Bonus Activities

All Ages

Try Polish Mac and Cheese: Items Needed: Option one: Spiral pasta, strawberries and a knife to cut them, cottage cheese, granulated sugar. Option 2: strawberries and whipped cream. Boil pasta and quarter strawberries. Make sure your pasta is warm before you serve the children. Place strawberries on top, followed by a dollop of cottage cheese and a dusting of granulated sugar. If your class is not adventurous, feel free to serve strawberries and whipped cream. Use this article to talk about Polish Mac and Cheese (www.polishyourkitchen.com/polish-macaroni-and-cheese-with-strawberries-makaron-z-serem-i-z-truskawkami).

Winter Relay Race: Items needed: Two coats, two scarves, two sets of gloves and two sets of boots (note: can be rain boots or whatever kind of boots you have available); four chairs. Place one chair at either end of your room, marking the running zone for one team. Do the same for the other two chairs. Put a set of winter gear on a chair for each team. Divide your class into two teams. Encourage each team to line up next to the chair with their winter gear. Tell children that when it is their turn, they will put the winter gear on, run around the chair on the other side, and come back to their team. They'll take off the gear and hand it to the next person, who will put it on, run around the chair on the other side, and come back. They will continue doing this until one team has finished. Talk about how cold winter gets in Poland and how important it is to have warm clothes.

Explore Poland: Items needed: Pictures and information from www.kids-world-travel-guide.com/poland-attractions.html, tape. Before the session, print out the pictures from the above website. Hang them around your room. Encourage children to tour Poland, stopping at each picture. Read the information about each picture and encourage children to think about what attractions in Poland they would most like to see.

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

Gennady and Mina Podgaisky are CBF field personnel in Poland. There, Gennady works with Ukrainian refugee families, sharing God's love and helping them have the things they need. This session focuses on the theme of helping others.

Bible Verse

Matthew 25:37-40

Then the ones who pleased the Lord will ask, "When did we give you something to eat or drink? When did we welcome you as a stranger or give you clothes to wear or visit you while you were sick or in jail?" The king will answer, "Whenever you did it for any of my people, no matter how unimportant they seemed, you did it for me."

Session Outline

Prepare

- Make copies of the Student Handout.
- Review the Story and Bible Verse.

Welcome

- Greet students as they arrive.
- **Ask**: "Who helps you have what you need?"

Engage

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

Share

- Tell the Story, "Going Shopping."
- Share the photo and caption.
- Discuss the Story and pray.

Conclude

- Lead students in Bonus Activities as time permits.

Going Shopping

"Brr," said Gennady Podgaisky, as he looked at the upcoming weather forecast for the winter in Poland. "It's going to be a very cold winter this year," he said to his wife, Mina. "Our Ukrainian refugee friends are going to need winter clothes," Gennady said. "We could go buy a bunch of winter coats and whatnot to give to them," Mina said. "Or you could take them shopping. I bet the children would love to pick out their own clothes!"

"I bet they would! Let's do that," said Gennady. A few weeks later, Gennady took a Ukrainian refugee family with a teenage son and a younger daughter shopping. They carefully chose clothes and asked Gennady if the price was okay. "Yes," said Gennady. "In fact, if there's another jacket that you like better that costs more, that is okay. Let's get the one you like the best!"

As Gennady drove them home, the older boy said, "Thank you so much, Mr. Gennady! This is my first jacket that I got to choose myself. I will take good care of it!"

"Yes, thank you Gennady," the mother said. "I cannot believe you did this for us. It is a huge blessing which fell down upon us as from heaven. Thank you, thank you, thank you."

"You are very welcome. It is indeed a blessing from God. This blessing came through many faithful Christians who care and give money in the name of Jesus so that others can have what they need" Gennady said.

"We are so grateful," the mother said. "God always provides!"

Discussion and Prayer *

- **Ask**: How did Gennady Podgaisky help Ukrainian refugees?
- **Ask**: How do you feel when someone gives you what you need? How did the Ukrainian refugee family feel when they were given what they needed?
- **Ask**: How can we help others in our community have what they need?
- **Say**: Gennady Podgaisky helped the refugees have warm clothes for the winter. Thanks to people who gave money to CBF, he was able to purchase everything they needed to stay warm. The families were very thankful for this blessing from God.
- **Pray**: Dear God, thank you for all that Gennady and Mina Podgaisky do to help refugees have what they need. Help us to find ways to help people in need in our community as well. Amen.

Gennady and Mina Podgaisky

Gennady and Mina Podgaisky are CBF field personnel in Poland.

STUDENT HANDOUT
AUGUST 9, 2026

Pathlight

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

Learn About

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Tie-Dyeing Socks

Items needed: Tie-dye kit or food coloring, socks, rubber bands, gloves, water, trays, Zip-loc bags

1. Video Instructions: www.youtube.com/watch?v=Yk-wSzSCAv8
2. Show the video and point out the different ways they can fold their socks to create different patterns.
3. Get a pair of socks, some rubber bands, a tray and gloves.
4. Put on your gloves and come to the bowl of water. Dip your socks in and wring them out.
5. Fold your socks: you can either fold them in half and roll them like a cinnamon roll, fold them in half and put their rubber bands on in various spots to create multiple color bands, or make multiple folds to look a bit like an accordion.
6. Put enough rubber bands on to hold your socks together and to create different spots for you to put color.
7. Add color! Be as creative as you would like.
8. Place your socks (with the rubber bands still on) into a Zip-loc bag.
9. VERY IMPORTANT: Keep your socks in this bag for 24 hours. Then, you can open them and take off the rubber bands. Rinse your socks in water and you have a pair of tie-dyed socks!