



The Leprosy  
Mission

**I LOOK TO THE  
MOUNTAIN; WHERE DOES  
MY HELP COME FROM?**

**PSALM 121:1**

**GREATER  
HEIGHTS**

**CHILDREN'S  
ACTIVITY PACK**



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## 4 **Let's learn about Nepal**

An introduction to the geography of Nepal.

## 6 **Build your own mountain**

You'll need a few packs of marshmallows and spaghetti for this fun activity! See what great height you can get to using the photo as a guide.

## 7 **Bible Study based on Psalm 121**

Read through the Psalm once together and ask children what they think each line means. Then read through the study together, pausing to discuss or chat through the ideas mentioned.

By the end of the study, children should be able to name times when they have felt in need of help and explain why God is able to help. They might also suggest ways in which we can support each other through tough times. You can then pray together.

The children could also write the Psalm out, depending on age and ability.

## 8 **One for later – cook delicious traditional Nepali Momos**

Send this recipe home with the children and ask them to take photos to share next week.

### **Other ideas**

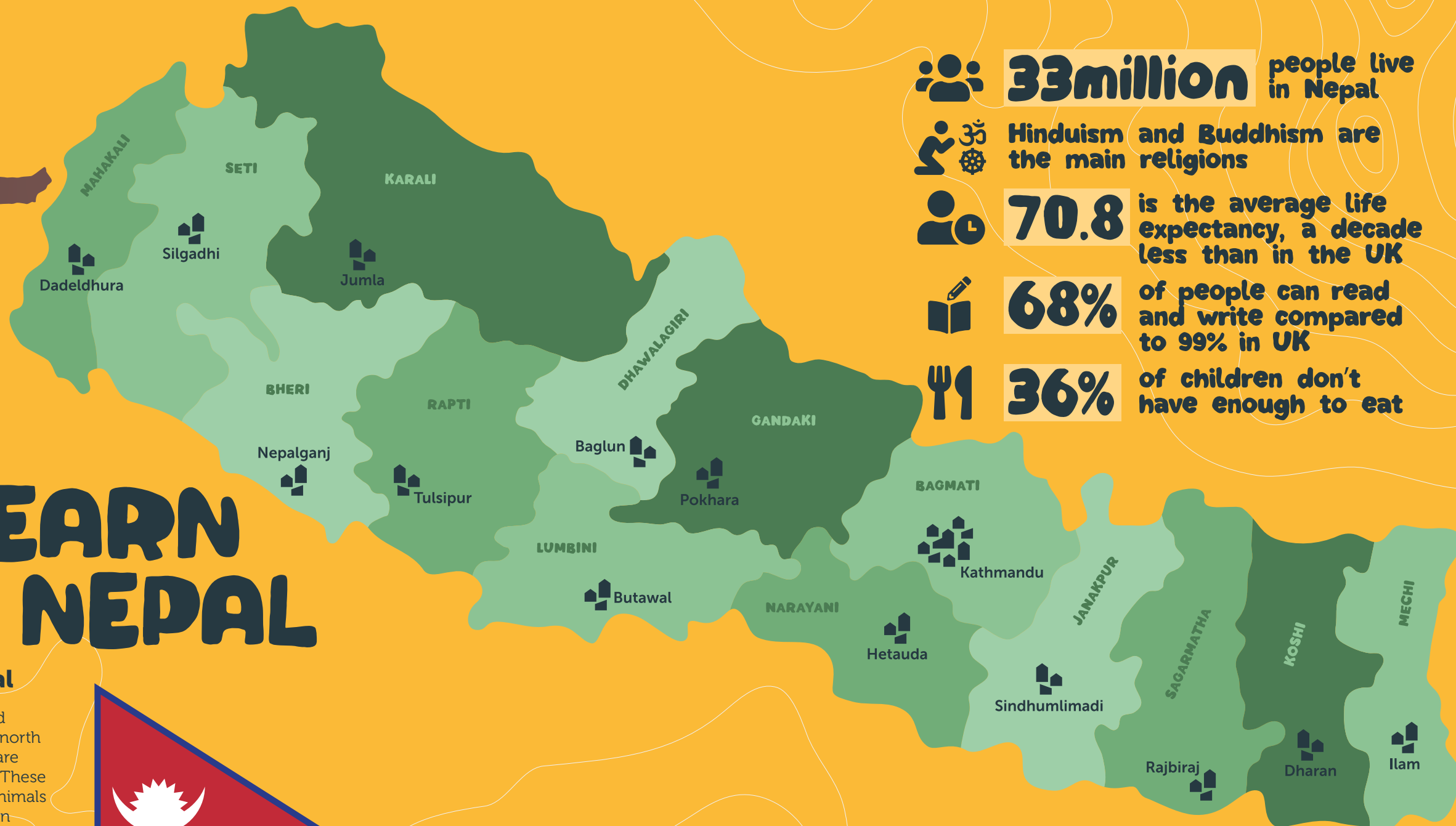
Could the children think of ideas to raise money to help people affected by leprosy? For example, with a cake sale or a sponsored walk?







Red panda



**33million** people live in Nepal



Hinduism and Buddhism are the main religions



**70.8** is the average life expectancy, a decade less than in the UK



**68%** of people can read and write compared to 99% in UK



**36%** of children don't have enough to eat

# LET'S LEARN ABOUT NEPAL

## An introduction to life in Nepal

Nepal is a beautiful country between India and China. There are Himalayan mountains in the north and low flat plains in the south. In the middle are alpine pastures, fertile valleys, and forests too. These diverse habitats are home to lots of different animals including the Bengal tiger, snow leopard, Indian rhinoceros, Asiatic elephant, and red panda.

Life is difficult for many people living in Nepal. A quarter of all children drop out of primary school, often to help their parents work or to look after younger siblings. Farming on terraced mountain sides is the main way of earning a living. It's very hard work and many families don't earn enough money to eat enough food, pay for school, or even go to the doctor.

Communities living in the countryside don't usually have clean water to drink. Families collect water from small brooks running down from the mountains. Many have to bathe and wash their clothes in the river too. Dirty water means upset tummies and diseases like typhoid and cholera.

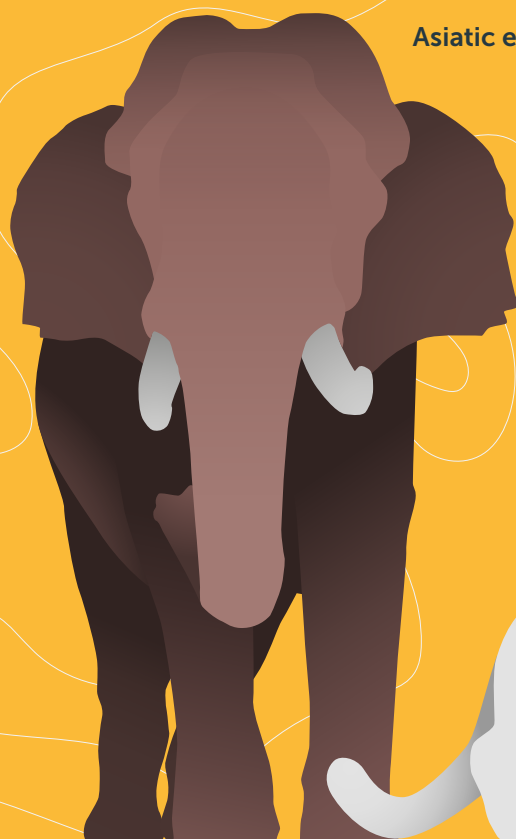
If you don't have good food, clean water or medicine, your immune system can't fight germs. That's why leprosy is found in countries like Nepal and not here in the UK.



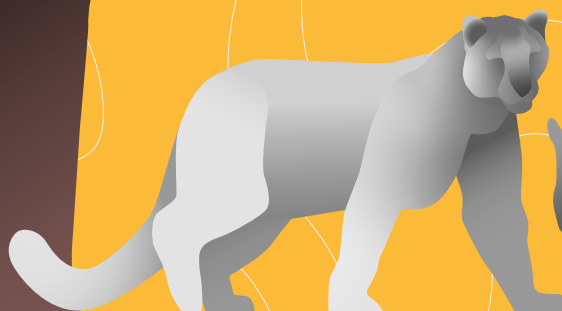
## Nepali flag

The Nepali flag is very unusual. Red represents bravery and the colour of Nepal's national flower, the rhododendron. Blue is the colour of peace. The two triangles symbolise the Himalayan Mountains. The moon symbolises that the Nepalese are calm, while the sun symbolises their fierceness.

Asiatic elephant



Snow leopard



Indian rhinoceros



Bengal tiger

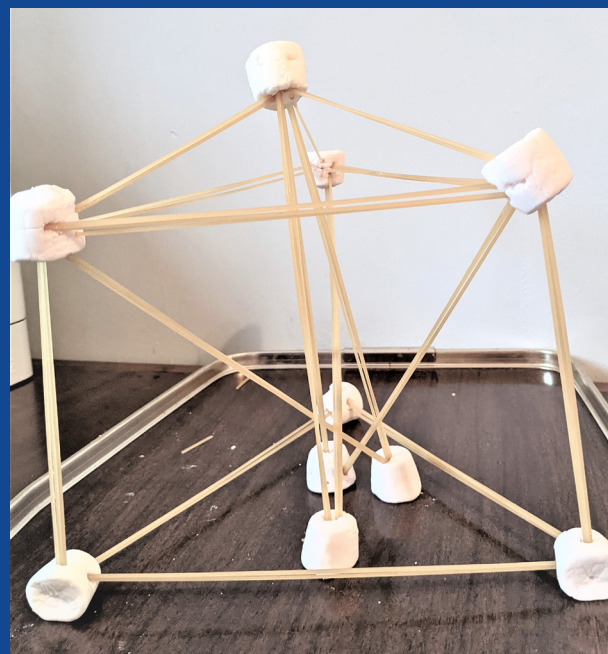


# BUILD YOUR OWN MOUNTAIN

Nepal's highest mountain is Mount Everest, the world's highest peak, at 8,848m. Mount Everest is named after Sir George Everest, but in the Nepali language the mountain is called Sagarmatha which means 'Forehead of the Sky'. The local Sherpas call it Chomolungma - 'Goddess Mother of the World'.

## Activity:

Take some lengths of spaghetti and some marshmallows and see how high a "mountain" you can build. You could work with a friend or hold a competition against the clock! You'll probably manage to build a much better tower than this but have a look at the photo to get you started.



# BIBLE STUDY

We've talked about Nepal having lots of mountains including Mount Everest, the tallest mountain in the world.

Psalm 121 starts with these words: 'I look to the mountain, where does my help come from?'

Some mountains are absolutely massive. It's hard to think of anything bigger on earth. Have you ever looked at photos of mountains in an atlas, or seen some on holiday? Some look so enormous we need superpowers to climb them!

Sometimes our problems feel like huge mountains, don't they? And we feel like we haven't got enough strength or we're too scared to face them. But that's ok! Do you know why? Because God is bigger than even the biggest mountain we can imagine.

Psalm 121 says The Lord will keep you from all harm— he will watch over your life;

the Lord will watch over your coming and going both now and forevermore.

How amazing is that promise? God watches over you! He has promised to help you whether you're facing a small or a mountain-sized problem. You just need to ask God for help.

Why don't we share some of the big and little mountains we have faced this week?

Would anyone like to share a mountain God has helped you with?

## PRAYER:

- \* For anyone who needs help from Jesus in your group
- \* For those who live in Nepal, especially people affected by leprosy
- \* Pray for the work of The Leprosy Mission which takes place at Anandaban Hospital in Nepal





ONE FOR LATER –

# COOK DELICIOUS TRADITIONAL NEPALI MOMOS

## Nepalese Momos

### Ingredients

- 480g plain flour
- 1kg minced chicken (or Quorn)
- 50g chopped fresh coriander
- 150g chopped onions
- 1 TSP turmeric
- 1 TBSP minced garlic
- 1 TBSP minced ginger
- 1 TBSP cumin powder
- 1 TBSP sunflower oil
- 1 TBSP lemon juice
- Salt & chilli powder
- Non-stick cooking spray

### Method

1. Mix together the flour and 375ml water in a bowl, kneading until the dough is firm yet flexible. Cover and let rest for 30 mins.
2. Mix together the chicken (or Quorn), filling ingredients and 250ml water in a bowl.
3. Make the momo wrappers by breaking off a 30g piece of dough. Roll into a ball and then flatten into a 3inch round with a rolling pin. Repeat with the remaining dough.
4. Spray the steamer pan with cooking spray.
5. Place 1 tsp of the chicken filling in the middle of a wrapper. Holding the wrapper in your left hand, use your right thumb and index finger to start pinching the edges of the wrapper together. Pinch and fold until the edges of the circle close up, then place the momo in the steamer pan. Repeat with remaining wrappers and filling.
6. Fill the steamer pot half full with water and bring to a boil. Set the steamer pan full of momos on top of the pot and cover with a tight lid. Steam the momos for 15 minutes.

## Pickle

### Ingredients

- 500g tomatoes
- 250g sesame seeds
- 100g peanuts (fried)
- 1 TSP minced garlic
- 1 TSP minced ginger
- 1 TSP cumin powder
- ½ TSP turmeric
- 1 TBSP sunflower oil
- 1 TBSP lemon juice
- Salt & chilli powder

### Method

1. Boil the tomatoes until soft.
2. Fry the sesame seeds (be careful not to burn them).
3. Mix the tomatoes, sesame seeds and peanuts together and blend.
4. Heat the oil in a pan and add all the other ingredients with 125ml water and cook for about 15 minutes.





**The Leprosy  
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