Flowers

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### ABOUT THE COVER

Sponsored 8-year-old Randy loves to drink the nutritious liquid inside coconuts at his home in the Philippines.



### Welcome to My World!

Read about what kids in Thailand eat, how they get their food, and how they prepare it.

**PAGE 4**

### Make a Joyful Noise

See what instruments kids around the world play. **PAGE 12**



### Games

Crack the code and fill in a crossword!

**PAGE 14**



**ANSWERS GAMES, PAGES 14-15 CROSSWORD PUZZLE ACROSS - 2.** water, **5.** Thailand, **7.** rice, **8.** fish, **DOWN - 1.** goat, **3.** Ethiopia, **4.** hungry, **5.** tacos, **6.** meat **CODE CRACKER** clean water, well, clothes, river, sweeps, dirt, watches, work

## Compassionate Kids



Fifth-grade Chanute Elementary students with their teacher Margaret Bideau

**When Chanute Elementary School students aren't in class, they can often be found raising money to help kids who live in poverty.**

To support Derick in Ghana and Monica in Honduras — two children sponsored in Compassion's program — Chanute Elementary students in Kansas work together to collect \$76 each month. Many of the Kansas students come from families without a lot of money, so they come up with creative ideas to raise cash. Selling doughnuts and cookies, running lemonade stands, and doing extra chores are a few ways they've done it.

The students learned about Compassion's program from a classmate's grandma who sponsors a child and from fifth-grade teacher Margaret Bideau, who traveled to Uganda to visit a Compassion center. When Mrs. Bideau returned, she taught parents, school staff members and students about the poverty she saw in Uganda and about the ways Compassion helps kids who don't have enough medicine, food or clean water. Now when fifth-graders go classroom to classroom each month to collect donations, they often educate other kids about problems related to poverty.



Jonathan and Katie use a bucket to collect donations for their school's sponsored kids.



Marlee, left, and Reese sell lemonade and cookies to help sponsored children.

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Read about more compassionate kids online at [compassion.com/explorermagazine](http://compassion.com/explorermagazine).



# WELCOME TO MY WORLD!

## Chew on This!

Sponsored  
9-year-old

Kitjaroen pulls stringy skin off the green shoots he collected from squash plants. It's not easy work, but the vegetables will taste great in the soup, called *khao ber* [cow-BEAR], that his family is making.

In a forest near his village in rural Thailand, Kitjaroen and his mom search for vegetables to pick. Because wild plants are free, they are perfect food for families like Kitjaroen's who don't have much money.



Where do you get your food? In developing countries like Thailand, kids in cities usually shop at markets. These can include markets on the side of the street or a grocery store, a smaller version of the one you may go to with your parents. Kids in rural areas often gather veggies and fruit from forests or gardens, and they raise animals for meat.



Chadawan, Kitjaroen's 14-year-old sister, chops up pork and mushrooms for a meal. Chadawan, who is also in Compassion's program, has a sponsor named Becca who lives in California.



Kitjaroen's mom, Plerdee, starts cooking soup in the kitchen. Plerdee is raising Kitjaroen and his sister by herself because the children's father died. She works on other people's farms whenever she can find jobs.



Chadawan, Plerdee and Kitjaroen sit down to eat the meal they made. Kitjaroen has many caring adults in his life: his mom, the tutors at his Compassion center, and his sponsors, Philip and Mallory in North Carolina.



# Oop Bla!

Sponsored brothers Surachai (left) and Jatupon hop in the sidecar of their mom's motorcycle. The sponsored boys in Thailand are heading to the market to buy ingredients for a meal called *oop bla*.



Surachai, age 6, and Jatupon, age 4, help their mom buy fish at a market. Their next stop is a vegetable stand to buy more ingredients for dinner before heading home on the motorcycle their mom drives.



New free iPad issue coming in March!

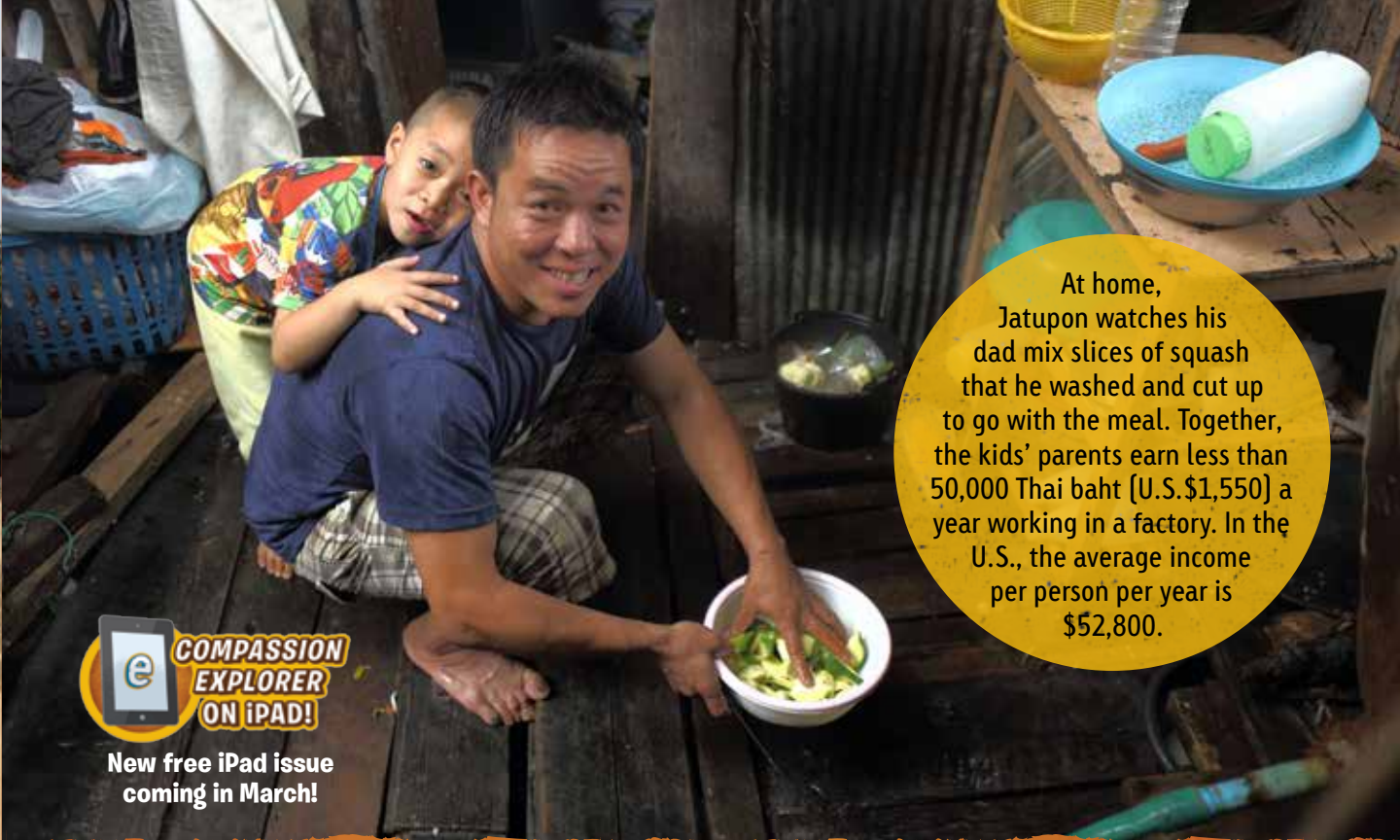


Surachai and Jatupon pray before eating the spicy fish soup they helped make, while their mom feeds their little brother. Kids in Compassion's program all around the world learn that God listens to their prayers.



Go to [compassion.com/exploreonline](http://compassion.com/exploreonline) to see where Randy, a sponsored child in the Philippines, gets his meals.

At home, Jatupon watches his dad mix slices of squash that he washed and cut up to go with the meal. Together, the kids' parents earn less than 50,000 Thai baht (U.S.\$1,550) a year working in a factory. In the U.S., the average income per person per year is \$52,800.



## THAILAND



<b>CAPITAL CITY</b>	Bangkok
<b>LANGUAGES</b>	Thai (official) 90.7%, Burmese 1.3%, Other 8%
<b>CURRENCY</b>	Baht
<b>RELIGIONS</b>	Buddhist 93.6%, Muslim 4.9%, Christian 1.2%





## KHAO BER

The recipe for this meal of rice and pork comes from Kitjaroen, the sponsored boy in Thailand featured on pages 4 and 5.

### INGREDIENTS

- 8 c. water
- 3 c. rice
- 1 lb. pork, cut into small chunks
- 2 small chili peppers, minced
- vegetables — string beans, mushrooms
- 3 cloves garlic, minced
- salt to taste

### DIRECTIONS

- ① Bring water to boil in a large pot. Add rice and boil until cooked according to package directions.
- ② Add the pork to the pot, followed by the remaining ingredients. Boil until pork is done and no longer pink, about 7-8 minutes. Simmer until mixture becomes thick.
- ③ Remove from heat and let cool. Give thanks to God and enjoy!



Kitjaroen is getting ready to enjoy his khao ber.

## OOP BLA

The family of Surachai and Jatupon, the sponsored brothers in Thailand featured on pages 6 and 7, provided this fish-soup recipe just for you, Compassion Explorers! Their family paid about 100 Thai baht (U.S.\$3.09) for these ingredients.

### INGREDIENTS

- 1 tbsp. cooking oil
- ¼ red onion, sliced
- 1 clove garlic, minced
- 1 green chili pepper, seeded and chopped
- 5 cherry tomatoes
- salt to taste
- 3 c. broth
- 1 lb. fish, such as salmon or catfish, cut into 1-inch chunks
- scallions, chopped
- fish sauce to taste

### DIRECTIONS

- ① Put tomatoes, onion, garlic, chili pepper and salt together, and crush them into a paste using a mortar. You could instead use a blender or food processor.
- ② Coat a saucepan with the oil, over medium heat, then add the fish and the paste you just made. Stir, then add the broth to the pan if needed.
- ③ Put the onions and scallions into the pan. Add more broth if wanted.
- ④ Reduce heat and let the soup simmer about 15 minutes. Add fish sauce and serve.



Jatupon can't wait to eat his dinner!





## A PLACE FOR THANKS



A young girl from the Karen tribe in Thailand

This Thai-themed placemat will keep your table clean while reminding you to be thankful for food and to ask God to provide for kids who don't have enough to eat. Decorate it with bright colors like those worn by Thailand's Karen tribe.

### SUPPLIES

- scissors
- markers or crayons
- colorful paper
- clear adhesive paper [found in craft or home-improvement stores]

### DIRECTIONS

- 1 Cut your colorful paper into shapes such as elephants and palm trees for a Thai look. Decorate your shapes with markers or crayons, writing "Give thanks" on at least one shape.
- 2 Cut a sheet of adhesive paper into a rectangle, as large as you'd like for your placemat. Then cut a second sheet of adhesive paper to the same size.
- 3 Peel the backing off the first piece of adhesive paper. Press the shapes you cut out to the sticky side of the adhesive paper.
- 4 Peel down about 2 inches of the backing of the second piece of adhesive paper. Line it up with the first sheet, sticky sides touching. Peel off the rest of the backing as you press the two sheets together. Trim the edges if needed or use decorative tape as a border. Place on the table for your next meal!



## SHEKERE, RATTLE AND ROLL!

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A *shekere* [shay-ker-AY] is a percussion instrument made from a dried gourd. It was invented in Africa but is also played in Latin American countries such as Brazil. Here's how to make your own using recycled and found items, the way children who can't afford instruments do.

### SUPPLIES

- empty milk jug with lid, rinsed out
- stickers [use blue, green and yellow for Brazilian style]
- permanent marker
- seeds, sand or pebbles found outside
- strong tape, such as electrical
- colorful yarn or string, optional

### DIRECTIONS

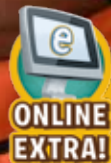
- 1 Place stickers in rows around the jug to look like beads on traditional shekeres. Leave spaces between the stickers.
- 2 Draw lines between the stickers to resemble string holding your "beads."
- 3 After adding all the stickers you'd like, put the pebbles, sand or seeds into the jug. Replace the lid and wrap tape around the lid to seal.
- 4 For extra decoration, tie some pieces of yarn or string to the handle or lid of the jug. Now shake it to the beat of your favorite songs!



A traditional *shekere* in Africa



# Make a Joyful Noise!



Read the words to songs kids sing at Compassion centers and hear kids singing, at [compassion.com/exploreonline](http://compassion.com/exploreonline).

Children use their voices to make beautiful music!

Music fills Compassion centers, where kids who live in tough situations find joy and a way to worship God through songs. These are some instruments used at Compassion centers around the world.



A sponsored boy in Bolivia gets ready to blow into a pan flute, an ancient instrument played in the mountainous areas of Bolivia, Colombia, Ecuador and Peru. Pan flutes are usually made from bamboo.



Colombian boys play recorders and use a shaker during music class at their Compassion center. The South American recorders make a flute-like sound similar to those common in North America.



At her Compassion center in Indonesia, a girl plays a *gendér* [jen-DARE] — an instrument resembling a xylophone that's used in traditional Asian music.



A sponsored boy in Bolivia plays the *rasquete* [ross-KEH-teh], an instrument made from a dried cactus trunk. The seeds inside make the sound of rain. Kids scrape a comb along grooves carved on the side to produce a rhythmic sound.

## FUN FACTS

- The harmonica is the world's best-selling musical instrument.
- The banjo came from Africa.
- A small trumpet would be more than 6 feet long if it were stretched out!
- The flute is the oldest instrument archaeologists have ever found. These ancient instruments were made from woolly mammoth tusks and bird bones.



"Shout for joy to the LORD, all the earth. Worship the LORD with gladness; come before him with joyful songs."

— Psalm 100:1-2

## What Does God Say About ...

# Creativity?

Psalm 139:14 shares a beautiful truth about how creative God is. He has made us to be creative too! The psalmist is talking about how much he loves God: "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

God wants each of us to use our unique creativity to praise Him! Playing music is one way we can show God how much we love Him. This is what David did. You can learn about his life in many books of the Bible. He was the shepherd boy who killed Goliath the giant and grew up to become king of Israel.

David was also a talented musician. He played the lyre (a small harp) and wrote many songs to God. You can read them in the Psalms. Before David became king, King Saul brought David to his palace to play for him to help him relax.

*How might God want to use the special creative gifts and talents He's given you to praise Him and help others?*

Read or listen to Psalm 150, a passage that King David likely wrote. Even if you don't sing or play a musical instrument, there are many other ways to praise God through your creativity.

Write down or draw a few ideas on a separate piece of paper.



The lyre is a u-shaped stringed instrument much smaller than modern-day harps. It was popular in ancient cultures, such as Greece and Israel. Instruments similar to the lyre are still played in East Africa.



## PRAYER

### DEAR JESUS,

Thank You for making me creative! Help me think of ways to use my creativity to serve You and others. I pray that You would give kids around the world great ideas for how to be creative and serve You too.

**IN JESUS' NAME, AMEN.**



In developing countries, many kids don't get enough food, but sponsored kids eat nutritious meals at their Compassion centers. Use the clues to fill in the squares about meals around the world. Answers are on page 2.

# Food "A-Cross" the World

## ACROSS

- 2 Many kids in poverty must boil their \_\_\_\_\_ to make it safe to drink with meals.
- 5 Pad Thai is the national dish of this Asian country.
- 7 This is a common, inexpensive grain often eaten with beans.
- 8 Families who live near bodies of water can catch this to eat.



## DOWN

- 1 Haitians love to eat the meat of this "gruff" animal.
- 3 Injera is a sour, sponge-like bread eaten in this East African country.
- 4 People who can't afford enough food often feel this way.
- 5 Mexicans enjoy these in crunchy or soft shells.
- 6 Many people in India are vegetarian, so they don't eat this.

# COLOMBIAN Code Cracker

What do you do after school? Eat a snack? Play outside with friends? Let's see what Luis does after school in Colombia!

Use the picture key to find out which letters complete the phrases. Answers are on page 2.



Luis lives in a small home with his mom, brother and sister. His home has no running water. After school, Luis does a lot to help his family. He:

Walks 30 minutes to get C  
from a                     .

Washes                      in a nearby                     .  
                     the                      floors inside his house.

                     his siblings while his mom goes to                     .





## → Just for Grins and Giggles

Everyone needs time to relax and play.  
 These kids in Kenya have fun doing a  
 silly dance.



### KIDS, SEND YOUR CAPTIONS TO:

Compassion International, Attn: *Compassion Explorer Magazine* Editor, 12290 Voyager Parkway, Colorado Springs, CO 80921. Or email it to [compassionkids@compassion.com](mailto:compassionkids@compassion.com).



**So, what are we playing? Crickminton? Badcricket?**

**Julianna, 11**  
**Cudjoe Key, Fla.**

**Who cares about sports? Let's be musicians instead!**

**Grace, 10**  
**Arcanum, Ohio**

**Hey! The game hasn't started yet!**

**Lydia, 8**  
**Lake in the Hills, Ill.**

**Kid: "OK, I think I got how to play. But just in case, repeat the whole thing all over again. I wasn't listening."**

**Teacher: (Face palm.) "Sigh."**

**Reese, 11**  
**Katy, Texas**

**Come on, guys. Are we playing cricket or badminton? Pick one.**

**Addy, 12**  
**Dickinson, Texas**

**Yeah! Let's play some sports!**

**Luke, 5**  
**Lake in the Hills, Ill.**

**It's the Baby Olympics!**

**Seth, 10**  
**North Highlands, Calif.**



Remember this picture from the Fall 2014 *Compassion Explorer Magazine*? These are some of your great captions!

## CALLING ALL EXPLORERS!

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 Special Edition free on iPad!

- ① Parents: Go to App Store.
- ② Search "Compassion Magazine" and download free app.
- ③ Choose *Compassion Explorer*.

