



ACTIVITY GUIDE

GIRLS

Who To

DARED DREAM

FOLLOW GIRLS FROM AROUND THE WORLD
WHO NEVER GAVE UP



All the girls featured in this activity guide were impacted by World Vision's child sponsorship and other programs, where donor partners empower children and their communities to break free from poverty, for good.

With over 70 years of experience, we know that ending extreme poverty starts with equipping people with the tools they need to lift themselves out of poverty. And for change to last, empowering children is essential too.

We empower communities, guide them to set their own goals, and equip them so that progress is sustained long after we've left.

Through World Vision's work, every 60 seconds a family gets water, a hungry child is fed, and a family receives the tools to overcome poverty.

To read each girl's full story, scroll to the bottom of this pdf and find the *Girls Who Dared to Dream* attached.



Don't forget!

Once you complete the 10 activities, grab your certificate of completion by scanning the QR code or at worldvision.org/certificate.





Schedule



Title	Week
Rifa, Bangladesh	1
Nahomy, Honduras	2
Addyson, U.S.	3
Kanishka, India	4
Lenny, Philippines	5
Mwila, Zambia	6
Xiaobing, China	7
Akhi, Bangladesh	8
Elizabeth, Uganda	9
Lina, Cambodia	10

TALK ABOUT IT

Have you ever been told you couldn't do something when others could? How did you feel?

What do you do when you want to feel brave? List three things.

Rifa didn't like how girls were treated in her community, so she started speaking up for herself and others. Is there something you would like to change about your community? If so, what could you do to help make the change?

DID YOU KNOW?

In some places in Bangladesh, people don't think that girls are equal to boys. In some families, girls aren't sent to school, so they don't have as many choices for the future. In some families, women and girls are the last to eat at mealtimes, so they don't get enough to eat. Sometimes, women and girls don't have a say in the decisions that affect them. But things are changing! Sponsors are giving girls like Rifa the support they need to make changes in their communities so that girls can be healthy, educated, and leaders too.



FAST FACTS ABOUT BANGLADESH

Bangladesh is a country in southern Asia, right next to India on the Bay of Bengal. It is hot and tropical, with heavy monsoon rain in summer that fills up thousands of waterways criss-crossing its green plains.

Most people in Bangladesh live in rural areas and more than half of the country's people are farmers, growing crops like rice, potatoes, and wheat. Most people speak Bengali and follow the religion of Islam.



RIFA



KEEP LEARNING

There's an activity on the next page to complete.

BRAVERY

ACTIVITY

ACTIVITY OVERVIEW

Time needed

20 minutes

Materials needed

- Pen or marker
- Piece of paper or poster boards

Goal of this activity

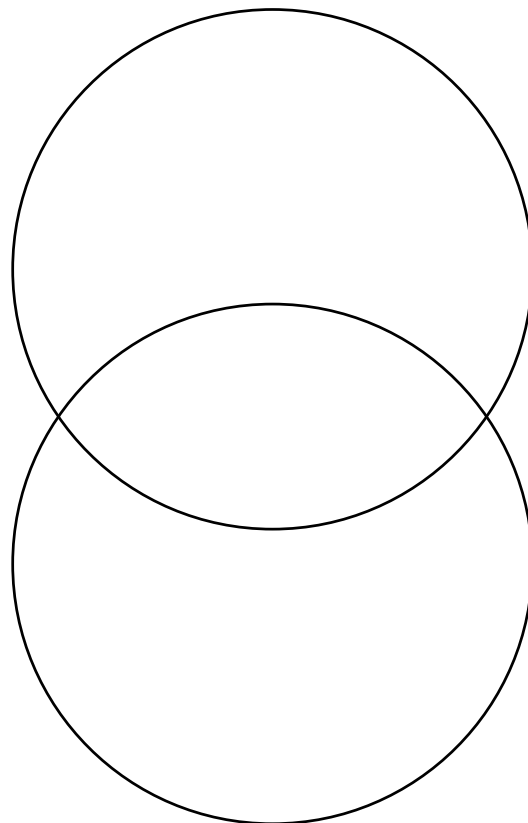
Learn about choices and how to be brave.

INSTRUCTIONS

After reading Rifa's story, think through these questions and fill in the circles on a separate sheet of paper or below:

1. What are some choices you make every day?
Example: What will I eat for lunch?
2. What are some choices Rifa makes every day?
Example: Is it safe to walk to school?
3. Are there choices you both have to make?
Example: Am I going to be kind? When should I do my homework?

YOUR CHOICES



RIFA'S CHOICES

WHAT DID YOU LEARN?

Now that you've figured out the choices you make, write down which choices require bravery and how you can be brave this week!

TALK ABOUT IT

Why do you think Nahomy believes that school is so important for kids?

If you had the chance to be the mayor in your community, what issues would you want to focus on?

What do you hope the future will look like in your community?

DID YOU KNOW?

It's not just adults who have great ideas to make their community better! Worldwide, kids like Nahomy are learning about leadership, being good citizens, how to keep children safe, and ways to make their voices heard. Sponsors all around the world are empowering children to change their own futures!



FAST FACTS ABOUT HONDURAS



NAHOMY

Honduras is a country in Central America with the Caribbean Sea on one side and the Pacific Ocean on the other.

It is the second-biggest country in Central America. Most people live in the highlands, but there are also many tropical forests, which are home to lots of colorful butterflies, beetles, and birds, as well as snakes, crocodiles, and pumas.

Many people in Honduras love football (soccer) and the national team is hugely popular! Most people eat cassava (a type of root vegetable), corn, beans, and rice. They eat very little meat, because it is expensive and many families live in poverty.

KEEP LEARNING

There's an activity on the next page to complete.

ADVOCACY ACTIVITY

ACTIVITY OVERVIEW

Time needed

30 minutes

Materials needed

- Pen or pencil
- Piece of paper
- Internet or a local library

Goal of this activity

Learn about how to use your voice on important issues.

Nahomy's story shows us that we can speak up for people in our communities and around the world, so this week, spend time thinking about causes you care about and then do something about it. Here's a list to start:

1. Child protection
2. Access to education
3. Protecting the environment
4. Hunger
5. Homelessness
6. Clean water

INSTRUCTIONS

Find one you want to focus on? That's great! Have your parent or another adult help you research the issue, and as you do, write down some things you learn.

Once you have your issue and your research, head to worldvisionadvocacy.org to write your local representative, because your voice matters!

TALK ABOUT IT

How important is water for you? List five ways you and your family use water every day.

Count the number of water taps in your home. How long does it take for you to get to a tap? Imagine what it would be like if there were no taps in your house—where would you go to get water?

How much water does your family use each day? Brainstorm ways that you and your family can use less water.

DID YOU KNOW?

One out of every 10 people on Earth can't turn on a tap and get clean water at home. But thanks to sponsors and supporters like Addyson, World Vision is reaching one new person every 10 seconds with clean water. And that's great news! It means kids are healthier because they aren't drinking dirty water and they can go to school because they aren't spending their days getting water!



FAST FACTS ABOUT KENYA



Kenya is a country in eastern Africa. It spans a low coastal plain along the Indian Ocean, up to high mountains and plains in its center.

Most people in Kenya live in the highlands—in fact, the capital city of Nairobi is 5,889 feet above sea level! But the animals that Kenya is most famous for, like elephants, lions, cheetahs, giraffes, and zebras, prefer to live in the lowland savannas.

School is free in Kenya, but many kids still can't go because they're busy helping their families to farm, herd cattle, or collect water.

Music and storytelling are traditional ways that people in Kenya pass on their beliefs, history, and customs—and lots of stories are still sung today.



ADDYSON

KEEP LEARNING

There's an activity on the next page to complete.

GOING THE DISTANCE

ACTIVITY

ACTIVITY OVERVIEW

Time needed

30 minutes

Materials needed

- 2 buckets (3-gallon buckets or large mixing bowls)
- 2 large car-wash style sponges or plastic cups
- Towels

Goal of this activity

Learn what it takes to get water for your basic needs.

Note: Play outside if possible. If you need to play inside, use a non-carpeted room, put down towels, and have a mop on hand to clean up spilled water. Expect to get wet!

Water is used in many more ways than we even realize. The average American uses between 80 and 100 gallons of water per day. Here are some basic guidelines based on data from the U.S. Geological Survey and the Environmental Protection Agency:

- Teeth brushing: 1 gallon
- Flushing the toilet: 1.5 gallons
- Shower: 2.5 gallons per minute
- Dishwasher: 20 gallons
- Laundry machine: 25–40 gallons per load depending on efficiency
- Drinking water: 1/2 gallon per person

Water is fundamental to life. What if our access to clean water was cut off? Imagine all the ways our daily routines would change. How much water does your family use? How many times would you have to go a nearby water source to get dirty water? The risks are huge—every day more than 800 children under the age of 5 die of water- and sanitation-related diseases. But what are parents to do if they have no alternative to dirty water?

INSTRUCTIONS

Place the buckets (or bowls) about 15 feet apart. One bucket is “home” and the other is the “watering hole” where you get the water. Your goal (Play as one team or divide into teams and make it a race—just double your materials) is to bring water home from the watering hole by carrying it in a sponge (or cup) on your head, with no hands!

To begin, place the empty sponge (or cup) on your head at “home” and walk to the “watering hole.” At the “watering hole,” take the sponge off your head, put it in the bucket, and soak up as much water as it can. Then put the full sponge on top of your head, remove your hands, and walk back to the “home” bucket. Squeeze the water from the sponge into the bucket (using your hands) and give the sponge to the next person, who will repeat the steps. Continue until the watering hole bucket is empty!

If at any time the sponge falls off your head, you must return to the bucket you just left and start over. If you drop it on the way to the “watering hole,” you’ll start back at “home.” If you drop it on your way “home,” you’ll start back at the “watering hole.”

WHAT DID YOU LEARN?

How long did it take you to get all the water “home?” What was the experience like?

How do you think life would change for someone who went from traveling hours each day to a watering hole to having easy access to plentiful, clean water?

TALK ABOUT IT

Count how many times you take a breath in one minute. How important do you think air is to people?

Have you ever had to breathe in polluted air? What was it like?

Kanishka is taking action to create a cleaner environment in her city by planting trees, educating other people, and asking local leaders to make changes. What are some things you could do to help the environment where you live?

DID YOU KNOW?

People worldwide are feeling the effects of climate shocks. Some of the most affected people, like Kanishka, live in crowded communities without water, toilets, or waste disposal. These countries are especially impacted by changing weather patterns. But we can all be part of the solution. Sponsors are helping kids like Kanishka spread the word and be a force for change.



FAST FACTS ABOUT INDIA



KANISHKA

India is only about one-third of the size of the United States, but it's home to three times the population, with more than 1.3 billion people.

The climate is mostly warm and tropical, with monsoon rains from June to September each year. The Himalayan mountains, the world's tallest, make up India's northern border, and the Ganges River winds its way across the country.

India is also home to the largest population of cows in the world. Many Indian people consider cows sacred because they symbolize strength and life. In fact, cows can often be found wandering the streets in India with cars driving around them!

KEEP LEARNING

There's an activity on the next page to complete.



ACTIVITY OVERVIEW

Time needed

30 minutes

Materials needed

- 2-liter plastic bottles
 - Markers
 - Anything to use to decorate
 - Glue
 - Scissors
 - Dirt
 - Plants
 - Rope or string (optional)
-

Goal of this activity

Learn how to do small things to make an impact.

Kanishka lives in one of the most polluted cities in India and didn't want to breathe in dirty air anymore. She decided to work with a group of kids in her community to bring pollution levels down. This week, we're taking her lead by finding ways to reuse plastic bottles, soda cans, or egg cartons as planters.

INSTRUCTIONS

This activity is what you make it. Take whatever items you have available to reuse to make and decorate your own planter "box." Here is one suggestion:

Grab an empty 2-liter bottle of soda. With parental supervision, use scissors to make a long hole on the side or cut the top off to make a cup. Then decorate the outside with marker, stickers, or whatever you wish!

Once you make it beautiful, fill it with dirt and your plant. Then hang it up using rope or leave it somewhere on a window sill or deck—just don't forget to water it!

WHAT DID YOU LEARN?

What did you learn about how you can reuse items?

Can you think of other things you could make?

GO FURTHER > Make another planter to give to someone you know.

TALK ABOUT IT

Why do you think Lenny's job as a nurse is so important?

Volunteers in Lenny's community helped her think differently about her future. **Have you ever been helped by someone you didn't know?**

What are some ways you can help someone else?

DID YOU KNOW?

Sponsors around the world have been helping local health workers like Lenny to fight COVID-19 by teaching people how to stay safe; providing health workers with disinfectant, gloves, masks, and other protective gear; giving families soap, masks, and sanitizer; and offering lots of other support. Sponsors are also empowering kids to grow up to be change makers in their communities like Lenny.

FAST FACTS ABOUT THE PHILIPPINES

The Philippines is an archipelago, or string of islands, in southeastern Asia. It's made up of more than 7,100 islands and sits between the South China Sea and the Pacific Ocean.

The Philippines is home to more than 114 million people and a huge number of different mammals, birds, reptiles, and marine life. It's one of the world's 17 megadiverse countries, which together are home to most of Earth's plants and animals. But in the Philippines, plants and animals are under threat from forest logging and climate shocks.

The Philippines was ruled by the Spanish Empire for more than 300 years and that history still influences the country today. Lots of Filipinos have Spanish last names and many parents name their children after the Catholic saint whose feast day is on their child's birthday.



LENNY

KEEP LEARNING

There's an activity on the next page to complete.

HELPER

ACTIVITY

ACTIVITY OVERVIEW

Time needed

45 to 60 minutes

(includes preparing and cooking soup for six to eight people)

Materials needed

- Large pot
- 3 medium-sized stones, washed clean
- 4 TBSP olive oil
- 3 medium leeks or 2 onions (chopped)
- 2 cups carrots (peeled, chopped)
- 2 cups potatoes (peeled, diced)
- 2 cups green beans
- 2 cups corn
- 2 quarts chicken or vegetable broth
- 4 cups tomatoes (peeled, seeded)
- 1 bay leaf
- ¼ cup fresh parsley (chopped)
- Salt and pepper

Goal of this activity

Learn the importance of sharing and contributing to the greater good.

Sometimes we can feel like we can't make a difference with the little we have. And we hesitate to share what we do have because we think we'll never get back what we are sharing. But even the smallest of contributions together multiply so that everyone gets back more than what they contributed.

Today we're going to read a story called "Stone Soup"—and make a recipe!

INSTRUCTIONS

Read the following story called "Stone Soup."

Three travelers walked slowly down a road in a strange country. They were tired and hungry. They had eaten nothing for two days.

"I would like a good dinner tonight," said the first.

"And a bed to sleep in," added the second.

"But that is impossible," said the third.

Soon they saw a village. "Maybe we'll find a bite to eat and a bed to sleep in," they thought.

When the villagers heard that three strangers were coming, they were worried. "Here come three strangers," they said. "Strangers are always hungry. But we have so little for ourselves." So, they hid all their food.

The travelers stopped at a house. "Good evening," one said. "Could you spare a bit of food?" one asked. "And do you have a corner where we could sleep for the night?"

"Oh, no," the man lied. "We have nothing to share." Then the woman lied, "And our beds are full." At each house, the response was the same.

The travelers talked together. The first one called out, "Good people! We are three hungry visitors in a strange land. We have asked you for food, and you have no food. Well, we will have to make stone soup." The villagers stared.

The travelers asked for a big iron pot, water to fill it, a fire to heat it, and three stones. They dropped the stones into the pot.

Take out your pot and drop in the stones.

"Any soup needs salt and pepper," the first one said, so some children ran to fetch salt and pepper.

Story continues on next page. »

HELPER

ACTIVITY *(continued)*

“Stones make good soup, but carrots would make it so much better,” the second traveler added. A woman replied, “Why, I think I have a carrot or two!” She ran to get the carrots.

“A good stone soup should have some potatoes,” said the third traveler. Another woman said, “I think I can find some potatoes.” And off she went.

The travelers said, “If only we had a bit of barley, this soup would be fit for a king!” And so another villager found some barley.

“The soup is ready,” said the travelers.” Tables were set up in the square, and all sat down to eat. Never had there been such a feast. Never had anyone tasted such delicious soup made from stones! The mayor offered beds at his home for the travelers.

In the morning, the villagers gathered to say goodbye. “Many thanks to you,” the people said, “for we shall never go hungry now that you have taught us how to make soup from stones!”

WHAT DID YOU LEARN?

As you discuss, remove the stones and make the recipe for garden vegetable soup.

Heat the olive oil. Once hot, add the leeks and a pinch of salt and cook until soft, approximately 7 minutes. Add the carrots, potatoes, and green beans and cook for 5 more minutes. Add the broth and bay leaf. Increase the heat to high, and bring to a simmer. Then add tomatoes, corn, and pepper. Reduce the heat to low, cover, and cook until the vegetables are tender, approximately 30 minutes. Remove from heat and add the parsley. Season with salt to taste. Serve.

Why did you like or dislike the story?

What made the soup taste good?

How did the villagers change while the soup was cooking?

What is the story’s message?

Why is sharing important—and what happens when people don’t share?

GO FURTHER > Read John 6:5–13, the story of Jesus feeding the 5,000 with the loaves and fish offered by a little boy.

- What happened when the little boy shared what he had? How did Jesus use the boy’s gift?
- How do you think the boy felt when he saw so many people fed because he shared?

How can you share this week? Here are some ideas:

- Volunteer as a family to feed people in need at a local shelter or soup kitchen.
- Make your favorite cookies and give them to a neighbor or friends at church with a handmade drawing.

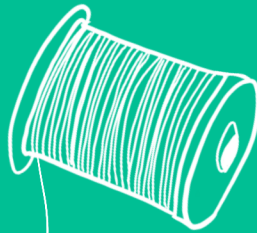
TALK ABOUT IT

School isn't always fun—but it is really important. What are five things you have learned at school?

Not all kids have the chance to learn at school. If you couldn't go to school, what would you miss?

Imagine if you had to earn money to pay to go to school. What jobs would you do?

In some countries, it's common for girls to get married while they're still children. If you had to become a parent now, what would you miss out on?



FAST FACTS ABOUT ZAMBIA



MWILA

Zambia is a country in southern central Africa. It is surrounded by other countries, so you can't get there by sea!

It has a warm, tropical climate and grassy plains with some river valleys. Many people in Zambia work as farmers, but there are often droughts and floods, which make growing food and raising animals hard.

Dozens of languages are spoken in Zambia, but the official language is English. Lots of people also speak Bemba and Nyanja.

DID YOU KNOW?

Schools in Zambia have three sessions. For kids like Mwila, school is sometimes very different than what you are used to.

KEEP LEARNING

There's an activity on the next few pages to complete.



PERSEVERANCE

ACTIVITY

ACTIVITY OVERVIEW

Time needed

45 minutes

Materials needed

- Role-play cards (included)
- World map
- Masking tape
- Markers

Goal of this activity

Understand factors that affect children and their ability to survive and grow into their full potential.

Note: Mark a starting line across the room with masking tape. The line must be long enough for all participants to stand in a single row. Take 10 steps forward from the start line, create a second line, and label it "Healthy." Take nine steps back from the start line and create a third line, labeling it "Sick."

You're about to play a game of survival. You are a child under the age of 5 in a country somewhere in the world. Maybe you live in a country where there is good healthcare and schools and your parents have jobs. Maybe you don't and disease threatens your health. Maybe you're an orphan who has to work instead of going to school.

Pick out a country ID card. Read it to yourself carefully. Based on the descriptions on your card, you will take steps toward good health and survival, or backward to illness and possibly death.

INSTRUCTIONS

Give each player a role-play card. Find their countries on the world map. Then have them line up along the start line facing toward the "Healthy" line.

Read through the following descriptions and prompts, one at a time, allowing players to respond according to their respective card descriptions:

BIRTH WEIGHT

In poor countries, pregnant women don't get enough food or healthcare to have healthy babies. A child born underweight will struggle to develop strong bones and muscles. Their immune system will be too weak to fight off disease, and they may have learning difficulties later in life.

- Take one step forward if you were born at a healthy weight. Take one step back if you weren't.

HEALTHCARE

Access to a doctor is crucial when you're sick or have hurt yourself. Shots and vaccinations protect you against preventable diseases like measles and polio. In poor areas there are usually too few doctors, or if there is one, many people are too poor to see a doctor.

- Take one step forward if you've had your shots. Take one step back if you have not.

FOOD

Food and proper nutrition are key to staying healthy. Good quality food helps you grow strong. Living here, we have lots of high quality food. But in many countries, children eat only one or two meals a day or go for days without eating because food is expensive and hard to find.

- Take one step forward if you get three meals a day.
- Take one step back if you eat less and are too hungry to play.

Activity continues on next page. »

PERSEVERANCE

ACTIVITY *(continued)*

WATER AND SANITATION

The United States has reliable water and sewer systems. Some people around the world do not have access to clean water, toilets, or water treatment systems. Their drinking water has dangerous parasites and bacteria that cause disease and diarrhea, a leading cause of death in children under 5.

- Take one step forward if you drink clean water from a tap. Take one step back if this is what you lack.
- Take one step forward if there's a toilet in your home. Take one step back if you are forced to roam.

EDUCATION

In the United States, school is free. But many kids around the world can't attend school because they have to work or their parents can't afford to pay tuition. Kids who attend school are more likely to be healthy and able to get better jobs in the future.

- Take one step forward if your days are spent in school.
- Take one step back if this is not the rule.

MALARIA

Malaria is a serious and sometimes deadly disease carried by certain types of mosquitoes. While we don't have a malaria risk in the United States, it is a leading cause of death in developing countries. Mosquito bed nets treated with special chemicals are cheap and effective in preventing mosquito bites.

- Take one step forward if you have a mosquito net.
- Take one step back if this is something you didn't get.

EMPLOYMENT

Parents who work can buy nutritious food, and pay medical bills and school costs. Children of unemployed parents may get poor-quality nutrition and not get the healthcare they need. These children are also more likely to work instead of going to school.

- Take one step forward if one or both parents work for your daily bread.
- Take one step back if you or your siblings work instead.


AT THE END OF THE GAME, EXPLAIN > If you reached the "Healthy" line, you survived to 5 years old. If you did not, you are closer to illness and death. If you're in the middle, you survived your first five years, but may have health problems as you grow older. If you're at the "Sick" line, you are at greatest risk of dying as a child.

WHAT DID YOU LEARN?

- What surprised you most during this activity?
- What was the biggest challenge to your health?
- How do you feel about children who were healthier than you, or those who died before age 5?
- How could you help children who are less healthy than you? What could you say to them?
- What do they need?


GO FURTHER > Brainstorm ways your family can improve the lives of children, such as volunteering at a school, homeless shelter, or at your church's nursery; visiting patients at your local children's hospital; or sponsoring a child in another country.

Cut out role-playing cards to give to each player.




HAITI
EMMANUEL / JOHANNE

- I was born underweight.
- I did not receive any shots when I was young.
- I get only one meal a day.
- I have a water tap near my home but do not have a toilet.
- I am not able to attend school.
- I have a mosquito net.
- My father died because of AIDS. My mother does not have a job and my siblings work.




SIERRA LEONE
SAMUEL / MARIAMA

- I was born underweight.
- I did not receive any shots when I was young.
- I eat one meal every other day.
- I do not have a water tap or toilet in my home.
- I am not able to attend school.
- I do not have a mosquito net.
- Both my parents died because of AIDS. My brothers have to work.




AFGHANISTAN
ASSEF / SORAYA

- I was born underweight.
- I received all my shots when I was young.
- I rarely eat because my parents cannot afford food.
- I do not have a water tap or toilet in my home.
- I am not able to attend school.
- I do not have a mosquito net.
- I have to work because my parents do not have jobs.




EL SALVADOR
ANTONIO / CLAUDIA

- I was born with a good birth weight.
- I received all my shots when I was young.
- I eat two meals a day.
- I have a water tap and toilet in my home.
- I am able to attend school.
- I live in an area without malaria and don't need a mosquito net
- Only my mother has a job.



INDIA
VIKRAM / PRIYANKA

- I was born underweight.
- I did not receive any shots when I was young.
- I get one meal every other day.
- I live near a water tap but do not have a toilet in my home.
- I am able to attend school.
- I do not have a mosquito net.
- I have to work since my father doesn't have a job, and my mother got sick and died.



USA
ANDREW / JULIA

- I was born with a good birth weight.
- I received all my shots when I was young.
- I eat three meals a day.
- I have a water tap and toilet in my home.
- I am able to attend school.
- I live in an area without malaria and don't need a mosquito net.
- Both my parents have jobs.

TALK ABOUT IT

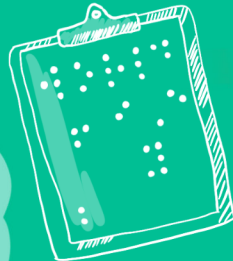
Imagine you couldn't see. How do you think Xiaobing experiences the things she describes in the book *Girls Who Dared to Dream*?

What did you think about Xiaobing's poem at the end of the chapter? How did it make you feel?

What do you think you could do to help someone like Xiaobing feel more comfortable in your school?

DID YOU KNOW?

Worldwide, 1 billion people live with a disability and eight out of every 10 live in a developing country. That often makes it harder for them to get the support they need to be an active part of their communities, especially if they live in rural areas. But sponsors are helping people with disabilities like Xiaobing to overcome the barriers they face.



FAST FACTS ABOUT CHINA

China has more people than any other country in the world, with a population of 1.4 billion people. That means one in every five people on Earth lives in China!

China covers more than 9.6 million square kilometers. It is also one of the world's biggest countries, and has many different landscapes. There are wild mountains, huge deserts, tropical coastlines, and huge cities.

China has more than 4,000 years of recorded history. The Chinese were some of the first people to use silk, jade, bronze, wood, and paper to make art. Most people in China speak Mandarin, but there are hundreds of other languages spoken across the country.



XIAOBING

KEEP LEARNING

There's an activity on the next page to complete.

CREATIVITY ACTIVITY

ACTIVITY OVERVIEW

Time needed

1 to 2 hours

Materials needed

- 2 large buckets or bowls
- Small water bottles
- Cold water
- Neon food coloring
- 4 spray bottles
- Rope or ribbon to make a long line in the grass.
- Colorful fruits, vegetables, and juices for snacks

Goal of this activity

Celebrate the vibrant colors within God's creation.

Note: *Play outside and wear clothes you don't mind getting dirty!*

Imagine waking up one morning to discover all the color in the world had disappeared. Everything would be black, white, and shades of gray. What colors would you miss the most? Today, we are going to celebrate color by having a colorful game of water balloon dodgeball!

INSTRUCTIONS

Parents: You can prepare the colorful water balloons ahead of time or make this a part of the activity with your kids. Here's how to make them:

- Combine 2 cups cold water, $\frac{3}{4}$ cup corn starch, and 10 drops of one color of food coloring in a saucepan.
- Heat over medium heat, stir constantly, and stop as soon as the liquid begins to thicken (you don't want it to get too thick!).
- Add the liquid to a spray bottle. Attach a balloon to the nozzle of the bottle, and squirt the liquid into the balloons until full.
- Repeat with other colors until you have the desired amount of water balloons.

Outside, place a rope or ribbon across the yard to divide it into two sides. Divide into two teams, and give each team the same number of water balloons. Count to three and yell, "GO!" All the team members race to the line and throw balloons at their opponents.

Play for fun, or play to win: If someone gets doused with color, they're out. If the balloon hits them and does not break, the thrower is out. The team that survives the longest wins.

WHAT DID YOU LEARN?

After the game, gather for snacks and refreshment, and take some time to talk about the game.

Color is such a beautiful blessing. How do you think your day-to-day life would be different if you did, in fact, wake up one day to a world without color? How would you rely on your other senses to make up for the lack of color?

In the beginning, God had a blank canvas before Him. He could have created a colorless world—or even a world with only a couple colors in it! But He didn't. His love of color is written on the petals of flowers, the blue of the sky, and the skin of all people across the world. Why do you think He did this? If color is from God, and God is good, is there such a thing as a bad color?

GO FURTHER > Bless your loved ones with the gift of color by painting them a picture, giving them a hand-picked bouquet of flowers, or cooking for them a beautiful, colorful meal, using colorful produce and spices available at the local market.

TALK ABOUT IT

What do you think it would be like to work in a shrimp factory? How would you feel?

What do you think Akhi's life might be like today if she gave up when she was told she couldn't go back to school?

Even though she couldn't go to school, Akhi kept finding ways to learn. How do you learn to do new things? List three ways.

DID YOU KNOW?

Worldwide, about 160 million children have to go to work to help earn money for their families. That means they don't get the chance to play or go to school, and it makes it very hard for them to escape poverty, even when they become adults. But sponsors are helping working kids like Akhi to change their futures.



FAST FACTS ABOUT BANGLADESH



AHKHI

Bangladesh is a country in southern Asia. It shares borders with India and Myanmar.

It is one of the world's most densely populated countries, with more than 164 million people living in an area the size of the U.S. state of Georgia.

Cricket is the most popular sport in Bangladesh, and in 2020, the youth national cricket team won the men's Under 19 Cricket World Cup! The Muslim festivals of Eid al-Fitr and Eid al-Adha are Bangladesh's biggest festivals, and people celebrate with long holidays and visits to their family.

KEEP LEARNING

There's an activity on the next page to complete.

DO SOMETHING

ACTIVITY

ACTIVITY OVERVIEW

Time needed

1 to 2 hours

Best done at a campsite but could be adapted to a nearby park or your own backyard.

Materials needed

- 1 bucket per person (2+ gallons)
- Water filter or water purifier, if available
- 1 camping pot
- Potatoes, peeled and cut into chunks (optional: other ingredients you'd need for mashed potatoes or potato salad recipe)
- Matches
- Bar of soap
- Dirty T-shirts
- Stones for scrubbing clothes
- String for line drying clothes

Goal of this activity

Walk through the daily chores of other children from around the world.

The daily chores of children around the world can look pretty different depending where they live. Many tackle arduous and labor-intensive tasks simply to have clean water to drink, food to eat, and clean clothes to wear in the morning. Today, let's discover what it might feel like to be one of these children, walking through their daily chores, one by one.

INSTRUCTIONS

Have each participant take an empty bucket. Walk to the nearest natural water source. Carry full buckets of water back to the campsite.

If it's allowed, look for scraps of dry wood to use for firewood and bring them back to make a fire. Remember to collect both small tinder, like dry grass, twigs or pine cones, and larger kindling, like branches and logs.

With your parents' help, build a campfire using the collected wood and matches in the campground fire pit (parental supervision advised).

Fill a large camping pot with some of the collected water and place it over the established campfire. Heat the water to a rolling boil and boil for 2 to 3 minutes. Allow water to cool.

Use the now purified water to wash dirty T-shirts. Scrub the shirts with some water, soap, and stones until clean. Rinse with clean water. Line dry.

Bring another pot of water to boil. After bringing to a rolling boil for 2 to 3 minutes, add the potato chunks and boil for 12 to 15 minutes so they're ready to eat. Make them into mashed potatoes or potato salad for your family to eat.

WHAT DID YOU LEARN?

How long did it take to accomplish all of these chores? Can you imagine doing this on a daily basis? How would these labor and time-intensive chores impact your ability to play, go to school, and spend time with loved ones if you had to do them regularly?

GO FURTHER > "Little children, let us not love in word or speech but with actions and in truth" (1 John 3:18, NIV). How could you show the love of Christ by helping others meet their daily needs? Here are some ideas to get you started:

- Offer to help an elderly friend, neighbor, or single parent for free. Offer to weed their garden, mow their lawn, or run an errand.
- Organize a car wash with your church or small group and donate the proceeds to an organization that can help children trapped in child labor get an education.

TALK ABOUT IT

What's the best birthday present you've ever received? What would you think if you were given a cow?

Have you ever had to think differently to overcome a challenge? What did you do?

Even when school is free, it can be hard for some kids to get an education. For example, they might not be able to afford a uniform, or they might have to go to school without breakfast and can't concentrate because they're hungry. What are some things that could stop children in your area from getting the chance to learn? Can you think of something you could do about it?

DID YOU KNOW?

Every child has the right to an education. It's part of the Universal Declaration of Human Rights, which has been accepted by 192 countries. Worldwide, one in five kids don't go to school. In Uganda, half of all children don't finish their education.

Communities in Uganda are working hard to change that, and sponsors around the world are helping them. Classrooms and libraries are being built and filled with books, teachers are being trained, and kids like Elizabeth are getting help to study and learn.



FAST FACTS ABOUT UGANDA



ELIZABETH

Uganda is surrounded on all sides by other countries, so Ugandans can't go to the beach without traveling internationally!

But that doesn't mean there's nowhere to swim, because Uganda is home to Lake Victoria—Africa's biggest lake—but it's a bit dangerous because crocodiles and hippos live in it.

Uganda is home to the world's youngest population. In fact, the average age is 16. Most people in Uganda work as farmers, and the official languages are English and Swahili.

KEEP LEARNING

There's an activity on the next page to complete.

GENEROSITY

ACTIVITY

ACTIVITY OVERVIEW

Time needed

30 minutes

Materials needed

- 1 glass of water
- 1 fruit or vegetable
- 1 book
- 1 loaf of bread
- 1 shoe
- Pen and paper

Goal of this activity

See the abundance of gifts within your home—and within you.

Behind every item in our home are the hands of others—people who use their knowledge and talents to produce the things we need, as well as all the people in between who get these items to us.

How would your life change if everyone stopped using their God-given talents? Where would we get the things we need, like toilets, our stove, or our produce?

Each of the items in front of you has a story. What knowledge, talents, and tools did people use to produce each item?

INSTRUCTIONS

Lay out the items on the table in front of you. Grab a pen and paper to write on, then write down as many people as you can think of who were involved in the making of each item. What talents, tools, or knowledge were required for them to be able to create? In what way do they depend on the talents and knowledge of other people? Where did they learn how to create these things?

Once you've finished, share your answers and discuss.

Next, go pick out your favorite possession—a toy, book, instrument, hat, ball, etc. Do the same thing with these items, writing down how they were made and who made them. How would you feel if the makers behind these items didn't use their God-given talents to create them?

What did you learn?

To survive and thrive on a daily basis we depend on the outpouring of other people's gifts. People are making and creating throughout the world, for the world—and it is good! In James 1:17, we learn that "Every good gift and every perfect gift is from above, coming down from the Father of lights." It is important for us to recognize that there are hands and hearts behind the items we use daily.

How could you use your strengths to help others? Here are some ideas:

- Host a sports day at the local park. Invite your friends and their younger siblings, and work together to teach the younger children how to play a sport (or dance!)
- Make something (cards, bracelets, cookies, anything!) and sell it to your friends, neighbors, or church community. Use the proceeds to purchase a gift for somebody in need or to donate to your local food bank.

TALK ABOUT IT

Do you like a sport? Why do you think playing soccer was so good for Lina and her friends?

Why do you think Lina's mom thought she wouldn't be a good reader?

The story says that "reading has opened up a whole new world for Lina." Why do you think that is? What does reading help you do?

DID YOU KNOW?

Sponsors around the world are helping schools like Lina's to become better places to learn, and they're empowering kids like her to discover the awesomeness of reading, too.

FAST FACTS ABOUT CAMBODIA

Cambodia is a country in Southeast Asia, sitting in between Thailand and Viet Nam on the Gulf of Thailand. The weather is hot and humid. Thick forests cover more than half of the country and are home to animals like elephants, monkeys, cobras, and lots of different birds.

The Mekong River, which is the longest river in Southeast Asia, winds its way from the top to bottom of Cambodia.

Cambodia has one of the youngest populations in the region—almost one-third of the population is under 15! Most people live in rural areas and work as farmers growing rice and other crops. Buddhism is the main religion but many rural people also follow ancient folk religions.



LINA

KEEP LEARNING

There's an activity on the next page to complete.

GRATITUDE

ACTIVITY

ACTIVITY OVERVIEW

Time needed

30 minutes

Materials needed

- 10 items from around your house or outside
- Tape
- Scissors
- Markers

Goal of this activity

Be grateful for what you have.

Do you think you have enough toys? How many toys do you have? How many did you ask for last Christmas or on your birthday? Most kids in poverty don't have many toys, but that doesn't stop them from playing. They just make toys out of things they find. Let's try it.

INSTRUCTIONS

Gather 10 items you can recycle from around your house or outside that aren't toys: empty paper towel rolls, empty milk cartons, empty cardboard boxes, etc.

Brainstorm together: How many toys can you make out of these items? What kinds of new games can you make with them?

WHAT DID YOU LEARN?

Creating your own toys means you activated your creativity. Building them took cooperation. What special talents do you see in members of your family?

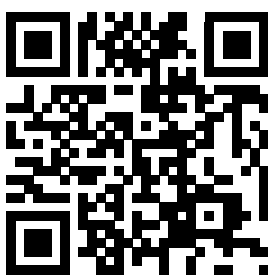
Take turns telling everyone in your family what talents you appreciate about them.

*"Rejoice always, pray continually, give thanks in all circumstances."
—1 Thessalonians 5:16-18 (NIV)*

Now consider cleaning out your toys and donating the ones you don't use anymore.

GO FURTHER > Lina's mom worried that she would never be able to read, because she didn't always get to go to school and struggled to keep up. Then a soccer program came to her community, and she loved it. Her coaches even challenged her to learn and grow in other areas of her life. Lina ended up discovering that she loves to read! Here are three tasks to complete to learn and grow like Lina!

- Ask your parents what choices you can make to grow in a certain area like sports, school, friendships, etc.
- Commit to doing one thing your parents recommend this week.
- Read a book about an inspiring person. If you haven't already, you can read *Girls who Dared to Dream* at the end of this activity book.



You did it! 

Now you have completed all 10 activities. Grab your certificate of completion by scanning the QR code or at [worldvision.org/certificate](https://www.worldvision.org/certificate).



STORIES FROM

GIRLS

WHO
TO

DARED DREAM

MEET GIRLS FROM AROUND THE WORLD
WHO NEVER GAVE UP

STORIES FROM
GIRLS
WHO
TO **DARED**
DREAM

Meet girls around the world who didn't
give up on their dreams, even when
everything seemed against them ...

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Contents



Title	Page
Introduction	<u>7</u>
Rifa, Bangladesh	<u>8</u>
Nahomy, Honduras	<u>12</u>
Addyson, U.S.	<u>16</u>
Kanishka, India	<u>20</u>
Lenny, Philippines	<u>24</u>
Mwila, Zambia	<u>28</u>
Xiaobing, China	<u>32</u>
Akhi, Bangladesh	<u>36</u>
Elizabeth, Uganda	<u>40</u>
Lina, Cambodia	<u>44</u>
Acknowledgements	<u>48</u>

Introduction

Right now, a girl is sitting down to do her homework. Another girl is building a fire, ready to start cooking. Another is standing up to speak—around the dinner table, at a village meeting, in a politician’s office—though she’s always been told to sit down and listen. Yet another is staring out the window into the world—curtains open, so nothing can block her view—thinking, planning, and dreaming of her wildest ambition, her big idea, her next move.

Every one of these girls is already beating the odds. In many parts of the world, it’s harder for girls than for boys to do many things: to have the chance to be born, survive childhood, go to school, choose a job, or just choose their path at all. But things are changing.

With World Vision’s presence in nearly 100 countries, we have front-row seats to the transformation that is happening for girls. It’s happening bit by bit—one idea, one conversation, one law, one small business, one life at a time—in homes and communities worldwide. It’s incredible and exciting, and it’s a change we can all help make happen! That’s why we wrote this book.

These are the stories of 10 girls who dreamed big, thought differently, never gave up, and did things that seemed impossible. They’re change makers, writing their own stories in small ways and big ways (and small ways that turn into big ways). Together, these girls, and millions more like them, are revolutionizing the world.

Right now, a girl or boy who’s holding this book is shaping the future along with all the other change makers out there. The future will be all we decide to make it as we grow into our God-given potential. Let’s go!

RIFA, BANGLADESH

Rifa is strong and capable. She has always known it, but now her family and community know it too. Rifa is one of the Shahosh karate girls.

In Rifa's village, in the far west of Bangladesh, girls used to be seen as weak. They were expected to help clean the house and make dinner and think about finding a husband, not a career. If boys called out rudely to them in the market or street, everyone expected girls to put up with it.

But 14-year-old Rifa hated it. She didn't like how girls were treated in her community and was scared to walk home on her own.

So, when she heard about the Shahosh karate course, which teaches the martial art to girls like her, she was desperate to join. Shahosh means "brave" in Bengali. Rifa loved the idea of feeling brave.



Rifa's parents were much less excited. They worried about what people would think or say if they saw her practicing. They didn't think girls in their community should do these sorts of activities.

The headmistress at Rifa's school, however, loved the idea of girls learning karate. She talked to parents and explained some of the benefits—both physical and mental—and many parents agreed to let their daughters give it a go.

After six months, Rifa had learned new skills ... and much more. She learned about being confident, her rights as a girl, and the laws that protect children like her. Best of all, she learned she could speak up for herself and others—and that she should speak up, even if she was criticized for it.

Lots of Shahosh girls have already earned their first belts, and the coach has set their sights even higher, encouraging them to try out for the national karate team and compete on the world stage.



There is a Shahosh Boys Group now too, where boys learn how boys and girls are equal and should be treated that way. They also learn about respect and how to prevent violence in their communities.

“Now, my parents don't worry when I'm out of the house,” says Rifa confidently. “People in my village respect us when they see us going to martial arts class in our uniforms.”

For Rifa, this is just the beginning. She's taught her 13-year-old cousin what she's learned so her cousin can feel strong, too. And pass it on!

Rifa has a new dream for the future—to become a police officer.

“I want to end violence against girls, for good.”



NAHOMY, HONDURAS

The year Nahomy turned 13 and became a teenager, she didn't just celebrate with cake—she decided to run for youth mayor in her city!

It's a big job, because 21,000 people live in her community in western Honduras. But Nahomy wasn't worried—she was excited about taking on the responsibility.

She knew that she could help lots of other kids dream big if she was the youth mayor. Together, they could make big changes in their community.

Nahomy planned to speak up about children's rights and organize the community to work together. She would share her hope that tomorrow would not just be okay, but great!



Nahomy was determined to bring change because she knew just how difficult life in her community could be for children and young people. When she was little, her father had to go far away to find work, so Nahomy lived with her grandparents for six years before he returned.

Like many people in her community, Nahomy's grandparents are coffee farmers. Every day, they work hard outside in the hot sun to afford food and the supplies they need. Often, however, there's just not enough money to go around.

As a result, many kids like Nahomy have to leave school early. They have to help their parents on farms or find other work to help their families survive.

Some girls leave school early to get married, hoping that this will give them more options. But instead of breaking out of poverty, kids who don't get an education have fewer choices for the future.



“To me, being educated means I can take care of my family and my community, especially my grandparents and father, who have sacrificed so much to give me opportunities,” says Nahomy.

After winning twice as many votes as the other candidates, Nahomy won the election!

Now the youth mayor, she's tackling big issues in her community. Nahomy is campaigning hard to stop early marriage and teen pregnancy, and inspiring girls—and all kids—to stay in school.

When a student drops out of school, Nahomy goes to talk to their parents with a child protection officer. Together, they help the family find solutions so their child can finish their education.

Nahomy loves being youth mayor, but she has even bigger dreams.

“I want to be a doctor and start the first clinic in my community,” she says.

And we're cheering her on!



ADDYSON, U.S.

When Addyson was 7 years old, she set herself a big goal: to run a half-marathon. Just one year later, she did it! She finished the 13.1-mile race! But she also achieved a much bigger goal that's helping change everything for a community of kids like her in western Kenya.

Addyson lives in the U.S., far away from Kenya. But she decided to run a half-marathon after she heard about a 9-year-old girl in Kenya named Maurine.

In Kenya, and many other countries around the world, girls like Maurine walk an average of 6 kilometers—about 3.7 miles—a day to get water for their families to drink. The long walk can be dangerous, and it often means girls miss hours of school, homework, and playtime every day.



But worst of all, the water isn't always clean—they often have to collect it from dirty waterholes that animals use too. It can make people really sick.

“I didn't feel it was fair that these kids had to do that,” Addyson says, “while I only have to go to my kitchen sink or refrigerator to get clean water.”

Addyson wanted to take action and help kids like Maurine. But how?

She decided to try to raise \$1,310 to help build clean water pumps in Kenya by running. That's \$100 for every one of the 13.1 miles (21 kilometers) she would run in a half-marathon.

Addyson began training. And she began fundraising. She made bracelets and sold them; at her birthday party, she asked her friends to give donations instead of presents; she had a fundraising event at a local pizza restaurant; and she even carried a jerrycan full of



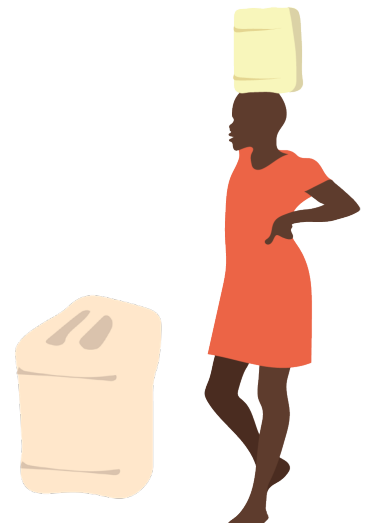
water around her neighborhood, just to show others what life was like for kids like Maurine.

When the day of the half-marathon arrived, Addyson had raised more than she planned—a whopping \$20,000!

“When I felt tired, I remembered those kids and thought, ‘Those kids want me to keep pushing, and they want me to keep going.’ I always remembered their faces, and I always remembered Maurine. I would use Maurine as my motivation.”

Addyson has now run four half-marathons, raised nearly \$200,000 with her family, shared her story on television, and even traveled to Kenya to meet Maurine!

“Don't let anybody take down your big dreams,” Addyson says. “People might tell you that you're too young, you're too small, but don't listen to them. Always go for your dreams and don't let anyone stop you.”



KANISHKA, INDIA

Kanishka lives in a big city in northern India. It's an exciting place full of tall buildings packed with bankers, businesspeople, and technology companies. But it's also full of smog. In fact, it's one of the most polluted cities in India.

Kanishka has grown up choking on the air. Sometimes, the air is so full of smog, it's dangerous to breathe it. People are warned not to go outside, and kids aren't allowed to run around and play.

When Kanishka was 16, she decided enough was enough. She and other kids in her community formed a children's club. They wanted to solve the biggest pollution problems their city faced one by one.



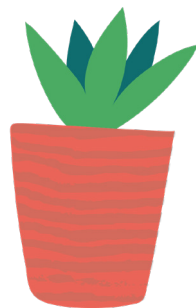
First, they focused on something that's fun and pretty, but also harmful—fireworks. They're beautiful in the night sky, but the large number of fireworks lit to celebrate festivals in Kanishka's city left metal particles, chemicals, and smoke hanging in the air for days.

Changing weather patterns also meant there was less rainfall, so people were short of water. The city needed to find better ways to do things, Kanishka's club decided, and they would tell everyone!

Kanishka and her friends took their message to the streets. They organized big rallies to teach people about climate shocks, telling them to stop letting off fireworks, not waste water, and invest in a safer and greener future.

Kanishka's club then put their words into action, planting trees to help clean up the air and create green spaces for all the kids in their neighborhood to enjoy.

"Children often play in these green pockets in my community. Some children who can't study well at home find it easier to study in our green pockets," says Kanishka proudly.



Things are starting to change in Kanishka's city. People are listening!

Kanishka is now asking the city's authorities to change laws, forcing factories and industries to take better care of the environment or face penalties. She's also spreading the message about water conservation, asking people to collect rainwater so there's enough for everyone to use.

Kanishka dreams of a greener future. Everyone can be part of creating it, she says, even people living in cities like hers.

"I hope city-dwellers will plant more and more trees around them," she says. "Using just your own terrace to set up a garden is one of the most useful ways to combat air pollution. Green pockets are really important."



LENNY, PHILIPPINES

Lenny is committed to fighting an enemy she can't see—the biggest threat she believes her generation is facing.

Lenny, 27, is a nurse working on the front lines to protect people in the Philippines from the COVID-19 pandemic. Dressed from head to toe in protective clothing, she looks like she's ready for anything.

She is in a race against time.

Lenny works at transport checkpoints and monitors people with symptoms in nearby villages to stop COVID-19 from spreading.

Her job is important and comes with plenty of risks, but Lenny is so grateful that she can help others.



“Being a frontline worker is a challenging task, especially as the enemy is invisible,” says Lenny. “I’m worried because I have a baby waiting for me at home. But I need to take on this task because it’s where I’m needed most.”

Lenny has a good job that pays well so she can support herself and her family. Her job is a way to give back to her community too. Because when she was growing up, things were very different.

Lenny is the youngest of three children. Her parents were farmers who struggled to make enough money to feed their family, so they often went to bed hungry. They didn’t have enough money to pay for things like medicine when their kids were sick or to send them to school.

One day, Lenny and other kids in her community received practical help from some adults there, which included support to go to school.

Lenny couldn’t believe how generous these helpers were. They volunteered their time and their big ideas to help Lenny and her friends learn new skills, grow in confidence, and dream of a bright future.

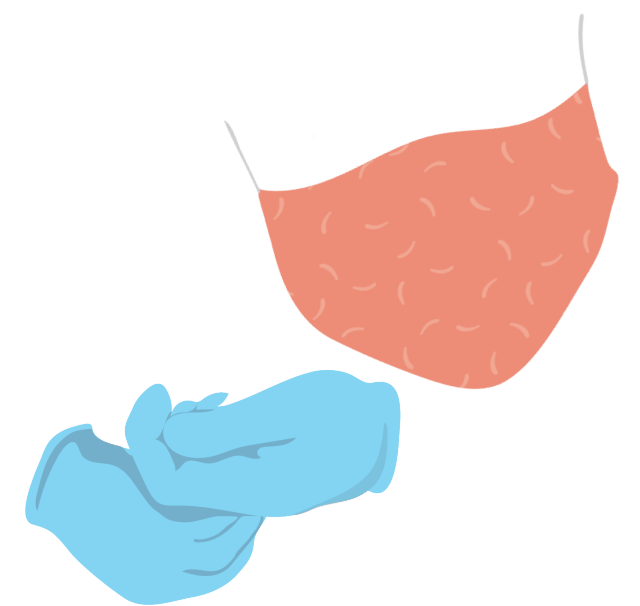
That’s when Lenny decided she also wanted to be a helper so she could show others the same kindness she had received.

After Lenny finished school, she studied nursing and midwifery (midwives are special nurses who help babies be born). Before the pandemic struck, she worked as a health worker in remote and rugged areas where people don’t have doctors or nurses nearby.

Like us all, Lenny hopes that her country will “recover from this pandemic and everything will get back to normal,” she says.

“For now,” she adds, “I will do my part.”

What a germ-fighting superhero!



MWILA, ZAMBIA

When girls grow up, some want to be astronauts, others want to be teachers or artists. Mwila wants to be a nurse, but she almost lost her chance and became a child bride instead.

Mwila lives in Nyimba, Zambia, where one in three girls gets married before they turn 18. This can change everything.

Instead of playing with their friends, learning at school, and generally doing “kid stuff,” girls are forced to grow up quickly. Often, they have babies while they’re still children themselves.

A girl who marries young usually stops going to school and, rather than chasing her dreams, she can become trapped in poverty for her entire life.



Mwila was a teenager when COVID-19 shut down her school, cutting off her access to education. The virus's impact also stopped her parents from working, so it was hard for them to pay their household bills or buy food for Mwila and her four brothers and sisters.

Mwila couldn't see how her family would ever pay her school fees so she could finish school and become a nurse. Her only choice, she thought, was getting married to someone she didn't even know yet. If she got married, her mother and father would have one less child to feed at home. But Mwila would also have to let go of her education.

Just when she was about to give up on her dreams, Mwila went to a class run by local youth and community leaders for girls like her. The class helped her understand that she could choose what she wanted her future to be.

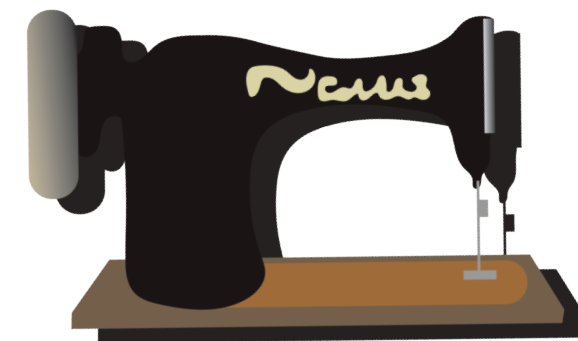
Mwila learned how precious she was because she is loved by God, and had always been, even if she hadn't known it sooner. She found her confidence. She remembered how to dream again. She realized she had other options. And she decided to act.



Those classes changed everything for Mwila. Inspired by her mother, a seamstress, Mwila decided to teach herself to sew. She studied tailoring, and used her mother's sewing machine to make dresses in beautiful, colorful prints and patterns. Her creations started to stand out from the crowd. With her determined smile, so did she.

People from all over town started to buy Mwila's clothes. She helped her family with money for food and household bills, and saved some to pay for her nursing studies. Mwila's future had changed, and she herself was the reason why.

Now, with hope and hard work, Mwila is sewing herself a bold, bright future, one outfit at a time.



XIAOBING, CHINA

At 12 years old, Xiaobing writes poetry, painting glorious, colorful pictures in words. Her poems are even more amazing because Xiaobing has never seen the world she writes about: She was born blind.

When she was little, Xiaobing lived with her parents, brother, and sister in a town outside of a big city. For a little girl who couldn't see, the streets outside felt scary.

When she was old enough to go to school, Xiaobing was shy. She got used to special caretakers looking after her and didn't learn to take care of herself. She couldn't feed herself using chopsticks or a fork and spoon, she wouldn't speak to strangers, and whenever she faced a problem, she would cry.

So when her support center moved away and she had to go to a new one, Xiaobing was terrified.



Her new teachers didn't do everything for her. Instead, they helped her practice finding where she wanted to go and moving there by herself as she listened for cars to decide when to cross the street, used a cane to check if the path was clear, and learned how to walk down stairs.

She also learned how to recognize coins by their sizes so she could buy things herself, chop and cook vegetables safely, eat with chopsticks and a spoon, and wash her own clothes.

She even learned Braille, a system people use to read with their fingers in which raised dots represent words and phrases.

Xiaobing started learning math and other subjects, and then, for the first time, she went to school.

The other students hadn't met a vision-impaired person before. In the beginning, they would wave their hands in front of Xiaobing to check if she really couldn't see. But with help from Xiaobing and her teachers, the kids learned to honor her disability and consider her needs.



Bit by bit, Xiaobing learned to value and believe in herself. She gained the confidence to try new things. She even dreamed about what her future might look like—what job or adventures she might have.

“I want to be a kindergarten teacher when I grow up,” says Xiaobing. She already volunteers to teach “simple math to little children” and helps teach her younger brother and sister.

Xiaobing also writes poetry and loves it! When she writes, the world sounds beautiful, which it is because that's how Xiaobing now sees it.

By the Riverside By Xiaobing

The wind from the river breezes slightly,
the water is so clear that the river bottom can
be seen.

The boat is rowing on the river,
while the hills stand still by the riverside.



AKHI, BANGLADESH

Not all heroes wear capes, but sometimes they do wear a mask! Akhi is 17 years old and a real-life hero who doesn't just wear a face mask. She makes them!

Akhi grew up in a big city in Bangladesh. She lives with her parents and two sisters in a small, one-room house, crowded together with many other patchwork houses.

Akhi's dad worked in a shrimp-processing factory, until he had a bad accident and could no longer work. With no money to buy food or pay the bills, Akhi was forced to work in the factory with her mom and older sister.

The factory stank and the chemicals they used there made it hard to breathe. These chemicals often gave Akhi a headache and her hands had sores from the hard work.



Even though they worked from 5:00 a.m. to 5:00 p.m., Akhi's family still couldn't earn enough to eat three meals a day.

Worst of all, because she had to work, Akhi missed her last three years of school. Without an education Akhi didn't know how she could leave the shrimp factory. But she knew she had to try.

One day, she heard about school catch-up classes being held at a community center. She loved these classes and, with help from the center, she decided to apply to return to school. Multiple schools rejected her because of her age. "You're too old," they all said.

Akhi could have given up, but she didn't. She thought, "What else can I do?" and settled on becoming a business owner. She learned to sew and started her own tailoring business from home. She dreamed that one day she would own an entire garment factory!

A few months later, armed with training, a sewing machine, and a pile of fabric, Akhi was working hard on her dream.

"I kept receiving orders for shirts and children's dresses," says Akhi. "And from social media, I learned to make flower vases, mats, and small bags with recycled paper and beads."

People loved her creations, and Akhi's business was booming. With the extra income, her family could finally afford meat, fish, and delicious fresh fruit.

Then the COVID-19 pandemic hit.

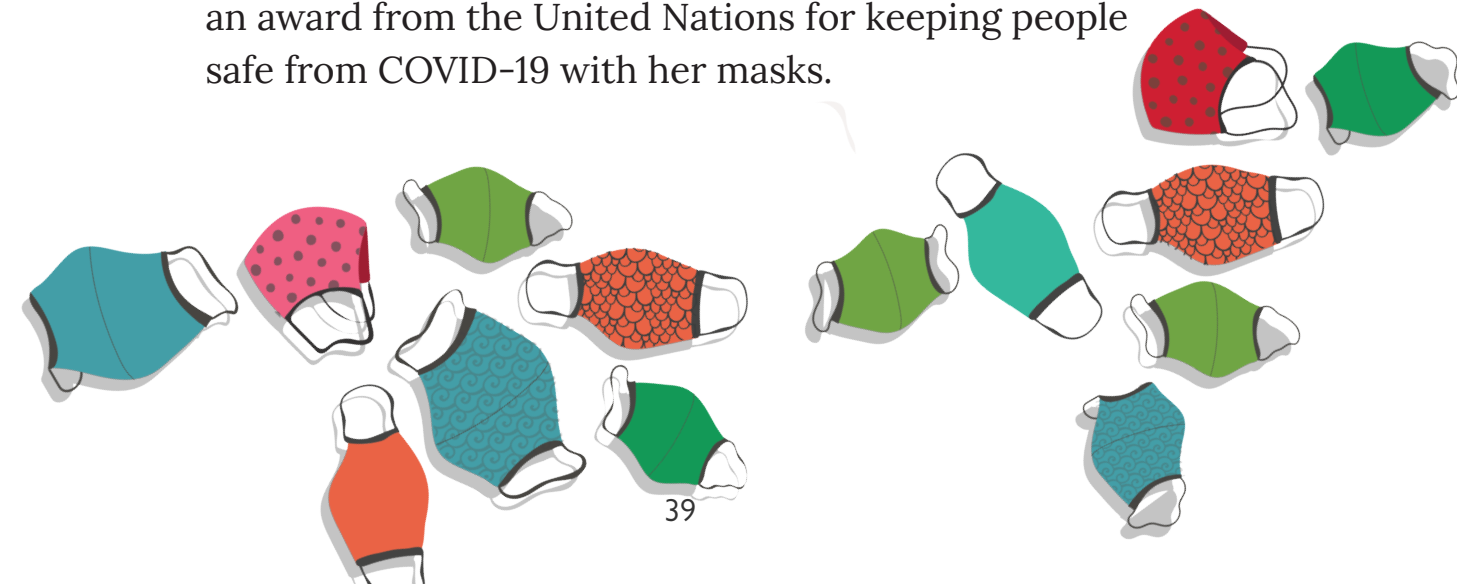
"Everything came to a standstill. My mom and sister couldn't work at the shrimp factory, and I couldn't keep my store open," Akhi says.

Still, Akhi didn't give up. She looked for a new opportunity.

"The market had no face masks, and masks were expensive to buy from stores. Many people in our community couldn't buy them," says Akhi.

"I decided to make masks and sell them for a low price, so everyone could afford them. If people have no money, I give them masks for free."

That's how Akhi became a real-life hero. She even won an award from the United Nations for keeping people safe from COVID-19 with her masks.



ELIZABETH, UGANDA

Elizabeth never skips class or wakes up dreading school—because for a very long time, she wasn't allowed to go.

When Elizabeth was growing up in her village in Uganda, families sent boys to school if they could afford it. If parents had extra money, girls could go too.

Elizabeth wasn't one of those lucky ones, however. Even though her parents wanted to send her to school, they didn't have much money and couldn't afford the fees.

She'd watch kids walk past her each day on their way to class and wanted to go with them. She wanted to wear the uniform, pack a bag, play lunchtime games, and learn to read.



Elizabeth also watched adults drive their expensive cars to good jobs and wanted to be like them.

“I told myself, I will work hard to get myself a better life.”

She knew education was her ticket to a different future. She wanted a job, an income, and personal success—and she knew good grades would get her there.

Her dad got an extra job to try to pay for her school fees, but it still wasn't enough. Over time, Elizabeth began to lose hope.

“It was really hard. I would never get the kind of life I hoped for; I thought, no matter how hard I worked.”

Then she met a lady called Aunty Anne, who helped struggling children and families in the community. Aunty Anne was a smart lady. She knew many practical ways to help families support their children, earn more money, or get extra help when they needed it. One way was to have a dairy cow. So on her birthday, Elizabeth chose a cow for her present!

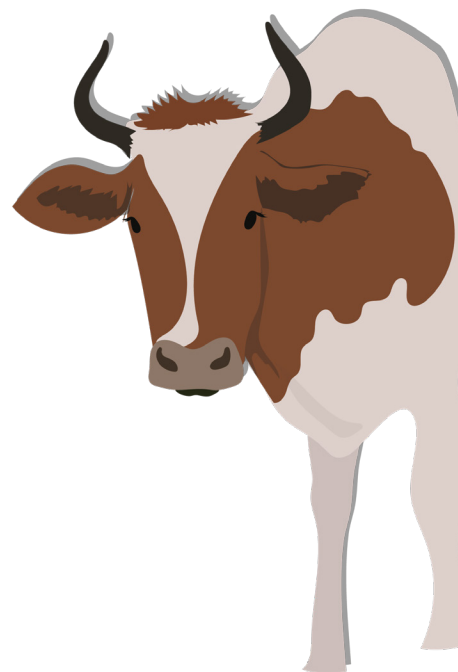
Who knew a dairy cow could change a person's life?

Cows make healthy milk that you can drink and sell for money. They also have calves that you can sell for more money. Soon, Elizabeth was on her way to school, and there was no way she was going to miss even a single class.

Today, Elizabeth is all grown up. She finished school, went to university, and became a teacher herself. In a community where girls don't always get the chance to go to school, Elizabeth is a role model. She encourages her students to aim high, especially the girls.

“I feel extremely humbled to have students who look up to me,” she says. “I have seen how education can change your life.”

Sometimes, all you need is someone to believe in you. And a dairy cow.



LINA, CAMBODIA

Lina is 11 years old and loves soccer and reading. But it wasn't always that way. In fact, her mom used to think she might never learn to read at all.

When Lina's family moved to a community in northwestern Cambodia, life was hard for her and other children. Most parents were farmers, but they struggled to grow enough food to keep everyone fed and have extra produce to sell to buy things like clothes and medicine.

Because children didn't have enough to eat, their bodies grew weak and they got sick. Often, kids were too sick to go to school. Even when they went, it was hard to concentrate and learn. Their teachers weren't trained and their schools didn't have books for them to read or safe places to play.



Lina and her friends didn't have much, but one thing they had was a passion for soccer. They played whenever they could, using whatever materials they could find to make goals and a ball (they didn't have the money to buy them from a store).

When a new soccer training program started in their community, lots of kids, including Lina, couldn't wait to join. At every session, they would join a team and play.

Maybe Lina and her friends didn't realize it, but they weren't just playing soccer, they were learning. During games, their coaches would ask them to think about their plans for their future; they talked about how choices they made today could affect what happened to them tomorrow.

Lina and her friends were encouraged to step up on the field—and off it—so they could make good things happen for themselves, their families, and their community.



At the same time, their schools were helped with new libraries and playgrounds. For the first time, Lina and other students could borrow books and take them home to read at night.

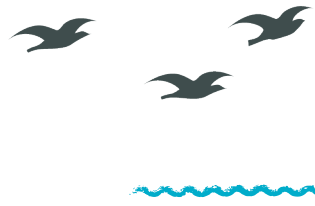
Teachers and parents received training on how to help kids learn. And kids could go to afterschool clubs to practice reading. Lina made a discovery—she loves reading almost as much as soccer!

“Now, I always borrow books from the library. I read them with my best friend and with my sister at home,” Lina says.

“Lina is an outstanding student,” says her mom proudly. “When we first came here, I didn't think she could be a good student. But now, she's the top of her class!”

Reading has opened up a whole new world for Lina. Now, she believes anything is possible.





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All the girls featured in this book were impacted by World Vision's child sponsorship and other programs, where donor partners empower children and their communities to break free from poverty, for good.

With over 70 years of experience, we know that ending extreme poverty starts with equipping people with the tools they need to lift themselves out of poverty. And for change to last, empowering children is essential too.

We empower communities, guide them to set their own goals, and equip them so that progress is sustained long after we've left.

Through World Vision's work, every 60 seconds a family gets water, a hungry child is fed, and a family receives the tools to overcome poverty.

They said YES! when others said NO.

- Akhi • Elizabeth • Lina • Mwila • Nahomy •
- Rifa • Addyson • Xiaobing • Kanishka • Lenny •

They spoke up, stood tall, tried again, or found another way. The one thing they didn't do was give up. They wanted something better and believed they could make it happen. And with a little help from friends around them, they did just that.

These stories are for the dreamers, the curious, and the brave. Be careful ... you might be changed forever when you read their stories.

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