Bonus Activities

All Ages

Enjoy a Rice Snack: Gather cooked rice, broth (optional), bowls and spoons. Give each child some rice and broth. Talk about how the Karen people eat rice at every meal. Talk about how Annette Ellard works with a community of Karen people in Louisville, KY.

All Ages

Shine Your Light Scavenger Hunt: Hide glow sticks around your room (or better yet, in other rooms close by!), turn off the lights and encourage each child to find one glow stick. Talk about how easy/hard it was to see the glow sticks and how their lights shine. Talk about what it means to let our light shine so that others can see God.

Older Children

Pack a Bag: Gather blankets, towels, backpacks, pots and pans, nonperishable foods, games and stuffed animals. Divide children into two teams and give each team a backpack. Encourage them to pack their bag like they are going on a trip. When they have finished, ask each team to talk about why they chose what they did. Talk about how refugees can typically only take what they can carry and must find what they need when they get to a safe place. Talk about how Annette Ellard helps refugees in Louisville, KY, have what they need.

Pathlight

www.cbf.net/pathlight

CBF's *Pathlight* curriculum helps children explore the Good News of Jesus through stories, scripture and activities.

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Pathlight

Your word is a lamp that gives light wherever I walk. **Psalm 119:105 (CEV)**

Theme Overview

Annette Ellard, CBF field personnel in Louisville, KY, works with the Karen people, a group of refugees from Myanmar (formerly Burma). She helps this refugee group have what they need and builds friendships with them. This session focuses on the theme of the gift of friendship.

Bible Verse

Matthew 5:14-16

You are the light for the whole world. A city built on top of a hill cannot be hidden, and no one lights a lamp and puts it under a clay pot. Instead, it is placed on a lampstand, where it can give light to everyone in the house. Make your light shine, so others will see the good you do and praise your Father in heaven.

Session Outline

Prepare

- Make copies of the Student Handout.
- Review the Story and Bible Verse.
- For more information on the Karen people, go here: https://karenwomen.org/background-of-the-karen-people.

Welcome

- Greet students as they arrive.
- **Ask**: "Who helps you calm down?"

Engage

- Distribute the Student Handout.
- Read and discuss the Bible Verse.
- Work on the Handout Activity.
- Transition to Story Time.

Share

- Tell the Story, "The Power of Friendship."
- Share the photo and caption.
- Discuss the Story and pray.

Conclude

- Lead students in Bonus Activities as time permits.

The Power of Friendship

Dear CBF family,
Thank you so much for the many ways you help us support refugees in the Louisville, KY, area. Many of the refugees we work with are part of the Karen people group. We have been working with refugees for years, and as a result, have built some great friendships. Because we show up for them, at doctor's visits and in hospital rooms, helping to fill out paperwork and helping them have what they need, these refugees know that people care. I am also amazed at the many ways that they help us! Friendship works both ways; both people help one another and care about one another. A few years ago, several CBF staff members came to visit us to see our ministry. They were coming to our ministry center, and I was worried that no refugees would show up that day. One of our friends asked some other Karen women to join her at the center that morning. She didn't need help, but she wanted to help us. She knew that we sometimes have slow days at the center, and she wanted to make sure these CBF leaders could see how important our friendship is to the people here. I was so happy and amazed when they showed up! Their presence at the center that day calmed my fears. I am grateful for a place where I can share the gift and power of friendship, as well as God's great love. Thank you for supporting our ministry here!

Blessings,
Annette Ellard

Discussion and Prayer *

- **Ask**: How does Annette Ellard help refugees in her community?
- **Ask**: How have refugees helped Annette as well?
- **Ask**: How do your friends help you? How do you help your friends?
- **Say**: Annette Ellard, CBF field personnel in Louisville, KY, helps refugees have what they need. She also helps them feel calm through doctor's visits and creating a new life in America. They, in turn, also help her. That's how friendship works: our friends help us, and we help them. Our friends remind us that people care about us, and we remind them.
- **Pray**: Dear God, thank you for Annette Ellard and the friendships she has built with refugees. Please help the refugees she works with have everything they need. Help them know that they are loved. Amen.

Annette Ellard

Annette Ellard, CBF field personnel in Louisville, KY, works with the Karen people, a group of refugees from Myanmar (formerly Burma).

STUDENT HANDOUT
SEPTEMBER 7, 2025

Pathlight

Your word is a lamp that gives light wherever I walk. Psalm 119:105 (CEV)

Learn About

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Create a Calming Jar (or Sensory Tube)

Items needed: empty clear plastic water bottles; various sizes of glitter; corn syrup or clear glue; dish soap; warm water; funnels; super glue

1. For pictures and more detailed directions, go here: https://kumarahyoga.com/how-to-make-a-mindfulness-glitter-calm-down-jar/?srsltid=AfmBOoocqM0oUkMtcbWd8lyQ5Iykv_OC4wi_KZXsSO55wWw63nSc0ES7
2. Remove any labels from the water bottles.
3. Give each child an empty water bottle and a funnel.
4. Choose 3-5 types of glitter, two of the fine glitter and one or two of the larger variety.
5. Pour about ½-inch of glitter into the bottle.
6. Add a bit of warm water, put the lid on the bottle, and shake it gently. Swirl the glitter to help prevent clumps.
7. Add corn syrup until the bottle is about 1/3 full. Alternatively, add some clear glue instead of corn syrup. Use half the amount of clear glue.
8. Add warm water until the bottle is almost full, leaving a bit of space at the top so that you can shake it.
9. Add 2-3 drops of dish soap.
10. Close the bottle and shake it gently, swirling everything around.
11. If your glitter is stuck at the top, take the cap off, and use your finger to swirl it around.
12. Once you are happy with how the glitter looks, close your bottle tightly (teachers, you may want to super glue the lid shut).
13. Shake your calming jar and watch the glitter move around! Use this jar whenever you feel worried, anxious or afraid. As you watch the glitter fall, ask God to give you peace.