



INTRODUCTION



"Does anyone know what malaria is?" Allow for responses. "How does a child get malaria? Does anyone know?"

(A mosquito infected with malaria bites a child, and then that child has malaria.)

"Today we're going to learn about this disease. Let's play a game as we get started..."

PLAY "SKEETER TAG"

Gather the children and ask for a girl volunteer. Explain that "Suzy" is going to be our skeeter. Ask, "What's a skeeter? Does anyone know?" Once you explain that it is indeed a mosquito, show Suzy how to be a skeeter by putting her right index finger on her nose to make a stinger. Explain that when you say go, Suzy will be looking for people to sting. When people get stung, they must sit down.

Be sure to set boundaries of what areas are off limits. And it's also a good idea to ask kids not to run but to walk quickly. It can keep the accidents down.

Round 1: A girl volunteer stings as many people as she can. Countdown 3...2...1... STOP! Tell everyone to freeze – seeing who was stung still sitting on the floor...

Round 2: Then gather everyone up again and ask for 2 new skeeters (girls) and 3 volunteers to be Sweet Sleep Net Providers. (Those can be girls or boys of course.)



“ SAY:

“This time, our Sweet Sleep volunteers will be trying to get to you before the skeeters get to you. They’ll give you a mosquito net by throwing it over your head. When you get your net, hold your hands above your

heads touching your fingertips together like you’re in a house – so the skeeters know you’re protected by your new net. Ready? Go!”

Gather the children back up after your countdown and have them freeze. Explain that the reason the “skeeters” could only be girls is that mosquitoes that carry malaria are just the females and the only bite at night – they sleep during the day.

“ SAY:

“That’s why Sweet Sleep mosquito nets are so important! When Sweet Sleep provides new beds to orphans in Africa, each bed is covered by a mosquito

net. Those nets are just \$8 – covering 1 or even 2 kids! And this \$8 net protects them from this deadly disease. Isn’t that awesome?”

PLAY “HOW LONG IS A MINUTE”

Gather the children and explain the next game. Say “Alright, everybody sit down – making sure you’re not touching or close to your neighbor. We’re going to play “How Long is a Minute?” We’re all going to close our eyes and when you think it’s been a minute – 60 seconds – stand up. Keep your eyes closed – and whoever stands up closest to 1-minute wins! No talking – but you can count to yourself in your head if you’d like... Ready? Go.”

Watch for the person that stands up at exactly one minute. Wait for others to stand up... If it’s been 90 seconds or so – tell them to look up and announce the winner and get them to clap.

Round 2: Have everyone stay standing and say – now we’re going to play How Long as 30 Seconds! Stay standing, close your eyes – and when you think it has been 30 seconds, sit down.



After this round ask everyone to open their eyes, announce the winner and say: "In the time it took you to play how long is 30 seconds, a child somewhere in the world died of malaria. In 60 seconds, 2 children have died of malaria. That's 2,800 children a day – dying of this disease. How do people get malaria again?" (Female mosquitoes, in certain countries, only bite at night.) "And how can they be completely protected from malaria?" (mosquito net) "And how much does it cost per net?" (8 dollars) "And how many kids lives' can that save?" (up to 2!)

STAT HUNT MATCH-UP

Prepare for this activity by printing the stat hunt match up strips. Make sure you have an even number of strips for kids in your group. Explain that teachers or volunteers will be coming around giving them a strip of paper. When everyone has their strip, say: "Without talking, find all the other people with the same exact strip as you. Some are similar, so look carefully!"

Make sure everyone finds their group and that there is only one group for each stat.

Ask a volunteer from each group to share their stat with the group.

Note: To extend this time – you could have each group make a poster to share this stat with the group.





“ SAY:

“We have an opportunity to help protect more of these sweet orphaned and vulnerable children by providing mosquito nets through Sweet Sleep to orphans in Africa!”

(If your church or school already partners with a malaria-affected country where Sweet Sleep works, feel free to share about what your group has done and how this Sweet Sleep project will be great for that country’s children.)

“All you have to do is see how many nickels, or other

change – even dollars – you can bring in to help us provide these nets for orphans! You can get your friends and family to help, you can even sell lemonade or friendship bracelets – anything you can do to see how many nets you can provide! If you fill your box up before time to turn them in, just come by my room and dump it in our Nickels for Nets bucket and keep going!”

Be sure to share with the children what your project’s end date is. You may want to plan a party to celebrate the collection, etc.

OTHER HELPFUL INFORMATION

Here are some frequently asked questions so you can become more informed and help Sweet Sleep combat this disease.

FACTS

- A child dies from malaria every 30 seconds. That’s 2,800 children per day.
- Malaria is very preventable. And very inexpensive to prevent. The mosquito nets Sweet Sleep provides are just \$8 each... eight dollars to save a child’s life.
- In Africa, according to the World Health Organization, one in every five childhood deaths (20 percent) is due to malaria.
- A typical African child may experience one to five malaria related fevers a year.

WHAT IS MALARIA?

Malaria is an infection of the blood caused by mosquitoes that carry the malaria parasites. The infected mosquito bites a person and then transmits it to another person when they are bitten by the infected mosquito.



WHAT ARE THE SYMPTOMS OF MALARIA?

Malaria causes fevers and chills. It can be short-term or you can have chronic (long-term) malaria that can cause the spleen to enlarge and lead to anemia (low blood count). This is a particular problem with people living with HIV/AIDS. Cerebral malaria is very dangerous and has a high mortality rate if not treated promptly. Its symptoms are a lot like meningitis and can be associated with seizures as well.

HOW PREVENTABLE IS MALARIA?

Malaria is very preventable!

WHAT IS THE NUMBER ONE WAY TO PREVENT MALARIA?

The best way to prevent malaria is to not be bitten by mosquitoes. Spraying for mosquitoes, removing ponding water sources (where they like to breed), and using mosquito nets treated with an insecticide are the best ways to prevent malaria. Sweet Sleep provides these life-saving nets to children for only \$8.

WHAT CAN PEOPLE IN AMERICA DO TO PREVENT MALARIA IN AFRICA?

People in America can contribute financially to organizations like Sweet Sleep that provide mosquito netting to areas where malaria is prevalent. They can also raise awareness of this potentially deadly but preventable illness by participating in World Malaria Day activities.





“BREACH THE NET” (OLDER KIDS / PRETEENS)

Breach The Net is not just fun and educational, it also promotes cooperation, develops leadership skills, and encourages creative thinking and problem solving.

CREATING THE NET

Find an open space indoors or outside across which you can construct your web. Use strong soft string or thick wool but avoid anything that might give rope burn to kids’ fingers, or not give way easily if someone gets stuck.

Start stretching and winding the string across the space to make a series of irregular shapes and holes: some big, some small, some high, and some along the ground. Use door handles, window catches, furniture, tree branches or whatever else you can find to tie onto securely along the sides of the net, and you can attach small weighty objects (like beanbags) at the bottom of the web to pull the strings taut. You can knot sections or cut the thread and reattach it elsewhere but keep the string quite tight so it makes strong obvious shapes.

About twelve clear gaps no higher than the players’ heads is a good number to work towards, although depending on the space and number of participants, you can make the net as big as necessary. Be careful not to make it so high the players couldn’t reach through it, or so wide that the string loses tension.

PLAYING THE GAME

The object of the game is to get all the players safely from one side of the net to the other, without disturbing the string and without using each hole more than once (you can make the rule ‘twice’ for a larger group).



“ SAY:

“Today we’re going to be little mosquitos and try to get through this net!”

Explain that completing the challenge successfully will mean working together, coming up with plans, and helping each other. Younger groups might have a false start or two for practice before they can settle into this! Tell the group to sit down and

work out some strategies first and emphasize it will need everyone’s ideas and input to achieve the goal. Players can crawl, be lifted, be slid through flat (crowd-surfing style) or climb through themselves – but the aim is to get everyone across, not just make it through yourself.

Stand by ready to step in if necessary for safety reasons, veto any dangerous plans where someone might be hurt, and make suggestions if the group gets stuck. At key moments, offer hints such as moving a few strong capable players to the other side first through the easy holes so they can help lift other people through higher holes, getting bigger players through lower holes and little players through tiny ones, and making sure you leave options for the last players waiting to cross.

Afterwards, take time to discuss the game – what plans worked and what didn’t? Who came up with good ideas, showed good leadership, was the strongest, most nimble, most cooperative? What strategies would the group use next time? What did they learn about efficient methods, helping each other, and sharing ideas? Even in a party situation, the players will be high with excitement at having achieved their goal and thus all won the game together and will love talking about the experience and congratulating each other on their success!



THE IMPORTANCE OF THE PERFECT NET

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SAY:

“It was definitely challenging to get our group through the net! Think about how hard it is for mosquitos to get through mosquito nets we’re providing through Nickels 4 Nets! If you can imagine, mosquito nets have 500-600 tiny holes in just one tiny one-inch square! This keeps mosquitos from

getting through the net and giving kids malaria. Sweet Sleep also checks kids nets to see if they have holes in them – if they do, there’s no point in having one! Every child in a malaria-affected area needs a clean, intact, treated mosquito net.”



SEED BEAD NECKLACE CRAFT (1ST GRADE+)

PURCHASE

Multi-colored seed beads from Michael's or Walmart, fishing line and clasps.

PREPARE

Place a generous amount of seed beads on paper plates where a few students can reach them. Keep clasps and scissors handy. Cut fishing line to be long enough to be a necklace for the kids you'll be working with – be sure to leave a little at each end for tying to the clasps.

GATHER CHILDREN AND SAY:

"Today we're going to make a seed bead necklace! Take the string and load it full of beads in no particular order. When you're ready, raise your hand and I'll come help you put the clasp on and cut off any excess string." After they are all complete ask the children to look at their creation.

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SAY:

"Just like it would be very hard to count all the beads on your necklace and definitely all the ones in this room, it is difficult to keep up with the growing number of orphans in the world. We know that each day about 5,760 kids become orphans and that right now there are somewhere between 130-210

million orphaned and abandoned children – many living in areas where malaria is a threat to their lives every day. When you wear your necklace, remember to pray for orphans and for those receiving the mosquito nets we'll be providing through our project!"

STAT HUNT MATCH-UP GAME

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STAT HUNT MATCH-UP GAME

Malaria can be prevented by using a mosquito net.

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Mosquito nets cost only \$8 each. That's about the amount of one meal in America.

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STAT HUNT MATCH-UP GAME

160 nickels can provide 1 mosquito net
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Malaria can cause painful fevers, chills
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Dear Parents,

We are excited to be partnering with an orphan care ministry called Sweet Sleep! The mission of Sweet Sleep is to share God's love and hope in Christ to the world's orphaned and vulnerable children, improving their quality of life. Sweet Sleep fulfills that mission through Matthew 11:28: Come to me all who are weary and burdened, and I will give you rest.

Sweet Sleep believes True Rest that God desires in this scripture has three pillars: Physical Rest, Spiritual Rest, and Economic Rest. For 20 years, Sweet Sleep has been providing physical rest to orphaned and vulnerable children around the world through the provision of beds and mosquito nets. Over the years, they have provided more than 33,000 beds to kids in nine countries! Now, Sweet Sleep is focusing their work in Uganda.

To provide spiritual rest, every beneficiary of Sweet Sleep programs receives a Bible in their own language. In almost all communities where they work in Uganda, this is the first and only Bible in the entire community! They also share the gospel and teach beneficiaries how to learn, share, and teach Biblical truths through verbal Bible storytelling. Discipleship is at the core of everything they do.

The third pillar, economic rest, aims to equip and empower single mothers, grandmothers, and widows who care for the orphaned and vulnerable children in their communities through cooperative businesses and savings groups called CO•OPs. When you ask these vulnerable women about their childhood, the story is the same: "My mother died of HIV/AIDS and my father was an alcoholic. There was no one to pay my school fees so I went to the street to survive." When you empower these women to care for their children, the first thing they'll tell you is that they can pay school fees! They know that the only way to break the cycle of poverty is to educate their children. Then they tell you they can feed, clothe, provide medical care, and even purchase a bed for their kids!

Your children will be learning about vulnerable children in Uganda and how their contributions can radically change the lives of kids halfway around the world. We will collect an offering during our event, and we encourage your family to be prayerful for how God has called you to support this effort.

For more information about Sweet Sleep, visit sweetsleep.org. If you have any questions about our event, contact me at _____.

Sincerely,

