

## Welcome!

Thank you for supporting the children and youth in your life in understanding the role that holistic education plays in the lives of the most vulnerable across Africa.

Download and print the activity book (Ages 3-7 or 8-14) which will take you on the journey of a day in the life of 13-year old Rebecca from Chilabula Community in Zambia.

Together you can watch the 2-minute slide show taking you through a day in Rebecca's life here [https://youtu.be/4hXKC\\_NIMOM](https://youtu.be/4hXKC_NIMOM)

For the Activity book you might want to have on hand:

- Scissors
- Glue
- Extra paper or poster board
- Crayons, colouring pencils or markers

Visit **[www.handsatwork.org/education](http://www.handsatwork.org/education)** for additional resources and videos for you, as you help support the young people in your life.