

# Sing a Song

## WHAT A FRIEND WE HAVE IN JESUS

(OH, QUE AMIGO NOS ES CRISTO)

(MEXICO)

### SPANISH

¡Oh, qué amigo nos es Cristo!  
El llevó nuestro dolor,  
Y nos manda que llevemos,  
Todo A Dios en oración.  
¿Vive el hombre desprovisto  
De paz, gozo y santo amor?  
Esto es porque no llevamos,  
Todo a Dios en oración.

¿Vives débil y cargado  
De cuidados y temor?  
A Jesús, refugio eterno,  
Dile todo en oración.  
¿Te desprecian tus amigos?

Cuéntaselo en oración.  
En sus brazos de amor tierno,  
Paz tendrá tu corazón.

Jesucristo es nuestro amigo,  
De esto pruebas Él nos dió,  
Al sufrir el cruel castigo  
Que el culpable mereció.  
Y su pueblo redimido  
Hallará seguridad,  
Fiando en este amigo eterno,  
Y esperando en su bondad.

### ENGLISH

What a Friend we have in Jesus, all  
our sins and griefs to bear.

What a privilege to carry, ev'rything  
to God in Prayer.

O what peace we often forfeit, O what  
needless pain we bear,

All because we do not carry,  
ev'rything to God in Prayer.

Are we weak and heavy laden,  
cumbered with a load of care?

Precious Saviour, still our refuge, take  
it to the Lord in prayer.

Do thy friends despise, forsake thee?  
take it to the Lord in prayer;

in his arms He'll take and shield thee,  
thou wilt find a solace there.

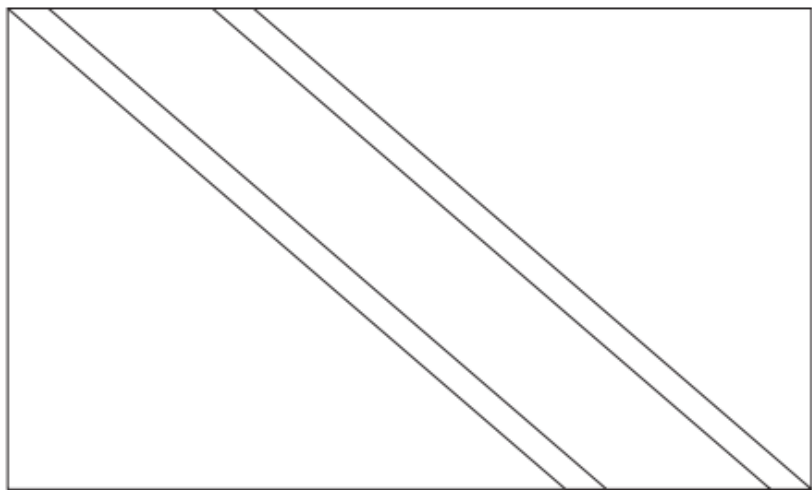
Blessed Saviour, Thou hast promised,  
Thou wilt all our burdens bear

May we ever, Lord, be bringing, all to  
Thee in earnest prayer.

Soon in glory bright unclouded, there  
will be no need for prayer

Rapture, praise and endless worship,  
will be our sweet portion there.

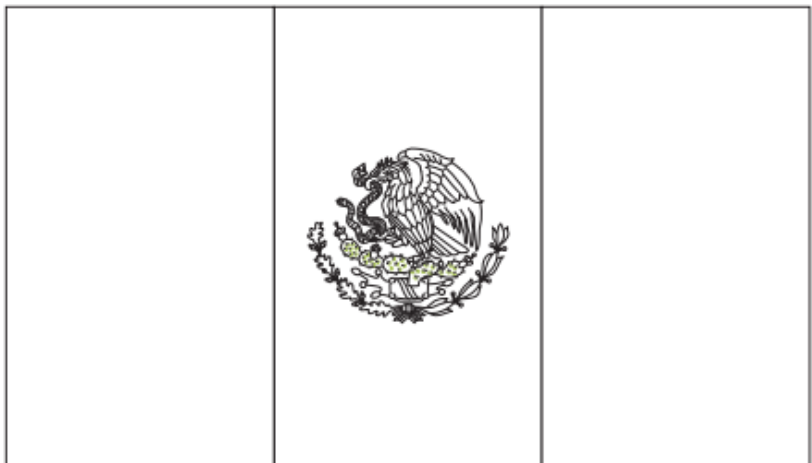
## Color The Flag



### TRINIDAD AND TOBAGO

#### DIRECTIONS:

The diagonal stripe in the middle is colored black and the thin stripes on either side are left white. The rest of the flag is colored red.

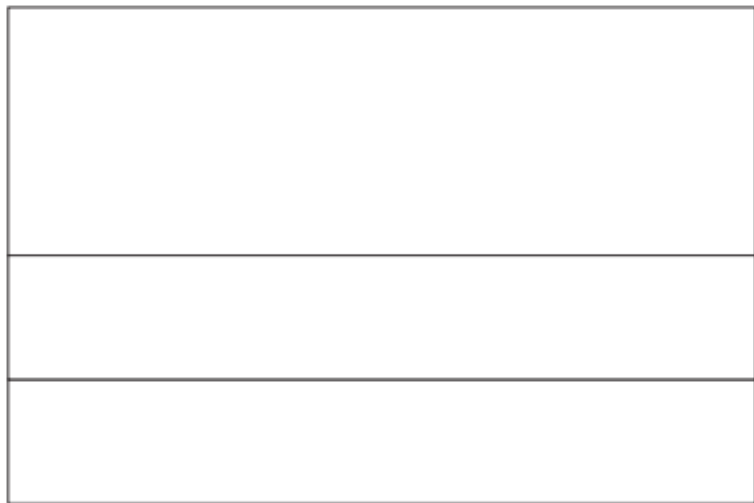


### MEXICO

#### DIRECTIONS:

The left side is dark green and the right side is red. The middle is left white. The eagle is brown with a yellow beak and feet. The snake in its mouth is green. The garland and cactus under the eagle are green.

## Color The Flag



### COLOMBIA

#### DIRECTIONS:

The top half of the flag is colored yellow. The middle stripe is dark blue and the bottom is red.

## Let's Cook!

### COLOMBIAN HOT CHOCOLATE WITH CHEESE (CHOCOLATE CALIENTE CON QUESO)

(COLOMBIA)

#### INGREDIENTS

- |  |   |
|--|---|
| 2 c (475ml) whole milk                           | Pinch of ground cinnamon  |
| 1-3 tsp (5-15ml) sugar                           | 2 oz (55g) white cheese like mozzarella, haloumi, or queso fresco, chopped into small cubes |
| 2 oz (55g) milk or semi-sweet chocolate, chopped |   |

#### INSTRUCTIONS

Gently heat the milk, sugar, chocolate, and cinnamon in a saucepan. When the chocolate has melted, whisk until smooth. Pour into two mugs and divide the cheese between the mugs. Wait a minute for the cheese to start melting and then eat with a spoon.

# Let's Play a Game!

## MORAL

(TRINIDAD AND TOBAGO)

### PLAYERS

Up to six

### INSTRUCTIONS

Draw eight boxes, about a yard (1m) square so you have two rows of four boxes. At the short end, number the bottom left box (1), the one above it (2), the one above that (3) and the top left (4), then move over to the top right box and number it (5), the one below it (6), the below that (7) and the bottom right box (8). The boxes should look like this:

4	5
3	6
2	7
1	8

The first player stands in front of box 1 and rolls the ball into it. Then, the player picks up the ball and bounces it once in box 1. The player then places his or her left foot into box 1 and

### EQUIPMENT

a tennis ball and something to draw the lines, like chalk

bounces the ball in box 2. Then the player puts his or her right foot into box 2 and bounces the ball once in box 3 and puts his or her left foot in box 4. This continues till the player reaches and bounces the ball in box 8.

In round two, the player rolls the ball into box 2, steps into box 1, picks up the ball in box 2 and bounces it twice. The player continues stepping and bouncing until reaching box 8.

The player keeps doing this, rolling the ball into the next furthest box, stepping in the boxes to reach the ball, and then bouncing the ball to match the number in the box. At the end, the player will bounce the ball 8 times in box 8. Then, the player turns around and bounces the ball 8 times in each box as he or she steps back to the beginning.

If the player steps on a line or bounces the ball on a line or fails to bounce the ball the correct number of times, it is the turn of the next player.

To make it more challenging for older children, each player can clap every time he or she bounces the ball.