

Leader's Guide

How to use

Begin by selecting the countries you'll feature from those listed below and gathering the necessary resources for each country and activity. On the first day of the series, give each child their own passport to use throughout. Each lesson will highlight a different country and comes with information and activities that correspond with the featured country. At the end of the lesson, stamp each kid's passport with that country's flag stamp.

Resources

Included:

Passport (printable)

Videos

*Not included:

Country flags

Country stamps

*These items are not necessary to complete the week of activities, but it will enhance the experience if you can purchase each of the five country flags represented this week to use as visuals, as well as a stamp of the country flag to put in each passport at the end of each day.

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THE SHOE THAT GROWS



Kenya

Video

Choose one of the videos on The Shoe That Grows Mission Project resource page to share.

Kenya Facts

1. Kenya is bordered by five different countries.
2. Wangari Maathai was the first Kenyan woman to receive the Nobel Peace Prize.
3. Swahili is one of the most spoken languages around the world. Jambo is a commonly used greeting that means hello!
4. Kenya is home to the Big Five, which are Lions, Elephants, Leopards, Rhinoceroses, and Cape Buffalo.
5. There are only two seasons in Kenya, the rainy season and the dry season.
6. Coffee is one of the largest exports of goods out of Kenya. However, many Kenyans prefer to drink tea.
7. The Great Rift Valley is located in Kenya. It was formed over 20 million years ago.

How would Kenya benefit from The Shoe That Grows?

16 percent of Kenya's population, about 8.5 million people, are living in extreme poverty-meaning that they live with less than \$1.90 a day. For these families, it can be hard to afford basic items that many of us use every day, like clean water, fruits and vegetables, and shoes!

Without shoes, children in Kenya have to walk to school and play barefoot in the hot sand, which can be dangerous because they might hurt themselves on something sharp, burn their feet, step on something that has bacteria on it, or get bitten by a common bug called a jigger.

By giving these families a pair of The Shoe That Grows, these kids can walk to school and play outside with their friends without worrying about the dangers that come with being barefoot. Also, The Shoe That Grows is produced in Kenya! By raising funds for The Shoe That Grows, you're creating opportunities for many Kenyans to have work and provide for their families.

THE SHOE THAT GROWS



ACTIVITY: MINI DRUMS

Description

Music is a major part of the Kenyan culture. Drums are often played during dancing, events, or gatherings.

Supplies needed

Tin cans
Balloons
Scissors
Paint/glitter/tissue paper
Glue

Preparation

Collect tin cans.

Instructions

Give each child a tin can and balloon. Cut the long neck of the balloon off about a third of the way up the balloon. Stretch the balloon over the top of the tin can. Allow time to decorate the drums using paint, glitter, tissue paper, etc.

ACTIVITY: MAASAI NECKLACES

Description

The Maasai tribe wears beaded jewelry. The beadwork an individual wears has meaning to their age and social status—the more colorful and complex, the higher social standing. It also serves as an important way for them to make money, as they sell their jewelry to visiting tourists.

Supplies needed

Paper plates, markers
(Optional: beads, buttons, colored pasta, and glue)

Preparation

Cut out the inside part of the paper plates so that just the outer ribbed circle is left.

Instructions

Encourage kids to use bright colors and create patterns as they wish. If using extra craft supplies, color first and allow time to glue on extra adornments.

THE SHOE THAT GROWS



Uganda

Video

Choose one of the videos on The Shoe That Grows Mission Project resource page to share.

Uganda Facts

1. Lake Victoria is the largest lake in the entire continent of Africa and the second largest in the world.
2. 40% of the population in Uganda is under 14 years old.
3. Uganda is full of wildlife with 217 species of birds, elephants, rhinoceroses, lions, and 17 species that are native to Uganda.
4. Uganda is one of three countries that the equator runs directly through.
5. Kiira Motors was started in Uganda. It develops and manufactures solar-powered buses, hybrid-electric and electric vehicles.
6. Three major ethnic groups in Uganda are the Baganda, Banyankole and Basoga People.

How would Uganda benefit from The Shoe That Grows?

Even though Uganda is home to the second largest lake in the world, many people living there do not have easy access to drinking water.

To access clean water and avoid drinking from dirty streams, 32 percent of Ugandans travel more than half an hour to fill their water jugs. That's a lot of walking! By giving these communities pairs of The Shoe That Grows, they can safely walk with their families to get clean water.

THE SHOE THAT GROWS



ACTIVITY: ANIMAL FACES OF UGANDA

Description

Many different animals are found in and are native to Uganda.

Supplies needed

Paper plates
Scissors
Paint/markers/crayons

Preparation

Make a list of the animals that live in Uganda for the kids to choose from.

Instructions

Have each child choose an animal from the list. Pass out supplies. Use the plates to make the face of the animal that was chosen using paint, markers, crayons, etc. Go around and have everyone show their finished animal plate and make the sound of their animal.



ACTIVITY: OMWESO (MANCALA)

Description

Omweso is the traditional national game of Uganda. It is a more complicated version of Mancala; for the purposes of today we will stick to a homemade version of Mancala.

If you are interested in learning the rules of Omweso, [check them out here!](#)

Supplies needed

1 12-egg carton for every two kids
2 trays per egg carton (or a bowl, or a small recycled can)
48 game pieces (stones) per egg carton—beads, marbles, beans, rocks, etc.

Preparation

Cut the top off of each egg carton. Place the two trays at the ends of each egg carton (called the mancala), and fill each hole with 4 game pieces.

Instructions

Two kids will play, sitting opposite each other with the egg carton in between them. To begin, one kid picks up the stones in any of the six holes on their side. They will drop stones one by one into sequential playing egg holes, moving counterclockwise around the board. They should include their own mancala (tray at the end on the right) but not their opponent's mancala. If the last stone falls into their mancala, they get another turn. When one player runs out of stones on their side of the board, the game is over, and the player with the remaining stones puts them in their mancala. The player with the most stones in their mancala wins the game.

To see a quick video overview of the rules, [visit here.](#)

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Democratic Republic of the Congo

Video

Choose one of the videos on The Shoe That Grows Mission Project resource page to share.

Democratic Republic of the Congo Facts

1. The Democratic Republic of the Congo is located in central Africa.
2. There are over 200 ethnic groups with more than 250 different languages spoken within the Democratic Republic of the Congo.
3. The oldest national park in Africa is the Congo's Virunga National Park. It is home to rare mountain gorillas, lions and elephants.
4. Less than 10% of the population has access to electricity.
5. The Democratic Republic of the Congo is one of the most resource-rich countries in the world but is still an extremely poor country.
6. There are eight active volcanoes within the Democratic Republic of the Congo.
7. Bonobos and Eastern lowland Gorillas can only be found in the DRC and are on the verge of extinction.

How would the DRC benefit from The Shoe That Grows?

The Democratic Republic of Congo is home to more than 500,000 refugees, many of whom had to leave their homes with nothing more than the clothes on their backs!

These families often walk hundreds of miles through jungles, deserts and sometimes even across rivers to get to safety, which is tough on any pair of shoes! By providing The Shoe That Grows to these refugee families, you're not only giving them shoes that they most likely need after putting so many miles on their old pair, you are giving them something new to call their own that they can have for years to come as their feet grow.

THE SHOE THAT GROWS



ACTIVITY: CLAY POTS

Description

Many places around the world use clay pots to store different kinds of items such as beans, water or seeds.

Supplies needed

Play dough/molding clay (air dry)
Parchment paper
Paint & paint brushes (optional)

Preparation

None

Instructions

Show the children pictures of different clay pots. Pass out play dough/clay to each child. Allow time for the children to create their own style of clay pot.

VARIATION: instead of using air dry clay, bake the clay pots and come back and have the children paint designs on their pots.

VARIATION: if you don't want to use clay or play dough, you can print off a clay pot coloring page ([like this one](#)) and have the kids color/decorate it.



THE SHOE THAT GROWS



El Salvador

Video

Choose one of the videos on The Shoe That Grows Mission Project resource page to share.

El Salvador Facts

1. El Salvador is the smallest country in Central America but it is also the most densely populated.
2. Soccer is a very popular sport in El Salvador.
3. High in the mountains is a cloud forest, which is home to orchids, spider monkeys, jaguars, anteaters, and green toucans.
4. El Salvador is nicknamed the Land of Volcanoes as there is frequent volcanic and earthquake activity. Volcanoes are even represented on the country flag.
5. The capital, San Salvador, is the oldest capital city in Central America.
6. The pupusa is a national dish made with a thick corn tortilla savory filling and served with pickled cabbage and tomato sauce.

How would El Salvador benefit from The Shoe That Grows?

Almost half of El Salvador's population survive on less than \$1.25 a day. To help support their families, kids often begin working at a young age in jobs like harvesting coffee and sugarcane, fishing, and selling goods at the local markets. Since many of these jobs are done outside, having a pair of shoes is important to help keep them safe and healthy so that they can continue helping their families!

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ACTIVITY: WIND INSTRUMENT

Description

Music is a big part of El Salvador's culture and flutes are a commonly played instrument.

Supplies needed

Thick paper strips
Straws
Scissors
Glue

Preparation

None

Instructions

Give each child two strips of paper and five straws. Have them cut the straws to different lengths, allow them to decide their own order or have them place the straws longest to shortest. Glue the straws to one of the paper strips and then glue the other paper strip on top.



THE SHOE THAT GROWS



Syria

Video

Choose one of the videos on The Shoe That Grows Mission Project resource page to share.

Syria Facts

1. Syria is located in Western Asia.
2. Damascus is the capital of Syria and it is also the oldest continuously lived-in city in the world.
3. Many children and their families are refugees in surrounding countries as they had to flee Syria due to fighting.
4. The four corners of Syria, Lebanon, Israel, and Jordan form the Shouting Valley. It is an echo point that people use to communicate with each other from opposite sides.
5. Syria used to be a major tourist destination for its religious and historic wonders, however, the wars have decreased tourism by 75%.
6. The Bible mentions Damascus multiple times. Paul was on the way to Damascus when he encountered God.
7. Some of the roads are over 4,000 years old and are still being used today.

How would Syria benefit from The Shoe That Grows?

Due to the ongoing conflict in Syria, many families are forced to flee their homes in search of safety. While some are able to make it to nearby countries, others take shelter in tents, schools, abandoned buildings or whatever else they can find away from their homes.

In northern regions of Syria, especially during the winter, temperatures often get low and the weather snowy. And because these families have to get out of their homes quickly, they often aren't prepared for the weather or amount of clothing needed to walk long distances. Sometimes, by the time they make it to a refugee camp, they don't have any shoes on their feet! By providing these families with The Shoe That Grows, the kids will have durable, lasting shoes in situations where they may need to flee dangerous situations by foot.

THE SHOE THAT GROWS



GAME: HAJAL (HOPSCOTCH)

Description

Hopscotch is commonly played by many children around the world but it is especially popular among children in Syria.

Supplies needed

Chalk or tape (to mark out boxes)
Rock or beanbag

Preparation

None

Instructions

Draw out 10 connected boxes. Each child will take a turn tossing the beanbag as far as they can into a square. Then the child will hop on 1 leg to the square the beanbag landed. The child will then pick up the beanbag and continue until they have hopped to the last box.

VARIATION: divide the children into teams and see which team can get all players to complete all 10 boxes first.

THE SHOE THAT GROWS



India

Video

Choose one of the videos on The Shoe That Grows Mission Project resource page to share.

India Facts

1. Cows are a sacred part of their culture. They are protected by law and it is illegal to kill them.
2. India is the wettest inhabited place on Earth.
3. Hindi and English are the official languages but there are 22 recognized languages spoken in India.
4. 1.37 billion people live in India, this is the second most populated country in the world.
5. It is customary to use only your fingers when eating.
6. Holi, the festival of colors, is a major holiday celebrated by throwing multicolored powder and water balloons at each other.
7. The famous Taj Mahal is located in India. It was disguised as a bamboo pile during World War II to protect it from being destroyed.

How would India benefit from The Shoe That Grows?

India is a large country with many different climates, including deserts, tropical areas, mountains and more. In some of these areas, especially the high altitude parts that have volcanic soil—which looks like red clay—walking around barefoot can be quite dangerous.

When exposed to skin for long periods of time, the soil can cause a disease called elephantiasis. With elephantiasis, a person's legs get really swollen, making it really hard and painful to walk around!

Thankfully, this disease is easy to avoid by keeping your bare feet out of the soil—but lots of families in India can't afford shoes, so they end up going outside barefoot to fetch water, to work on farms, to walk to school or to play outside. By providing these families with The Shoe That Grows, they can stay safe from elephantiasis and walk around without worrying.

THE SHOE THAT GROWS



ACTIVITY: BEADED BRACELETS

Description

Bracelets have been an important part of India's culture for centuries.

Supplies needed

Strings

Scissors

All different kinds of beads

Preparation

Research the different meanings of why bracelets are worn in India.

Instructions

Show the children different examples of bracelets worn by children in India. Pass out string and help the children measure the string to the correct size for their bracelets. Allow time for the children to string the beads and create their own unique bracelet.



THE SHOE THAT GROWS



Ecuador

Video

Choose one of the videos on The Shoe That Grows Mission Project resource page to share.

Ecuador Facts

1. Ecuador is located right on the equator. This makes the days and nights almost always 12 hours long each, meaning the sun rises at 6 am and sets at 6 pm.
2. Ecuador tops all countries around the world for the density of its biodiversity. Nearly 15% of the world's bird populations are found here.
3. One of the tallest volcanoes in the world is found in Ecuador. Cotopaxi has erupted more than 50 times over the last 50 years.
4. The national music of Ecuador is Pasillo which is a blend of Indigenous and Latin music.
5. It is common for garbage trucks to play music out loud. Gas and water trucks also play music as well.
6. The national fruit of Ecuador is guanabana which is a spiky, green fruit that has a sour taste. In English this fruit is called soursop.
7. In Spanish, Ecuador means equator.

How would Ecuador benefit from The Shoe That Grows?

Ecuador is considered one of the poorest countries in Latin America. Recently, when a group of researchers visited to study children's feet, they found that most of the kids wore shoes one size (or more) smaller than the length of their feet. That's because many parents cannot afford to replace their children's shoes every year, so kids have to wear shoes for several years before throwing them away or passing them down to younger siblings.

When children wear shoes that don't fit, like the kids in this study, they are put at risk of developing musculoskeletal conditions, pain and long-term bone development problems. By providing The Shoe That Grows to children in Ecuador, they won't be at risk of developing conditions associated with wearing shoes that are too small for their feet and parents can rest assured knowing their kids are more comfortable!

THE SHOE THAT GROWS



ACTIVITY: RAIN STICKS

Description

Rain sticks are a part of many cultures around the world. They are used for music and enjoyment.

Supplies needed

Paper towel tubes

Beans or rice

Paint, markers or crayons

Stapler or glue

Optional: string, beads or feathers for added decoration

Preparation

None

Instructions

Give each child a paper towel tube and have them decorate it with different lines and patterns. Staple or glue one end of the tube shut and then pour in beans/rice/beads. Close the other end of the tube. Use paint, markers, or crayons to decorate the rainstick. Add string with feathers and beads to the ends. Go around and have the children each use their rain sticks to see which sounds the most like rain.



THE SHOE THAT GROWS



Nigeria

Video

Choose one of the videos on The Shoe That Grows Mission Project resource page to share.

Nigeria Facts

1. Nigeria is one of the most populated countries in the world with over 200 million people living there.
2. The two major religions in Nigeria are Christianity and Islam.
3. Nigeria is a very diverse country with over 500 different languages spoken and over 250 ethnic groups.
4. Nigeria is located in western Africa and borders the Atlantic Ocean.
5. About 70% of Nigerians work in agriculture. Many farmers sell their produce at street markets.
6. Suya is a popular dish in Nigeria. It is grilled beef and chicken skewers with a spicy coating.
7. Nigerians are known for their colorful traditional outfits that are worn on a daily basis by most.

How would Nigeria benefit from The Shoe That Grows?

In Nigeria, many families cannot afford shoes for their children, leaving kids to walk around barefoot whenever they need to get somewhere—like school, which ranges from a 11-30 minute one-way commute. Unfortunately, much of the terrain across Africa (such as in Kenya, which we mentioned in a previous lesson) is known to be infested with all sorts of dangerous elements—like bugs—and Nigeria is no different.

One bug commonly found in Nigeria is a parasitic flea called a jigger, which when bitten, can cause a disease called Tungiasis. In Nigeria, about 42 percent of children were found to have this disease. By providing these children with The Shoe That Grows, kids can walk any distance to school without worrying about being bitten by jiggers.

THE SHOE THAT GROWS



GAME: KPOKORO

Description

The objective is to accurately mirror the leader's rhythmic clapping and movements two consecutive times.

Supplies needed

None

Preparation

None

Instructions

Player 1 is the leader. All other players form a horseshoe shape. Player 1 faces Player 2 and starts clapping a pattern that Player 2 must mimic. (example clap-clap-pause, clap-clap-clap-pause). Player 1 will then step with one leg and Player 2 must immediately mirror Player 1's motion. If Player 2 can accurately copy Player 1 two times, then Player 2 becomes the leader and will challenge Player 3.

VARIATION: Players partner up and one starts as the leader and claps a rhythm that the other player must mirror. Each is allowed two turns as the leader. The winner is whoever mirrored both times correctly. Each round they find a new partner until there is a single winner.

THE SHOE THAT GROWS



Guatemala

Video

Choose one of the videos on The Shoe That Grows Mission Project resource page to share.

Guatemala Facts

1. In southern Guatemala there are more than 30 volcanoes that stretch between Mexico and El Salvador!
2. The population is divided between two groups—a native people group, and those from Hispanic origin. The Maya group is the indigenous group of people who make up less than half of the population.
3. The official language is Spanish but many documents have been translated into more than 20 Mayan languages.
4. The main items they grow and sell to other countries are sugar, coffee, and bananas!
5. One of the main foods eaten in Guatemala is tres leches cake which is a kind of cake that has been soaked in three different kinds of milk (evaporated milk, sweetened condensed milk, and cream).
6. Guatemalan people call chocolate “the food of the gods”.
7. After school buses are finished being used in the United States, they will send some buses to Guatemala where they are used as “chicken buses”. People paint the buses and use them as public transportation or sometimes to transport livestock.

How would Guatemala benefit from The Shoe That Grows?

The Guatemala City garbage dump is the largest in Central America. It contains over a third of the country’s waste, including discarded food, trash, recyclables, and even biohazardous materials. Approximately 13,000 people live in the city dump, and 50% of them are children. These families spend their days looking for any item of value in order to sell in the local markets. Many of these individuals do not have any footwear to protect their feet from broken glass or other harmful hazardous materials. The Shoe That Grows is a small product that can make a big impact on their daily lives.

Outside of Guatemala City, about two-thirds of all Guatemalan children are impacted by poverty. Over 81% of Guatemalans in poverty live in the countryside. Guatemala is mountainous, and the rugged terrain and lack of roads keep rural communities separate from the rest of the country. The separation leads to many years of communities stuck in a cycle of poverty. Addressing the need for shoes to help kids stay healthier and allow them to attend school is one way to help break the cycle of poverty.

THE SHOE THAT GROWS



GAME: BASKET CARRY

Description

It is common to see women carrying fruit or other items on their head as they transport items from the market to their house, or when selling to people along the streets.

Supplies needed

Basket
Plastic fruit or other household items
Timer
1 cone
1 sheet of paper and 1 pen

Preparation

None

Instructions

Each child will get a chance to fill the basket with five items, put the basket on their head, and walk around the cone set at whatever distance you designate. If the basket falls off, they start from the beginning. Fastest time wins! If there is time, kids can attempt to break their own record.

VARIATION: For a group of 10 or more, turn this into a relay between two teams, using two baskets!

THE SHOE THAT GROWS



Haiti

Video

Choose one of the videos on The Shoe That Grows Mission Project resource page to share.

Haiti Facts

1. Haiti shares the island Hispaniola with the Dominican Republic.
2. Soccer is Haiti's national sport.
3. Sanitation and water supply are two huge issues that Haiti faces.
4. 79% of the population lives in rural areas.
5. Although most people speak Haitian Creole, which is a combination of some Spanish and French, the official language of Haiti is French which is used by less people.
6. Haiti is one of the most deforested nations in the world. There is also no waste disposal system which is why there is garbage lying around on the ground.
7. People eat plantains in Haiti which look like bananas but are more like potatoes.
8. People also eat goat in Haiti!
9. A traditional food to eat is pumpkin soup for a nice dinner.

How would Haiti benefit from The Shoe That Grows?

Haiti is the poorest country in the Western Hemisphere, with 59% of the population living on less than \$2 per day. Haiti is prone to natural disasters like hurricanes and earthquakes, which have devastating effects due to loss of buildings and damage to food resources. 74% of Haitians live in slums. In the poorest neighborhood of Port-au-Prince, there is a city dump where 100,000 tons of waste are dumped each month. 400,000 people live in the neighborhood and search the dump looking for items to sell or use, often barefoot.

Foot flies, hookworm, and other preventable diseases are threats to those that don't have shoes. When children get these diseases, they are not able to help their families with farming and other household chores, or attend school. Only 50% of Haitians attend school, which makes it more difficult to find jobs in the future. In a Haitian school, if a child doesn't wear closed-toe shoes, he or she cannot enter the classroom.

THE SHOE THAT GROWS



GAME: JUMP ROPE

Description

Kids in Haiti like to play games just like us! Soccer is the most popular sport, but many games they play when they get together are very familiar to us. Jump rope is a very common activity they play when they gather together.

Supplies needed

1-2 large jump ropes

Preparation

None

Instructions

Two volunteers should hold the ends of the jump rope and turn it. Create various challenges for the kids—who can stay in the middle the longest, how many kids can jump in the middle at the same time, who can jump in and out of the turning jumping rope the most times in a row.

THE SHOE THAT GROWS



Jordan

Video

Choose one of the videos on The Shoe That Grows Mission Project resource page to share.

Jordan Facts

1. Jordan is a country in southwest Asia which is surrounded by Syria, Iraq, Saudi Arabia, and Israel.
2. It is very dry and most of Jordan is a desert.
3. The Bedouin are a group of people that raise camels and live in the Badia, a semi-arid desert that covers 80% of Jordan.
4. There are three different types of land in Jordan: the mediterranean terrain (which is bushy and has small trees), the treeless plains, and the desert.
5. The animals in Jordan include wild boars, goats, foxes, wildcats, hyenas, gazelles, and leopards.
6. There are many Palestinian and Syrian refugees in Jordan, but the majority of the population is Jordanian.
7. Almost everyone speaks Arabic which is the country's official language.
8. 97% of the population is Sunni Muslim and the rest consist of Christians.
9. Mansaf is a traditional Arab dish cooked with lamb in a sauce of fermented dried yogurt and served with rice.

How would Jordan benefit from The Shoe That Grows?

One of the relief organizations that we partner with is Lifting Hands International (LHI). There are hundreds of Syrian refugee families living in the deserts of Jordan who have been stranded there for 6-7 years. LHI sends shipments to refugee camps where partners on the ground help distribute the items to families at the camps. Included in the shipment is clothing, essential needs, personal hygiene items, and items for kids. As we are able to send pairs of The Shoe That Grows, it ensures the families proper footwear to be able to live in the desert.

THE SHOE THAT GROWS



ACTIVITY: WOVEN RUGS

Description

Jordan is known for having beautiful rugs in their homes and available to sell!

Supplies needed

A variety of pre-cut strips of colored paper

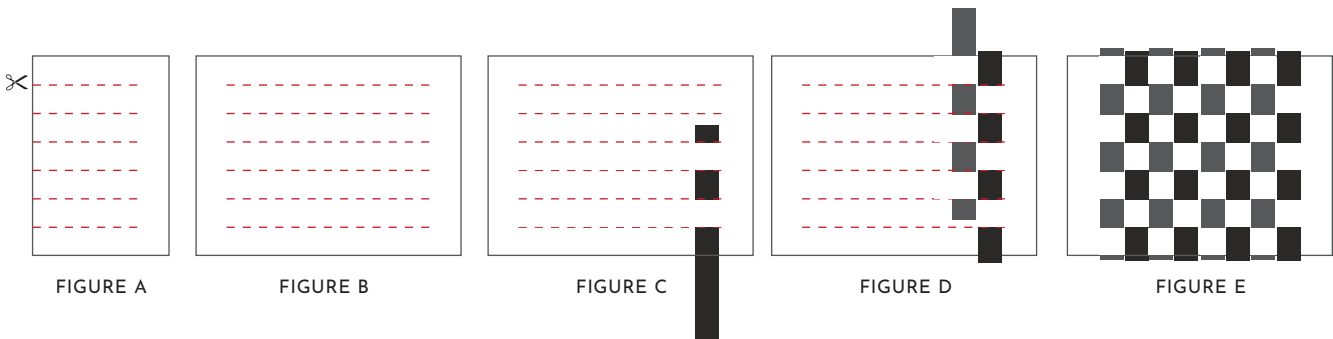
A piece of paper with slits cut to weave the strips through

Preparation

Cut plenty of thin strips of colored paper (1-2 inches thick). Fold one sheet of paper in half. Start at the fold and cut strips toward the outer edge, but not all the way through (Fig. A). Open the paper back up to see several slits cut through the paper, where the strips of paper can now be woven through (Fig. B).

Instructions

Kids can choose which beginning sheet of pre-cut paper they want to start with. Then they can choose several strips of the pre-cut colored paper and weave them through the slits in the paper that is still intact, to create a woven mat that represents a woven rug (Fig. C-E).



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