

SELF DENIAL '26

MOTIVATED BY
LOVE



**DO EVERYTHING
IN LOVE**

**kid
zone**

COLOURING PAGE

SELF DENIAL '26



INSIDE

- + craft
- + recipes
- + puzzles
- + money box
- + heaps more!

**kid
zone**

WE VISIT:



MALAWI



SRI LANKA



RWANDA



FIJI



BELIEVE IN GOOD

MOTIVATED BY

LOVE

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SELF DENIAL '26 kid zone



Hey there! My name's Shushannah!

You might spot me presenting your Self Denial Appeal Kids videos!

If you're new to the Self Denial Appeal, it's a special time when we hear how The Salvation Army is helping people all around the world. We work together to raise money, help communities in need, and share the love of God. And if you've joined in before – welcome back, friend!

Our theme this year is **Motivated by Love**. In this series we will see how The Salvation Army is working to show to people in other countries and we can show God's love to others, too.

Try your learn this Bible v

"Be on stand firm be cou be s Do EVE in l

(1 Corinthians chapter 16, verses 13-14).

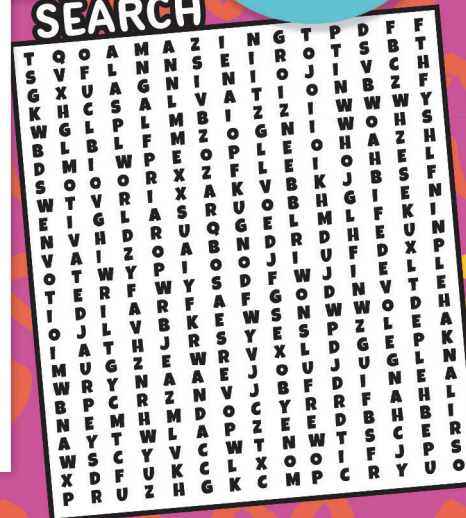
We've heard some amazing stories about how The Salvation Army is motivated by the love of God to help people all around the world!

We've met Mercy in Malawi, Rangana in Sri Lanka, Pascal in Rwanda and Amani in Fiji.

They all faced really tough times but have been helped by The Salvation Army. Each of their stories shows us that God's love is powerful and can change lives.

Thank you so much for joining in and showing love to your neighbours. Whether by helping people you know or bringing your money boxes to show love to people overseas – your help makes a big difference!

WORD SEARCH



Can you find all the words highlighted pink in the word search?



Kid Zone SELF DENIAL

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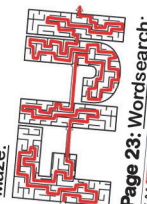
Guess the animal: zebra, hippo, elephant, giraffe. Spot the diff:



Page 20: Symbol match:



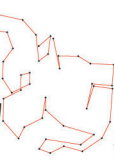
Capital city: Suva, Maze:



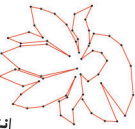
Page 23: Wordsearch:

Answers

Page 9: Rebus: When we have the chance to help anyone we should do it. Crossword: 1. giraffe, 2. zebra, 3. rhino, 4. buffalo, 5. elephant, 6. lion, 7. antelope, 8. cheetah, 9. hippo, Dot-to-dot:



Page 13: Nine letter word: neighbour, Shadows: D, How many?: 26, Dot-to-dot:



Page 16: Initials: 'Love your neighbour as yourself,

MOTIVATED BY



The Salvation Army is really doing some amazing work around the world.



It can be hard for you kids to feel like you're doing anything much to help those in other countries ...

... but any money you raise and place in your Self Denial money box does **MORE** than you realise.



OH! Look at my lovely yard. Thank you, kids. Here you go.

Thank you Granny K.

When you are motivated by **LOVE**, you can do **AMAZING THINGS** in your neighbourhood and all around the world.



SELF DENIAL



MOTIVATED BY
LOVE

Let's take a trip around the world!

The Salvation Army is in 134 countries and there are more than 14,000 corps that meet together (just like we are doing today!). Each of these corps is different but all share the same purpose: to share the love of Jesus and help people in need.

Over the next six weeks, we'll explore how the Salvos care for people in Malawi, Sri Lanka, Rwanda and Fiji. Plus, we'll work together to raise money, help communities in need and share the love of God. Awesome!

Raising money is one way we can partner together to help The Salvation Army's worldwide work of sharing the love of Jesus with others. We'll make money boxes together to take home and collect money. Don't forget, even a small amount of money can make a big difference in the lives of others.

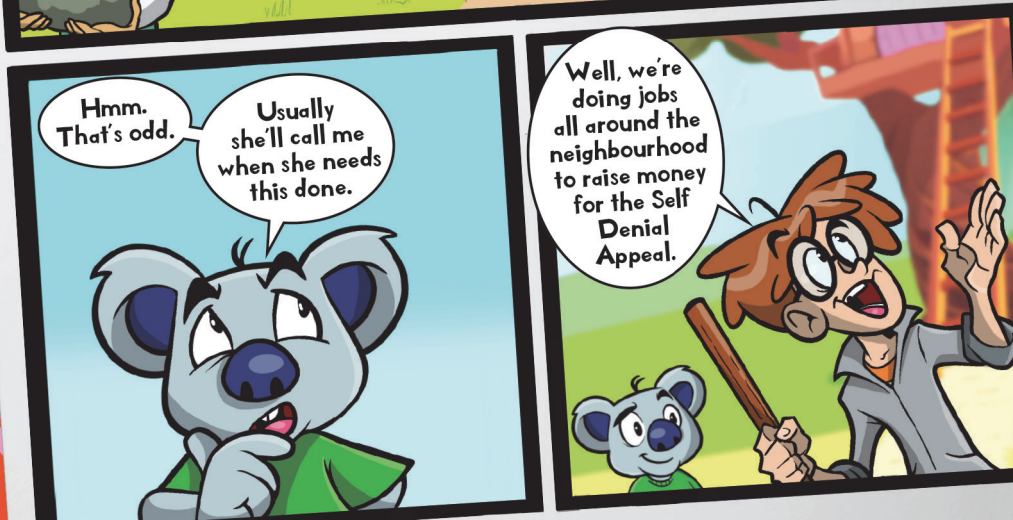
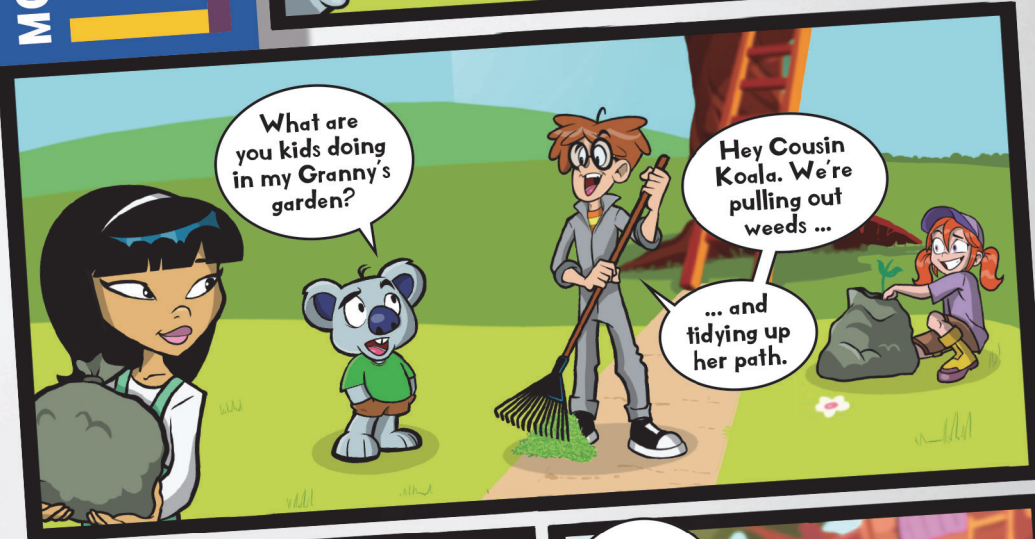
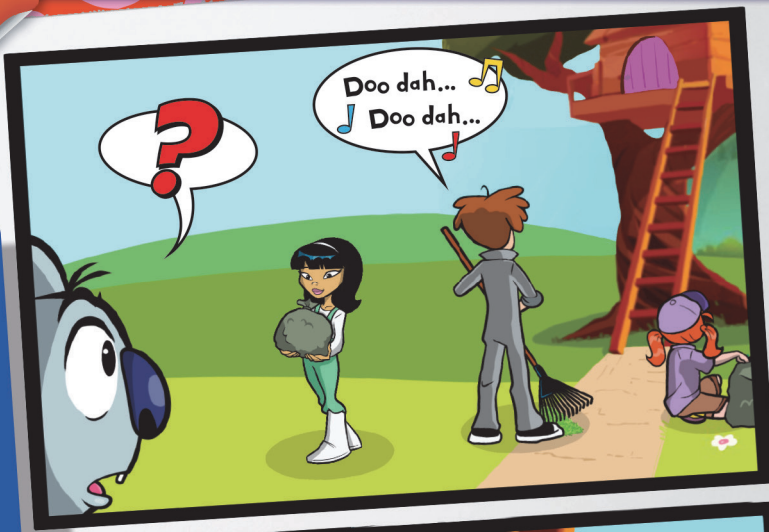
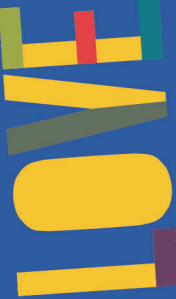
Let's go!

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MOTIVATED BY



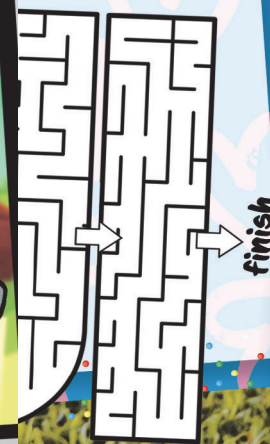
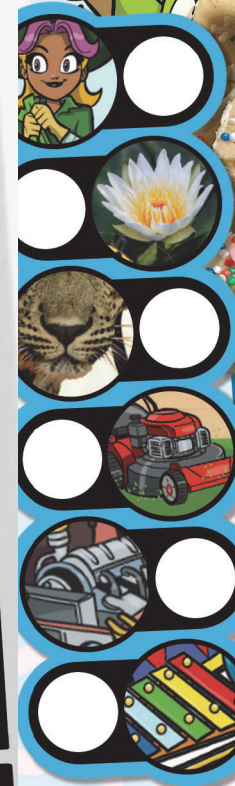
EATS WITH CHEFFY!

FIJI-STYLE BARFI

I'M MAKING...

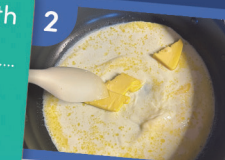
What you need:

an adult's help, 1 cup milk, 80 g butter, 3/4 cup sugar, 2 teaspoons ground cardamon, 500 g full cream milk powder, 1 teaspoon lemon juice, 1 teaspoon vanilla essence, sprinkles to decorate



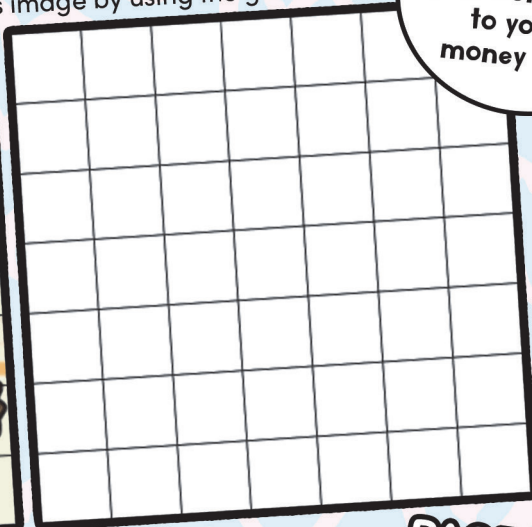
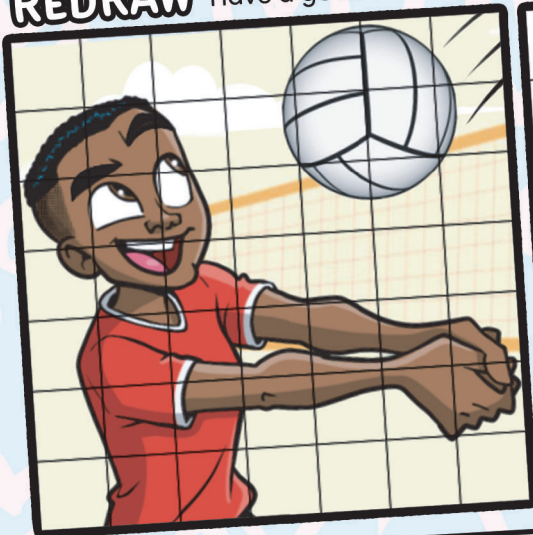
Instructions:

- 1 Grease and line a slice tray with baking paper and set aside.
- 2 Heat a large non-stick frypan on medium heat. Add the milk and butter, and stir until the butter melts.
- 3 Add the sugar and stir until completely dissolved.
- 4 Adjust heat to low and add cardamon and milk powder. Mix well and cook for 5 to 6 minutes, stirring constantly - the mixture will be thick.
- 5 Once the mixture comes together and leaves the sides of the pan, add lemon juice and vanilla. Cook, stirring, for another minute or until the mixture starts to form a ball.
- 6 Transfer mixture to the slice tin and press out evenly. Smooth the top as best you can and add sprinkles.
- 7 Allow to cool completely in tin before cutting into squares to serve.



REDRAW

Have a go at drawing this image by using the grid!

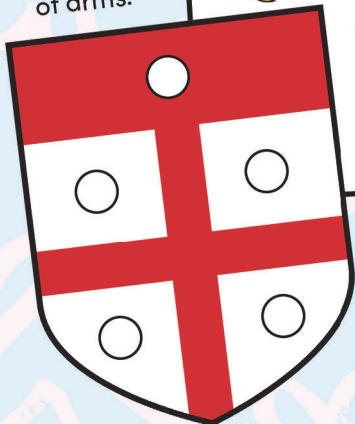
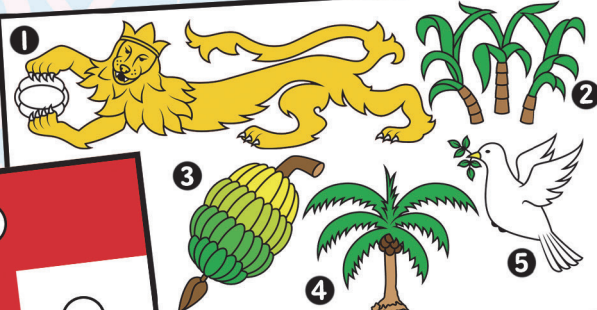


Don't forget to add your donation to your money box

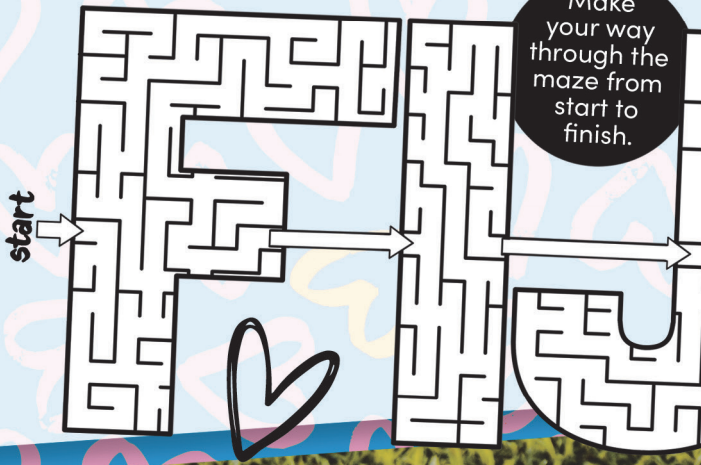
PAGES

Flick through the mag and find what pages these pics are on!

SYMBOLMATCH



Can you name the capital city of Fiji?



MAZE

Make your way through the maze from start to finish.

Yeah. By helping our next-door neighbours ...

... we can then help our neighbours around the world.

Your Granny K is going to give us a few dollars for our work and we'll pop it into our Self Denial money box.

SELF DENIAL

Jym is down the street, mowing the lawn for Mr Dinkum.

And Cheffy is delivering the food he made for others.

It's actually been a FUN day.

Make your own MONEY BOX

LOVE IT!
Let's learn about some of the Self Denial Appeal projects The Salvation Army is assisting with this year!

Follow the template instructions to make your money box. If you need another, scan the QR code to download a copy. Once finished, fill it up with money over the next six weeks. There are lots of ways to raise money for this year's Self Denial Appeal — maybe you can do extra jobs around the house or wash the car. At the end of the six weeks, bring in your box so the money you raised can be given to people in need around the world.



MOTIVATED BY LOVE

Today we are going to learn about a Salvation Army program in Malawi, Africa.



In some villages in Malawi, it can be hard for people to grow or buy enough food, so young girls stop going to school to help provide for their family.

With help from the Self Denial Appeal, The Salvation Army is helping girls return to school and receive an education.



This program allows girls to have a brighter future by staying with their family and finding new ways to earn money.



SELF DENIAL



Wow. I LOVE this. Giving to the Self Denial Appeal helps our young neighbours overseas.



WEEK

3

Fiji

This week, we visit a country a little closer to Australia – Fiji.

We say "bula" to Amani, a Salvation Army youth secretary who runs a home for teenage boys who don't have a safe place to live. When Amani was a teenager, he lived on the streets and prayed (talked) to God and asked for help. Amani was helped by The Salvation Army and now he is motivated by God's love to help others.



Amani

At The Salvation Army home, the boys are cared for and taught to read and write. They learn how to look after themselves and how to grow their own food. The boys love playing sports like volleyball together. They attend the local corps and love to worship God together, too.

Jesus showed great love and care to people of all ages who needed his help. By giving to the Self Denial Appeal, we can show the same love and care to others around the world who need our help.



Fiji is located in the South Pacific Ocean.

Fiji is made up of about 300 islands, although people live on only 100 of them. Suva is the capital, located on Viti Levu Island. About 932,300 people live in Fiji.

Tourism is important to Fiji's economy. Fiji is famous for its awesome beaches.

Fiji's main crops are sugarcane, coconuts, taro, cassava, rice, bananas, and sweet potatoes.

Fiji's national tree is the palm tree.

Fiji has three official languages: Fijian, Hindustani, and English.

The national animal of Fiji is the Banded Iguana, a type of lizard.



Lovo is a traditional Fijian cooking method where food is cooked underground on hot coals.

Fijians love playing rugby. In 2016, they won Fiji's first ever Olympic medal in the Rugby sevens at the Summer Olympics.



MOTIVATED BY
LOVE

Today we
are going to learn how
The Salvation Army
is helping change
lives in Fiji.

In Fiji, The Salvation Army
has opened a home for boys
who once lived on the
streets.

With help from the Self Denial
Appeal, The Salvation Army
has built somewhere safe for them
to live, learn to read and write,
play sport and even grow
their own food.

These boys once had no
family to care for them but
now many attend a corps
and they care for
others.

We all need a
home to feel safe and
I LOVE that The
Salvation Army can
provide this.

**SELF
DENIAL**

WEEK

E2

Malawi

Our first stop on this
year's Self Denial adventure
is Malawi. Malawi is a
country in Africa.

Check out
Trav's cool
facts about
Malawi!

We're about to learn
about a Salvation Army
program in Malawi and
meet **Mercy**, who lives in a small
village with her mum, **Stella**.

It can be hard for families in Malawi
to grow or buy enough food. In some
villages, like Mercy's, when families
don't have enough money, **many girls
end up leaving school so they can help
provide for the family instead.**

For a time, this was Mercy. But now,
thanks to the program run by
The Salvation Army, she is
going to school again, and
Stella helps teach students and
families why education is so
important.

Because of this amazing
program, more girls like
**Mercy can go back to
school.**

It's awesome to see
how the Self Denial
money we raise
supports so many
programs that help
people like Mercy and
Stella.

*Name
has been
changed

Stella

**Traveller's
FUN FACTS!**

Malawi is a country in
southeastern Africa.

Its capital is
Lilongwe.

It is bordered by Tanzania,
Mozambique and Zambia.

Lake Nyasa, also known
as Lake Malawi, takes
up 1/5 of the country's
total area.

Malawi's national
animal is the
Thomson's gazelle.

About 20,734,00 people live in Malawi.

The official
languages are
Chichewa and
English.

Malawi's
national
flower is the
lotus.

80% of the population is Christian.

The climate is sub-
tropical. The dry season
is from May to October,
and the wet season is
from November to April.

Most people live in
rural areas.

Wood carving and
basket weaving
are traditional
crafts in
Malawi.

Elephants, leopards,
lions, rhinoceroses, giraffes,
antelopes and zebras are some
of the awesome animals you'll
find in Malawi.



I'M MAKING...

MBATATA

What you need:

an adult's help, a medium sweet potato, 30 g butter (melted), 1 cup plain flour, 2 teaspoons baking powder, ¼ teaspoon salt, ¼ cup brown sugar, 1 teaspoon cinnamon, ¼ cup raisins, cookie cutter (a heart shape is traditional)

Instructions:

- 1 Ask an adult to help you peel and chop the sweet potato into chunks. Place in a saucepan, cover with water and bring to the boil. Cook until you can pierce the sweet potato with a fork.
- 2 Drain the water and mash the sweet potato roughly with a fork.
- 3 Ask an adult to help you preheat oven to 190°C.
- 4 In a large bowl, mix ½ cup mashed sweet potato and melted butter.
- 5 Add flour, baking powder, salt, sugar and cinnamon. Mix until a soft dough forms. Add the raisins and stir through.
- 6 Turn the dough out onto a well-floured surface and knead a few times until the dough comes together.
- 7 Roll out the dough to about 1 to 1.5 cm thick. Cut out the cookies with a cutter and place on a baking tray lined with baking paper.
- 8 Re-roll and cut out more cookies with remaining dough, until you've used it all.
- 9 Bake for 10 to 13 minutes, until firm and slightly springy to the touch.
- 10 Let cookies cool on the pan for 5 minutes before transferring to a wire rack to cool completely.



Can you wear an awesome +W



3

-S!



+S

MAKE & CREATE STRAW LOOM BRACELETS



with Oliver Pickle

WEEK

4

SELF DENIAL

What you need:

an adult's help, 3-5 drinking straws, wool (as many colours as you like), tape

- 1 Cut three or five pieces of wool so that they are one-third longer than the drinking straws.
- 2 Thread a piece of wool through each straw.
- 3 Tie the wool together at one end and tape to a table to hold in place.
- 4 Tape the straws together at the top end to prevent them slipping out as you weave.
- 5 Cut a length of wool of your chosen colour; make sure the length is easy to work with as you can always tie extra lengths together as you weave.
- 6 Tie one end of the wool to the first length of wool near the knot—above where the straws are taped together.
- 7 Start weaving the wool over and under the straws from the top just beneath the tape. When you get to the end, weave under and over back the other way.
- 8 Continue weaving over and under and back again, keeping

the weaving as tight as possible. Every now and then you may need to pull on the end strands to push the straws back up near the knot.

- 9 If you run out of wool or want to add a new colour, tightly tie an additional length of wool to the first one and continue.
- 10 When you have woven enough to fit around your wrist, finish by tightly tying the wool around the straw at the end of the line.
- 11 Remove the tape that is holding the straws together and then gently push the weaving upwards while pulling the straws down and out.
- 12 Twist together the wool pieces at the end and tie in a knot. Trim off any excess wool.
- 13 Tie both ends together to complete the bracelet.



BIBLE MESSAGE

The wool in this cool bracelet is woven over and under the loom, which binds it together and gives it strength. Each small loop adds up to a bigger, beautiful object which we can wear with pride or give as a thoughtful gift to a friend. It's a lot like how each small amount of money raised for Self Denial adds up to a lot. And when it's all woven together with God's love, the Self Denial Appeal makes a big difference to people in need around the world. "I want you woven into a tapestry of love, in touch with everything there is to know of God" (Colossians chapter two, verse two).

SPOT THE DIFF

Can you spot the **8** differences between these two pics?



GUESS THE ANIMAL

Can you guess the animal from the close up pictures?



INITIALS

Jesus spoke about loving our neighbours, and he didn't just mean the people who live right next door to your home. The person you sit next to at school, the people behind you in the queue at the shops or the people living in Rwanda, Fiji, Sri Lanka or Malawi — they're your neighbours too!

Use the first letter of each picture to decode the Bible verse below!



example:
= C for carrot

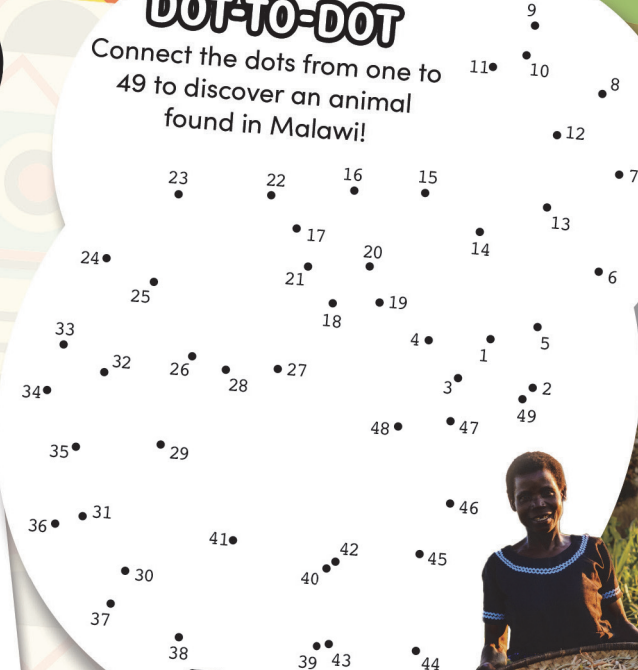
(Mark chapter 12, verse 30*)

Don't forget to add your donation to your money box!



DOT-TO-DOT

Connect the dots from one to 49 to discover an animal found in Malawi!



BUS PUZZLE

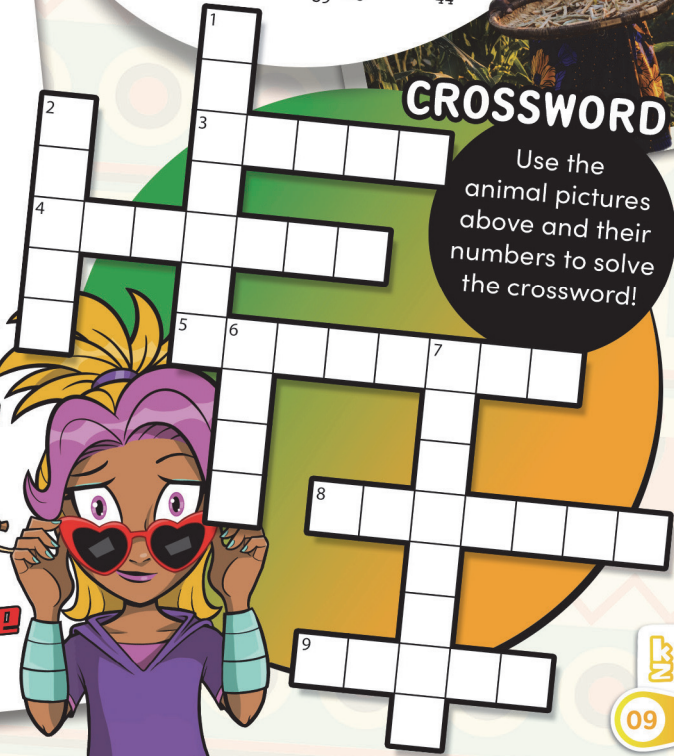
Work out the rebus puzzle to discover some message from the Bible!



(Galatians chapter six, verse 10*)

CROSSWORD

Use the animal pictures above and their numbers to solve the crossword!



Today we are going to learn how The Salvation Army shows love to people in Sri Lanka.



In some areas of Sri Lanka, the bore water has become contaminated and dirty from farming chemicals and is making people sick.

With help from the Self Denial Appeal, The Salvation Army is installing water filtration machines to clean the water.



The water in these areas is now safe for the people to drink and stay healthy.



We all need water and I LOVE that The Salvation Army can help in such an important way.



SELF DENIAL



Rwanda

This week we head back to Africa to visit the country of Rwanda. Rwanda is a land-locked country in east-central Africa, just south of the Equator.

In Rwanda, we'll see how the Salvos help young people get jobs. We'll meet **Pascal**, a teenager who joined a Salvation Army college to learn how to be a mechanic.

After he finished high school, **Pascal** didn't have skills to get a job and earn money to look after himself. But, at the college, Pascal learned how to repair engines and fix cars which had been in crashes. Thanks to the great teachers at the college, Pascal also learned computer skills.

Pascal now has a job as a car mechanic and a bright future. He also got married and has a super-cute baby! Aww!

The money raised in the Self Denial Appeal has a massive impact on thousands of people and transforms lives and communities. Thank you, God!



FUN FACTS!



Rwanda is a small, mountainous country in east-central Africa.

Its capital is Kigali. More than 13.8 million people live in Rwanda.

Some of the cool animals found in Rwanda are elephants, chimpanzees, antelopes, zebras, hippopotamuses, leopards, giraffes and mountain gorillas.

Rwanda's national animal is the leopard. The currency is the Rwandan franc.

The Hutu people make up more than 80 percent of the population, with the Tutsi people making up most of the rest.

Rwanda has 23 lakes. Rwanda has four official languages: Kinyarwanda, French, English and Swahili.

Rwanda's nickname is 'Land of a Thousand Hills' because of its mountainous terrain.

The Virunga Mountains, in the northwest of Rwanda, is made up of a chain of volcanoes, although only two are still active.

Some of the major food crops are coffee, tea, grains, sweet potatoes and soybeans.



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Today we
are going to learn how
The Salvation Army
trains people for jobs
in Rwanda.

Like many young people around the world,
in Rwanda some young people do
not know what they want to do
when they finish school.

With help from the Self Denial
Appeal, The Salvation Army
has opened a college that
teaches young people
skills so they can
find work.

This means the people of
Rwanda will have skills
to have a brighter future
and be able to support
themselves and their
families.

I LOVE that
The Salvation Army
is teaching people
skills to find work.

**SELF
DENIAL**

WEEK

4 Sri Lanka

So, where are we headed
next? It's time to say "Ayubowan"
which means "hello") to Sri Lanka, an
island nation in the Indian Ocean. This
week, we'll be hearing how The Salva-
tion Army is helping communities
have access to clean drinking water.

We'll meet **Rangana**
and his family. In Rangana's local area,
the drinking water was dirty and unsafe
to drink because of chemicals used on
nearby farms. Sadly, because of this,
Rangana became sick and could no
longer work.

The Salvation Army has helped
Rangana's community (and lots of others
like it) by building special water cleaning
machines that make the water safe for
people to drink.

Local villagers run these
water filtration plants
themselves. People pay a
small amount of money for
the water they use and this
money keeps the plant
running and supports
other good work in the
community.

Rangana helps run the
water filtration plant
and is thankful that it
helps his community
stay healthy.

Our Self Denial money
flows to communities
like Rangana's in Sri
Lanka and countries
all over the world.



The country of Sri Lanka is a
pear-shaped island in the Indian
Ocean, about 29 km from the
southeastern tip of India.

Its nickname
is 'Pearl of the
Indian Ocean.'

It was once a British colony
known as Ceylon.

Sri Lanka has two
capitals, Colombo and Sri
Jayewardenepura Kotte.

Because Sri Lanka is near the Equator,
it has warm weather year-round.

Its national flower is
the blue water
lily and the national
bird is the Ceylon
junglefowl.

Sinhala and Tamil are the
official languages.
Although it's not an
official language,
English is also spoken.

About 22 million people live
in Sri Lanka.

Cool animals native to Sri
Lanka are Asian elephants, the
pangolin and the Sri
Lankan leopard.

Sri Lanka has 103 rivers.
The Mahaweli River is the
longest (335 km).



How cool
is that?

Sri Lanka

NINE LETTER WORD

How many words of three letters or more can you make from the letters in the square? Each letter may be used only once per word and each word must contain the middle letter. There is one nine-letter word. Clue: love your _____

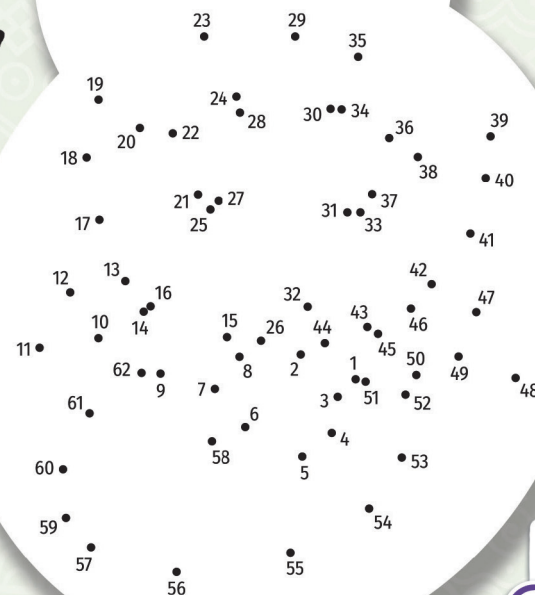
O	B	N
H	E	R
G	U	I

How many hearts can you see?

HOW MANY?

DOT-TO-DOT

Connect the dots from one to 62 to discover the national flower of Sri Lanka!



SHADOWS



Can you find the correct shadow?



IMPORTANT: YOUR FILTERED WATER IS NOT CLEAN ENOUGH TO DRINK, BUT A PLANT WILL LOVE IT!

WHAT YOU NEED:

an adult's help, a 1.25 L or 2 L plastic bottle (empty and clean), a sharp knife or scissors, dirty water (make this by adding some soil and things like coffee grounds, tiny bits of bark or crunched up leaves, tiny stones etc. to clean water), a coffee filter, 8 to 10 cotton balls, 1 to 2 cups of sand, 1 to 2 cups of gravel

DIRECTIONS:

- Ask an adult to cut the top 1/3 off the bottle with a sharp knife or scissors.
- Flip over the top section of the bottle and put it in the bottom section, so the top looks like a funnel. You'll build your filter in the top part.
- Place the coffee filter in the neck of the bottle.
- Next add cotton balls, then sand, and then gravel.
- Stir your dirty water and pour some into your filter. Add more as the water soaks into the filter materials.
- Observe the change in the water that filters through the materials into the bottle at the bottom. Is it cleaner or dirtier than you thought it would be? What are some ways you could get the water even cleaner?

Q: Hey Faith, How does the filter remove the dirt?

Water flows easily through the filter materials, but dirt and bark and stones get trapped. As the water travels through the filter, the filter materials get finer and finer, so they can catch whatever was missed earlier (like smaller particles of dirt). The longer it takes for water to move through a filter, the cleaner it gets.



BIBLE MESSAGE

Imagine not being able to turn on a tap to get clean water! After making this water filter, we can see for ourselves just how important programs like the water filtration project in Sri Lanka are for healthy and happy communities. Every dollar you raise for the Self Denial Appeal adds up to make a big difference to the lives of people in need around the world. "It is good to be kind and generous" (Psalm 112, verse five).

with Faith

WATER FILTER

STEP 1

STEP 2

STEP 4

STEP 4

STEP 5