

For your Child' s Next Birthday – Host a KidsCare Birthday Party

Modeling gratitude and giving to our children.

Hosting a KidsCare Birthday Party is a meaningful, fun way to honor your child's special day while allowing them to experience the joy of giving back to children in southern Africa who desperately need a pair of shoes or a school bag. By organizing a KidsCare Birthday Party, you will give your child the greatest gift of all—the reward of helping others.

This simple package helps you add a unique dimension to your child's special day that they and their friends will remember. This is an important step in showing your child that they can take real actions to help other children who truly need it.

Your KidsCare Birthday Party package includes:

- Information on shoes and school bags to share with guests and parents
- Customizable invitations and thank you cards
- Themed activities and games
- *A Day in the Life of Palesa* story



How it works:

1. **Educate and discuss:** Learn more about the country of Lesotho and the challenges facing the children there.
2. **Decide on an item:** With your child, decide if you would like to focus your party on **shoes** or **school bags**. Read page 2 of this package for more information. You may consider choosing a fundraising goal, to raise enough money for a specific number of shoes or bags.
3. **Invite your guests:** Customize, print, and send (or email!) invitations to your guests. Encourage guests to bring a cash or cheque donation to the party.
4. **Host your party!** Try playing some of the themed games, or reading the included story aloud.
5. **Thank your guests:** Print thank you cards to send home with party guests – include them in loot bags, or use them in lieu of loot bags!
6. **Mail or deliver the donations:** Cash and cheques can be delivered to Help Lesotho at 610 Bronson Ave, Ottawa ON K1S 4E6. Give us a call at 613-369-5868 if you plan to come by. We will be in touch with you about the how many shoes or school bags your party gave to children in Lesotho.

Let' s Get This Party Started!

What You're Raising Money For!

School Bags

Each Bag Holds a Hug (\$25 each)



Can you imagine going to school each day without a school bag? Many students in Lesotho have no option but to carry their things in a plastic shopping bag.

The bag is often dragged over rocks and through rivers on their walk to school, resulting in a ripped bag and damaged supplies.

The new school bag will protect the child's precious school supplies and make them feel special.

Each bag includes a reusable lunch container and water bottle.

Shoes

Make Every Step Better (\$25 each)



Shoes bring dignity and comfort to orphans. Many children in Lesotho don't have any shoes. Many others cannot afford to replace their shoes when they wear out. It snows in Lesotho in the winter and it is mighty cold without shoes!

Your gift will protect these little feet on the long walk to and from school, often across the mountains.

Each pair of shoes is black to meet the school requirements.

Fun Activities and Games

The Big Foot Relay Race

1. Tape four shoe-boxes closed, and cut a slit in the top large enough for a child to place their foot in. (Feel free to decorate the “shoes”, or have the children decorate the shoes.)
2. Establish a start and finish line.
3. Break the children into two teams, and explain that children in Lesotho often have to get creative with their footwear, because many can’t afford shoes to wear.
4. Have 2 players slip their feet into the shoeboxes – the rest of the team should be lined up behind the start line.
5. On the word “Go!”, the 2 players race to the finish line and back while wearing the shoeboxes on their feet. Upon reaching the start line, the player takes off the shoeboxes, and passes them to the next player to put on. The next player races to the finish line and back again.
6. The team who’s players all finish the race first wins!

What’s in the Bag Guessing Game

1. Fill a school bag with an interesting object. (For older children, fill the bag with more than one item to make the game more challenging!) For example: a teddy bear, magnifying glass, school supplies, or a food item.
2. Each player goes one at a time. When it is a player’s turn, blindfold them and unzip the bag enough for the player to fit their hand in.
3. Instruct the player to put their hand into the bag and try to guess what the object is. The player may not remove the object from the bag, but may hold it in their hand.
4. Once each player has made their guess, reveal the object! Try with different items for a longer game.

Memory Tray Game

1. Place a variety of school supply items on a tray, and cover it with a cloth (Pen, pencil, ruler, tape, glue stick, marker, paper, calculator, etc.)
2. Explain to the players that many families in Lesotho are not able to afford school supplies, and any they receive they keep very good care of, and not forget!
3. Remove the cloth, and give all the players 30 seconds to memorize what is on the tray before placing the cloth back.
4. Have each player write down as many objects as they can remember. For older children, require more specificity (e.g. “Blue pen, black ruler”)
5. The player who has the most number of correct items on their list is the winner.

A Day in the Life of 8-Year Old Palesa

* This story can be modified to be age appropriate.

It's 4 AM and I wake up to the sound of a rooster crowing in the village and donkeys braying in my neighbour's "kraal" (paddock) next door. My mom is already up and warming our bath water in a kettle perched on top of our kerosene heater. My dad is in South Africa looking for work because he couldn't find any jobs in our village. My older brothers and I each take a bath in a small wash basin in the dark. Soft light creeps in through the small window of our rondavel hut as the sun begins to rise.

We have chores to do before making our one-hour journey to school. Mom and I put away the bedding and blankets we lay on the floor to sleep at night. Then I sweep our small, one-room home and open the window to let fresh air in. The walls and floor of our home are made out of stone and mud with a thatch grass roof. It gets really dusty, but we keep it as clean as we can.

My brothers collect wood for the fire and when they return we all sit down to eat a breakfast of papa (cornmeal) with a bit of moroho (cooked spinach) and black tea. Then it's time to walk to school. It takes us an hour to climb the mountain to our little school down in the valley. My shoes are so worn that I can feel every rock through the soles, and I don't have a school bag so my supplies are in a plastic bag.

At school, I jump rope with my friends until teacher tell us to line up and the school day to begins. Inside our classroom we sit squished together in rows of desks, some are broken. There is no electricity, so it can get dark inside sometimes. We take notes as we listen to our teacher teach us about math, English, science, Sesotho and geography. Many of us only have a small pencil stub to use, and must print very tiny to make our paper last. At lunchtime, we line up and the school cooks (local women from our village), dole out a serving of papa, beans and cup of milk to each of us. We gobble down our food – we don't get much to eat at home.

In the afternoon, we sing songs, practice reading and writing and play a game of soccer. There aren't many books to go around, so four of us have to share one tattered copy.

After school, I walk home with my friends and buy a small bag of fat cakes or 'makoena' (fried balls of dough) from a woman in my village for 3 maloti (about 30 cents). I pick some Cosmos flowers for my mother that are growing along the path; my name means 'flower' in Sesotho.

At home, mom is hanging the laundry she washed in the stream. We chat about our days and then it's time for me to help her with more chores. My brothers work as herd boys after school and take a neighbour's flock of sheep out to graze in a nearby field - in return our neighbour gives my family some meat once a year. I collect a bucket of water from the well and we start cooking dinner: papa (again!) and mashed pumpkin. We all eat together, wash the dishes and then I study by candlelight for an hour before bed. We don't have electricity in our hut, so I have to stop my homework once it gets dark out.

My mom lays out our bedding on the floor, blows out the candle and says a prayer before we all fall fast asleep.