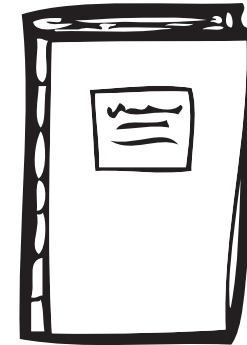
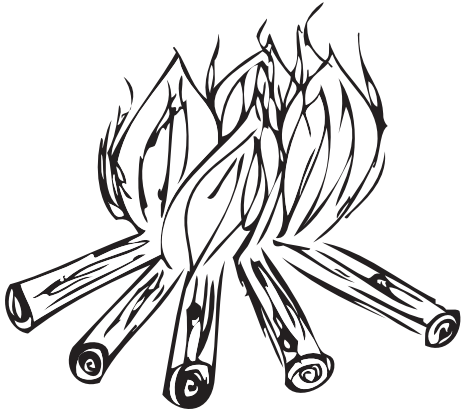
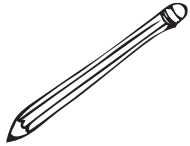




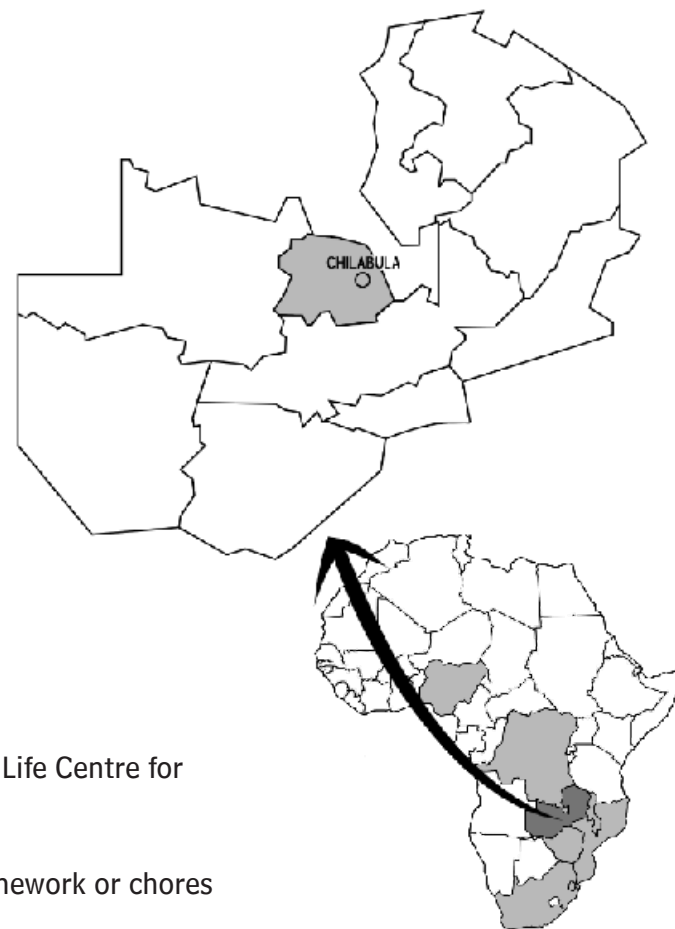
A DAY IN THE LIFE OF

Rebecca





MULISHANI + HELLO!
MY NAME IS REBECCA



I am 13 years old and live in Chilabula Community in Zambia.

I live with my younger brother, Auntie and six cousins.

I am in grade seven at the local community school.

My best friend's name is Lucy. We go to school together and, after school, we go to the Life Centre for our daily meal and to spend time with our friends.

My Care Worker's name is Martha. She visits me at my home and helps me with my homework or chores if I need it. I know I can count on her to listen to me and pray with me.

I am excited to take you on the journey of a day in my life!

Did you know that Hands at Work is serving in eight countries across Africa? Do you know what they are?

Colour in or make a pattern on the map of Africa on the countries Hands at Work is serving in. If you are unsure, visit www.handsatwork.org/across-africa to learn more.



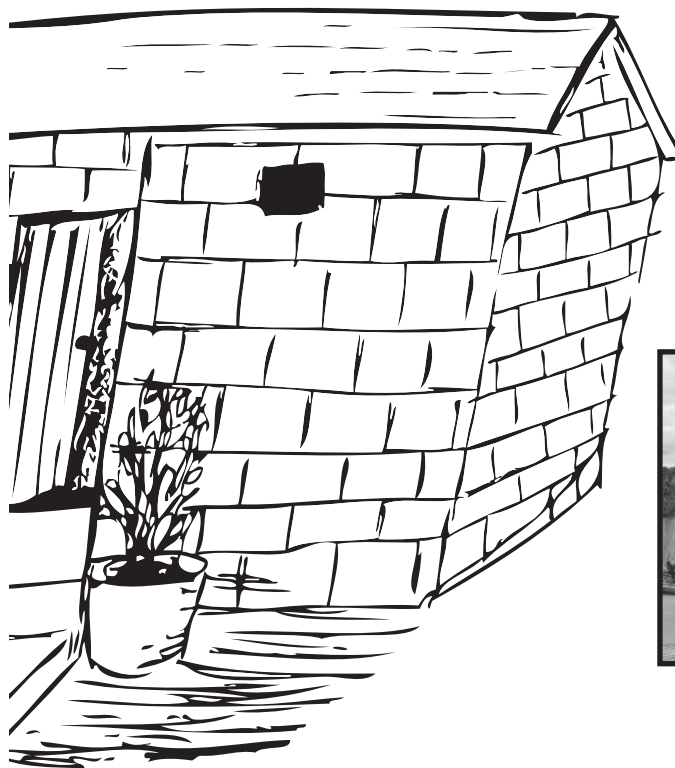
REBECCA'S FAMILY

Who does Rebecca live with?
Draw in the rest of her family.



Draw a picture of the people you live with.

Finish the drawing
of Rebecca's home,
based on the picture.



REBECCA'S HOME

This is my home. We live in a two-roomed brick house with a tin roof.

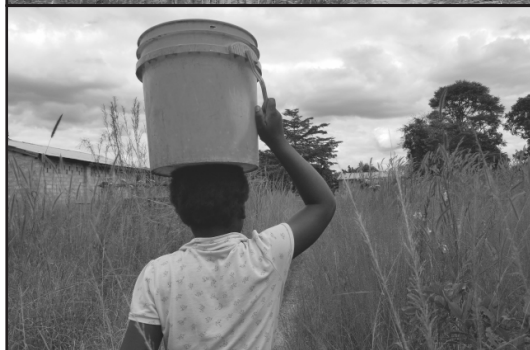
My female cousins and I sleep on grass mats on one side of the house with my Auntie, and the boys sleep on the other side.



What do you notice is similar and different
about the two homes?

Draw a picture of your home.

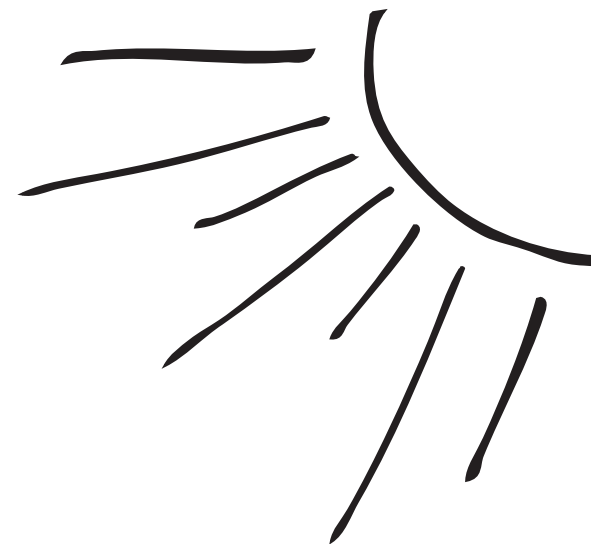
MY HOME



GETTING READY FOR THE DAY

Before getting ready for school, I am responsible for collecting water for the day from the nearby well.

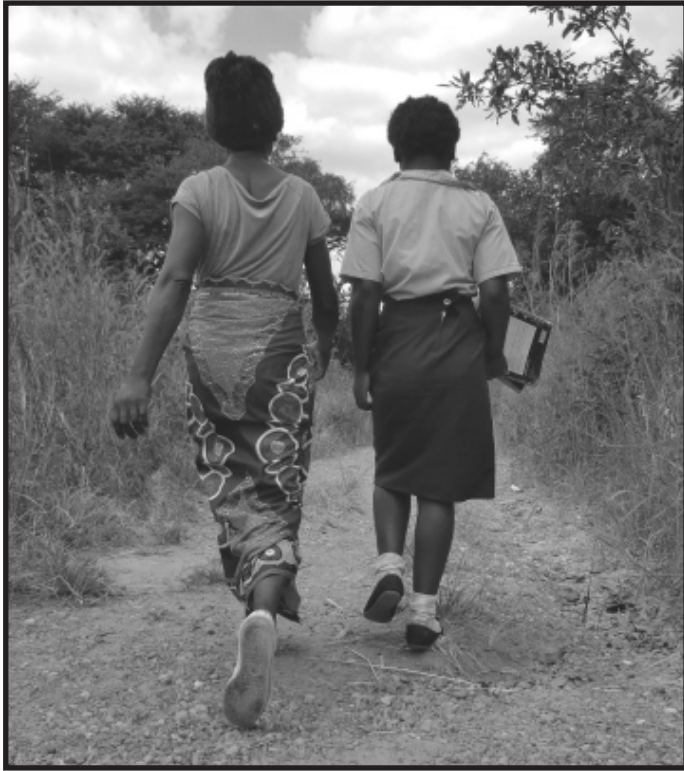
I walk with my empty bucket, wait in line at the well for my turn, fill my bucket and then return home with our water for the day.



When I get home, my Auntie helps me heat the water for my bath. I brush my teeth and get my school uniform on.



What things do you do to help around your house? Is there a new activity you would like to learn?



ON MY WAY TO SCHOOL

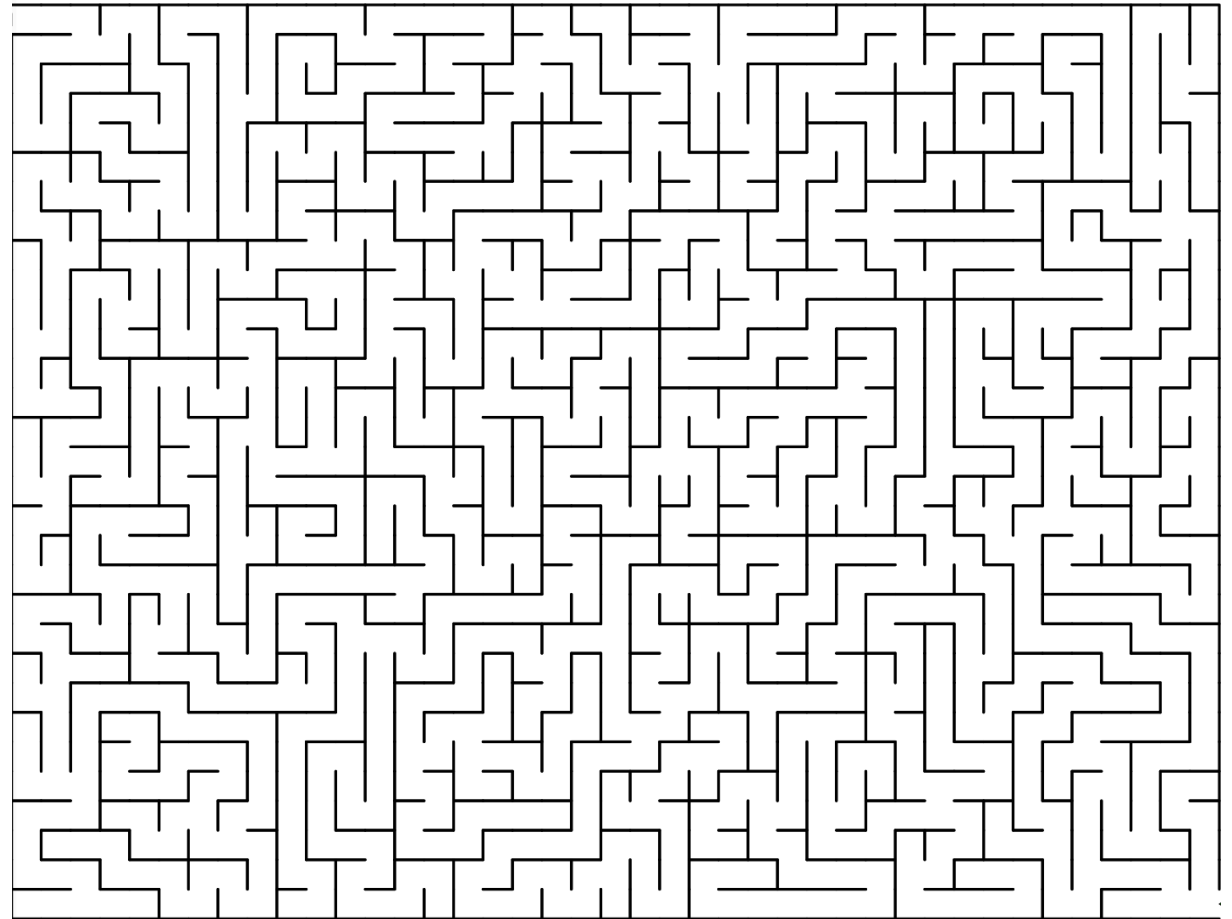
As I walk to school, I meet my Care Worker, Martha, as she is on her way to the Life Centre.

As we walk, we talk about my homework from last night or what is happening at school that day.

I know I can share with her if I am feeling nervous about a test or struggling with my friends at school.

Sometimes I share with her about how I miss my parents. They died when I was little. She tells me it is ok to miss them, and we pray together for them.

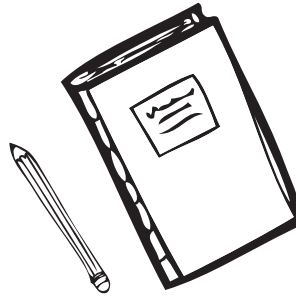
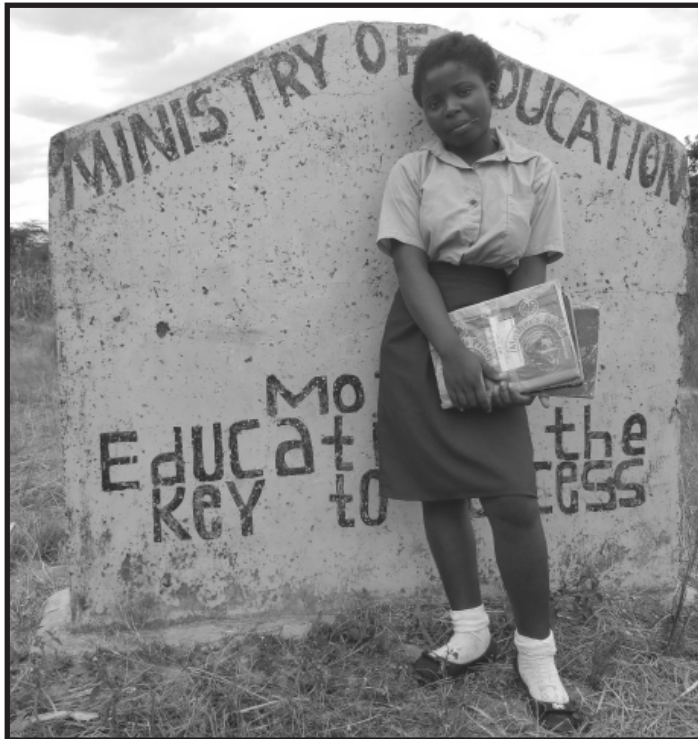
START



AT SCHOOL

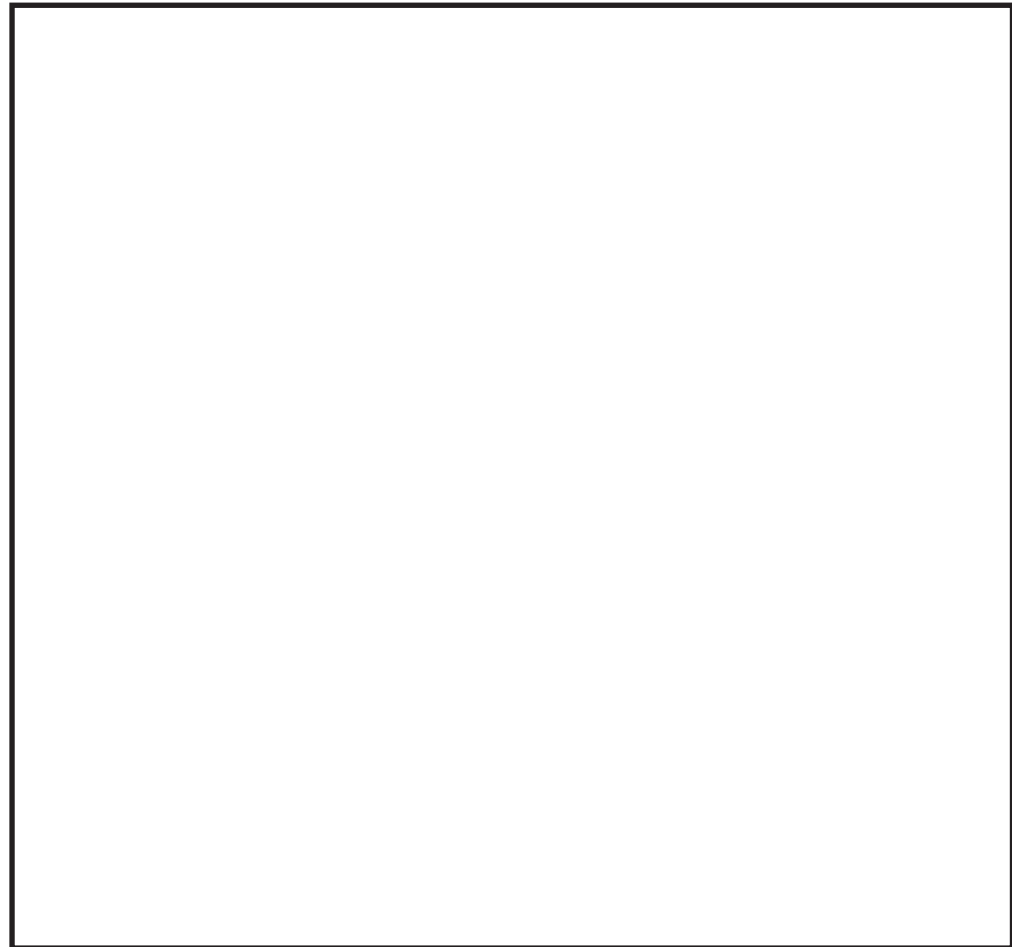
As I wave goodbye to Martha, I hear the bell ringing, telling us it's time to go to class.

I'm in Mrs. Mulenga's 7th grade class with 50 children from my community. We sit on wooden benches facing the blackboard and listen as she teaches us our lessons.



Do you go to school?

Share some words or draw some picture about your school.



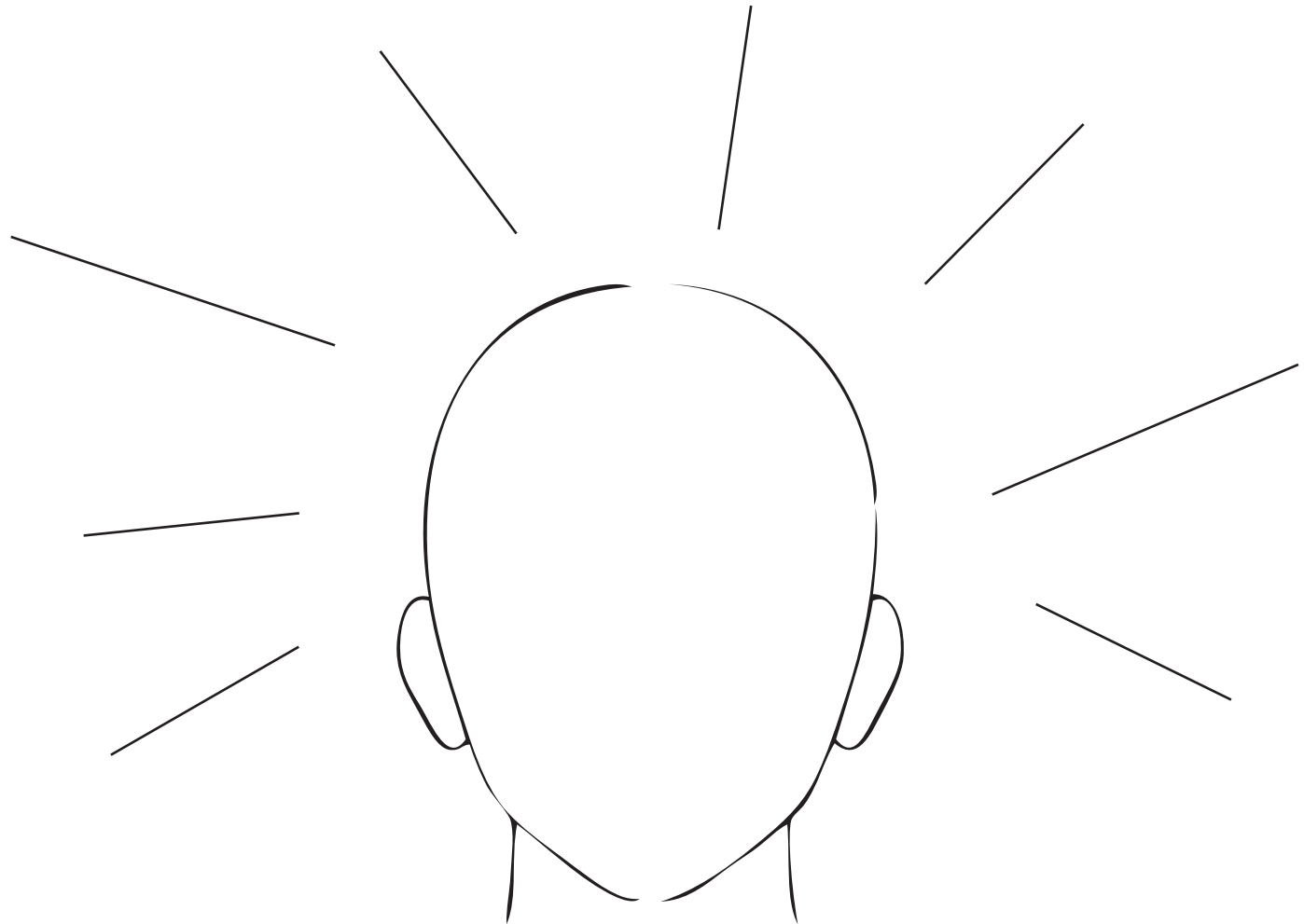
My Auntie, Martha and Mrs
Mulenga teach me lots of things.

My Auntie teaches me how to
cook and clean.

Martha teaches me about Jesus
and how to pray.

Mrs Mulenga teaches me about
maths and different countries in
the world.

Who teaches you things?



WHO TEACHES ME?



AT THE LIFE CENTRE

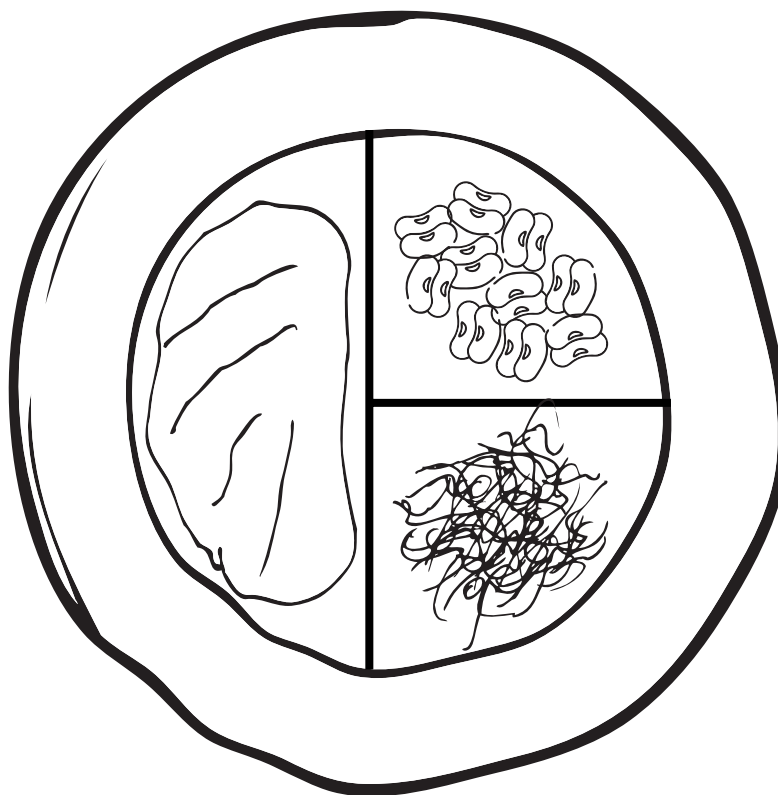
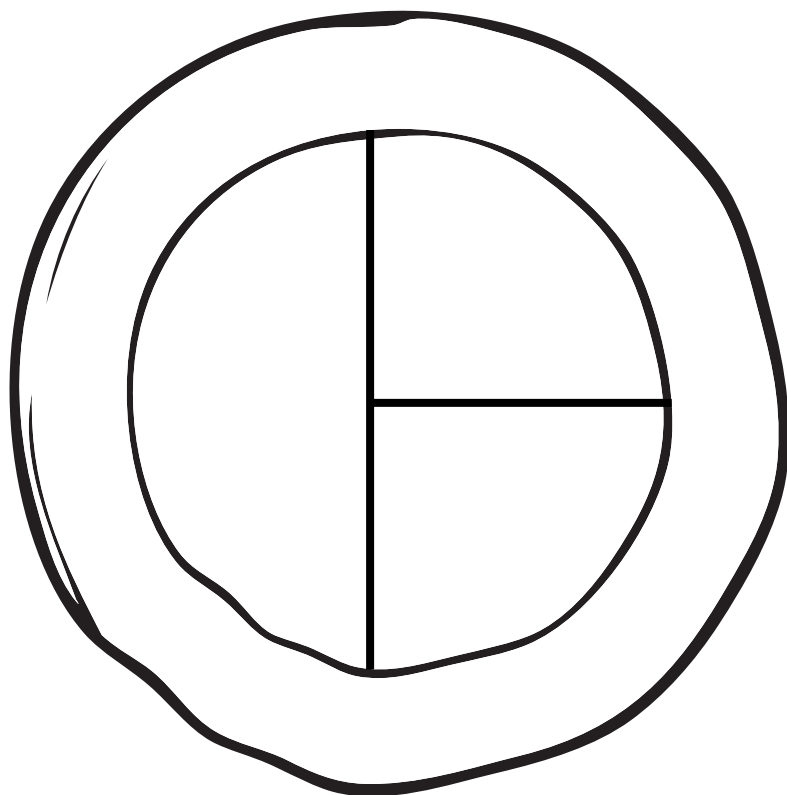
After school, I race home to change out of my uniform so I can join Lucy and my other friends at the Life Centre.

Today we are eating Nshima, beans and cabbage – my favourite!

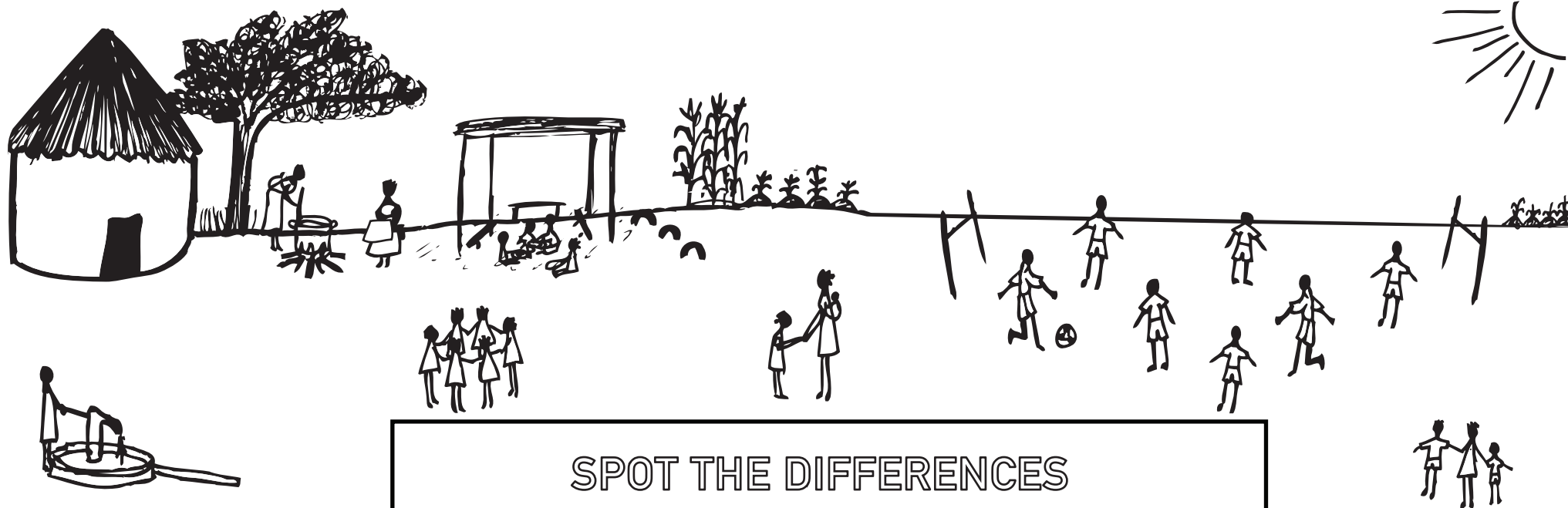
What is your favourite meal? Draw a picture of it.



Did you know that Nshima is made of ground-up maize?



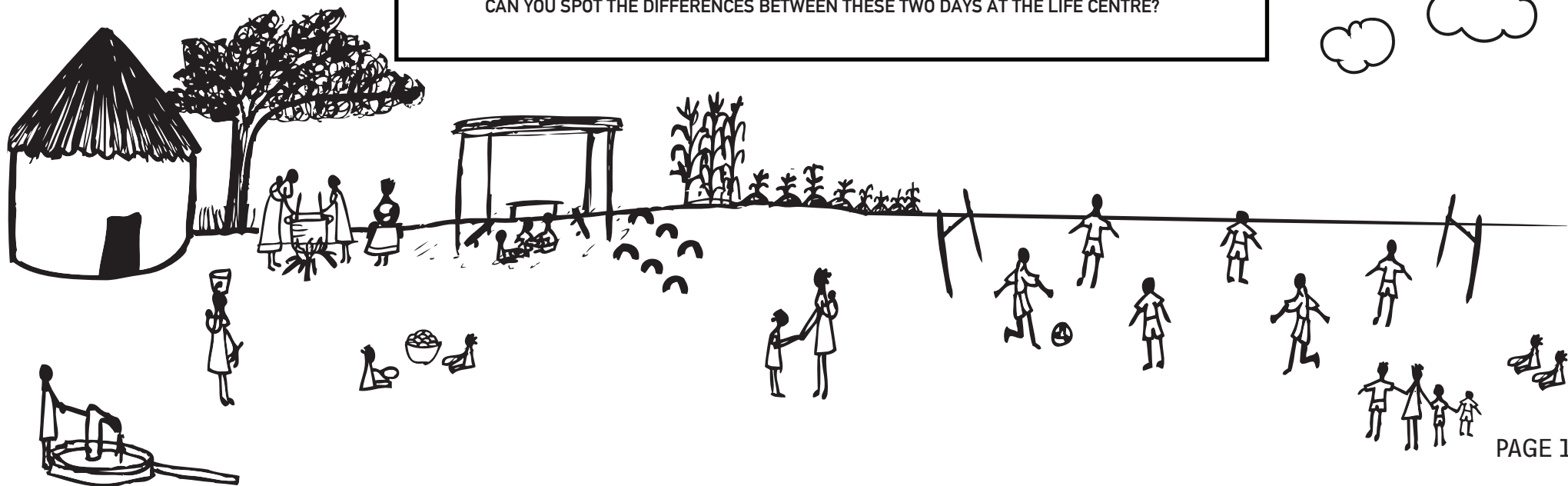
This week, help your parents make your favourite meal. If you are able to, find a way to share it with someone you love.



SPOT THE DIFFERENCES

My friends and I come to the Life Centre every day. We receive a nutritious meal, get help with our homework, play and learn about Jesus. We know that Martha and the other Care Workers are there to help us, advocate for us and make sure we are safe at home and around the community.

CAN YOU SPOT THE DIFFERENCES BETWEEN THESE TWO DAYS AT THE LIFE CENTRE?



AT THE LIFE CENTRE

one of the games Lucy and I love to play is called
iCiyenga (similar to jacks)

Do you want to learn how to play? Here are the instructions:

You will need 2 or more people to play.

Collect 8 small stones and 1 larger stone (small enough to toss up with one hand).

Place them on the ground and draw a circle around them.

Now you are ready to play!

In level one, the first player begins by throwing the larger stone in the air, and then with the same hand using a sweeping motion to sweep the stones outside of the circle before catching the larger stone.

Then, throw the larger stone in the air again, and sweep all but one stone back into the circle.

Your turn continues, repeating the process until all the stones have been removed from the circle. However, if the player drops the larger rock, it becomes the next player's turn.

Once all the stones are outside the circle, level two begins. You go through the same process but this time taking two stones from the circle.

This process keeps repeating until you have reached level 8, which is 8 stones removed from the circle.



Lucy and I share lots of things with one another. I feel so lucky to have a friend I can share things with!

What do your friends mean to you?

LEARNING ABOUT JESUS

Each day at the Life Centre, we pray and sing before our daily meals. I love to sing!

Some weeks we hear bible stories and we get to act them out. We have colouring pages to go along with what we are learning.

This year, I was invited to attend a Hands at Work youth camp with kids from different communities across Zambia!

We learned more about Jesus and who He is in our lives. We sang worship songs around the fire and learned how to give our fears to God in prayer. I prayed a lot around my fears of not having parents and the sadness I feel with them gone. During one of our circle times, I shared my worries with some of the other children at the camp. I was so surprised as many of them had also lost their parents and had the same worries. It made me feel like I wasn't alone.

I also learned about health and hygiene for girls my age, and how to make fritters.

Lucy didn't come to the camp this time but I was excited to go home and share with her all that we talked about in the week.



Whenever I am
afraid I will
trust in
you.
psalm 56:3

HEADING HOME

It's time to head home from the Life Centre.

I have homework to do and chores to finish at home. Martha said she would stop by my house later this afternoon for a visit.





A VISIT FROM MARTHA

After I finish sweeping, my Auntie comes home from selling pumpkins in the market. Martha is just behind her.

I like when Martha visits. We spend time talking and praying together with my Auntie and cousins.

Sometimes Martha helps me wash the dishes. She taught me a trick about how to use sand to get the burnt Nshima off the pots – it works every time!

Has someone taught you something - maybe a lesson or something practical that you think of often?







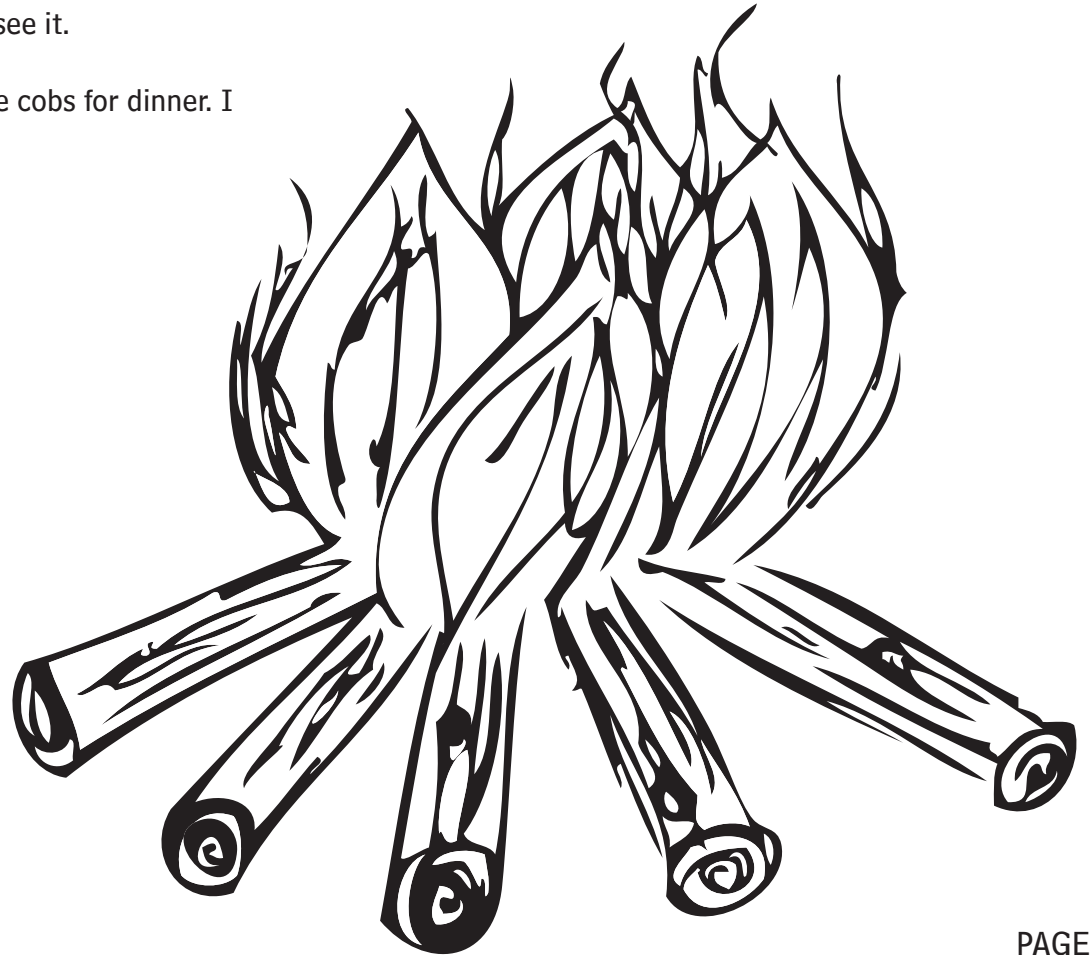
IN THE EVENING

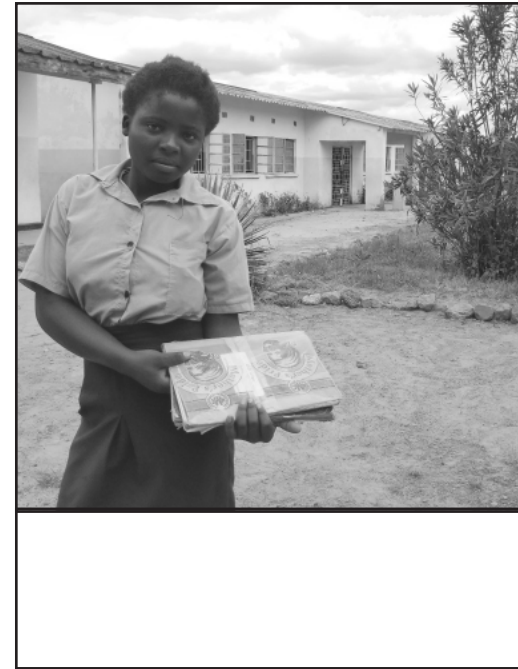
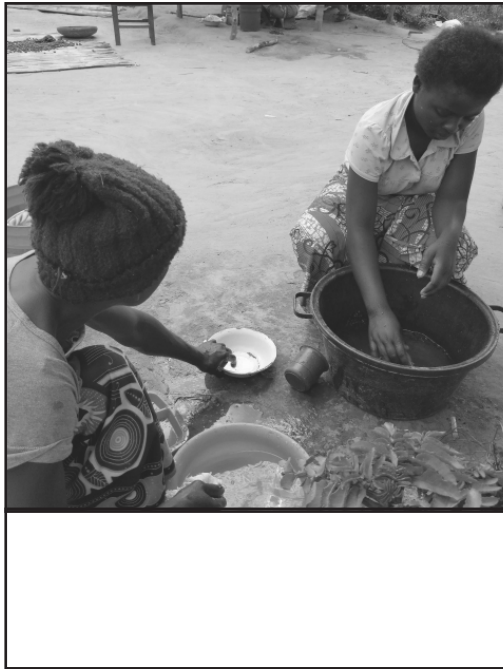
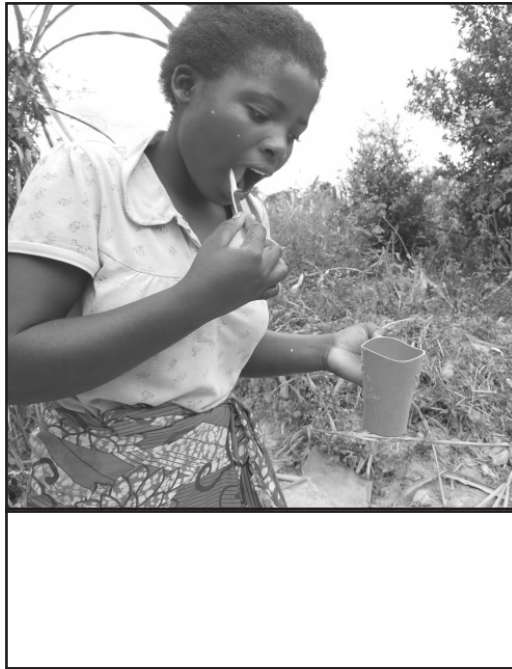
It's starting to get dark now, and Martha has to go home to her family.

I get out my school books and look at my Bemba homework. I need to finish it quickly before the sun goes down, otherwise I won't be able to see it.

As the sun sets, we sit around the fire as a family, roasting maize cobs for dinner. I like this time of day when we are all together.

I HOPE YOU ENJOYED A
DAY IN MY LIFE!





A DAY IN THE LIFE OF REBECCA

Now that you have learned all about Rebecca's life, look back at the different pictures and think about the journey she took you on over her day.

Cut out the pictures and put them in order of what she does.

Once you have a timeline, think about how you can pray for the activity in the different pictures.

How you can pray for Rebecca and for the thousands of children across Africa like her?

