

Together in...

Myanmar

Hello! I'm Nu Moe and
this is Sister Mary.



Min-ga-la-ba! That's how
we say Hello in Burmese!

In assembly, we learned about Nu Moe and her country, Myanmar. We heard some of the difficulties Nu Moe's village faces, and how Sr Mary is helping Nu Moe and other children go to school.



A workbook by [Mission Together](https://missiontogether.org.uk)
the children's branch of Missio
missiontogether.org.uk

missio
Today. Tomorrow. Together.

Myanmar is a country in the continent of Asia.

1

Use the compass points to answer the questions.
Mountains separate Myanmar from which neighbouring countries?

- a. North east: _____
- b. East: _____
- c. South East: _____
- d. West: _____
- e. North west: _____

Myanmar is almost three times the size of the UK, but it has fewer towns and cities.

2

Circle the right answer.

70% of Myanmar is forest and countryside. Most people live in villages. This means Myanmar has a population that is mostly:

- a. Rural
- b. Urban

Myanmar has over 100 languages. To help the people communicate, everyone speaks Burmese.

3

Try saying these Burmese words:

Hello: Min-ga-la-ba!

Sorry: Saw-ri-beh

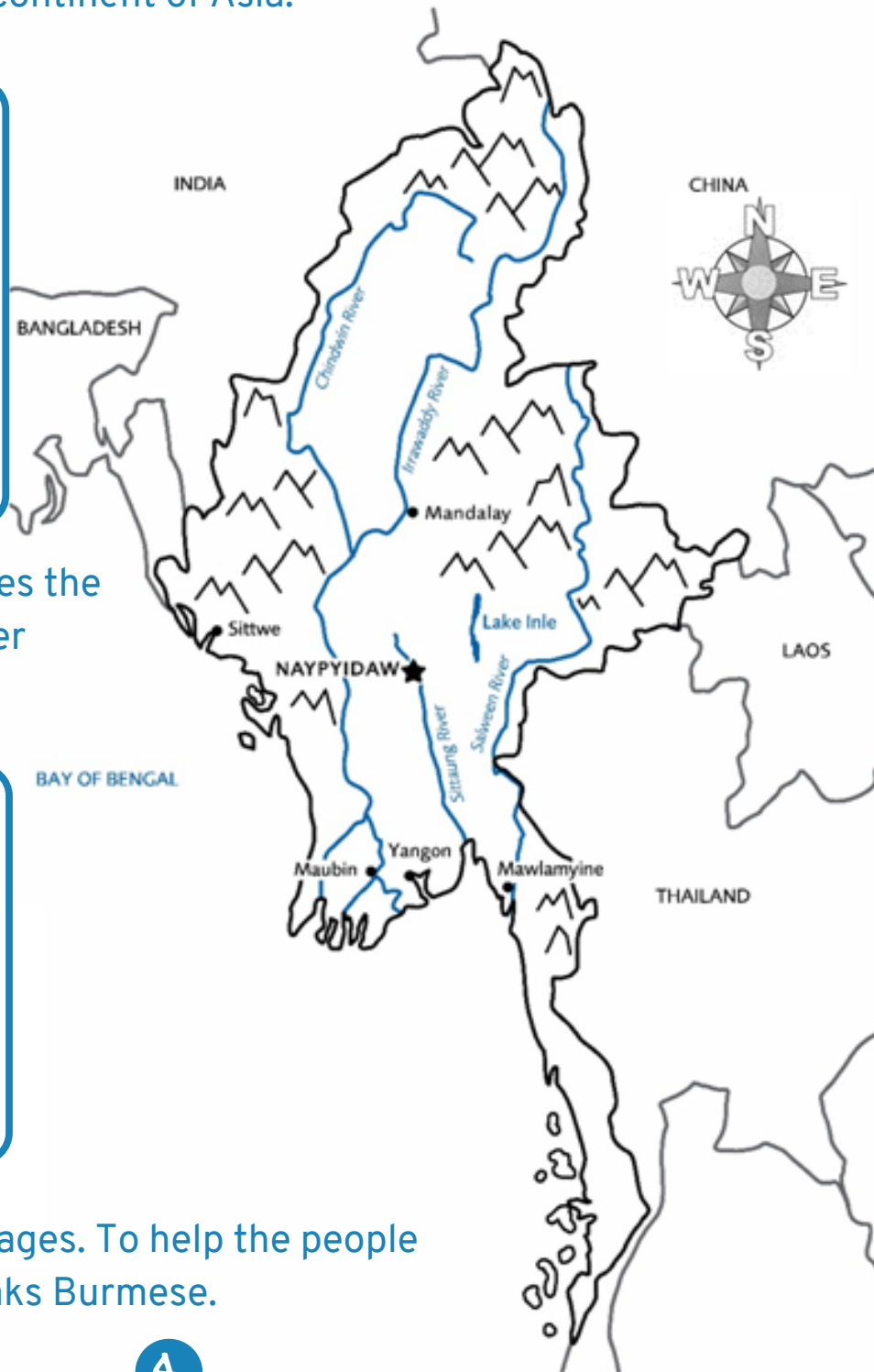
Thank you: Chei-zu tin-bar-te

Goodbye: Tar tar

4

Colour in the map.

Remember that maps use colour to show changes in land height e.g. Low land is green, hills are dark green, and mountains brown.



Read Nu Moe's story and answer the questions

I live in a small village in south Myanmar. It's in a wet-land area, which makes it perfect for growing rice and it's surrounded by rivers, which are great for fishing,

But storms and floods every year mean my village isn't an easy place to live. Peoples' homes are at risk of being washed away. We don't have electricity because it's difficult to supply electricity to villages. We don't have roads: we have to travel by boat if we want to get anywhere.

1. Why is life in Nu Moe's village difficult?
2. Can you find one advantage of your home being surrounded by rivers?

My nearest school is many miles away. With no roads it would take 3 ½ hours to walk there - even longer in the rainy season, when pathways are flooded and muddy for days at a time.

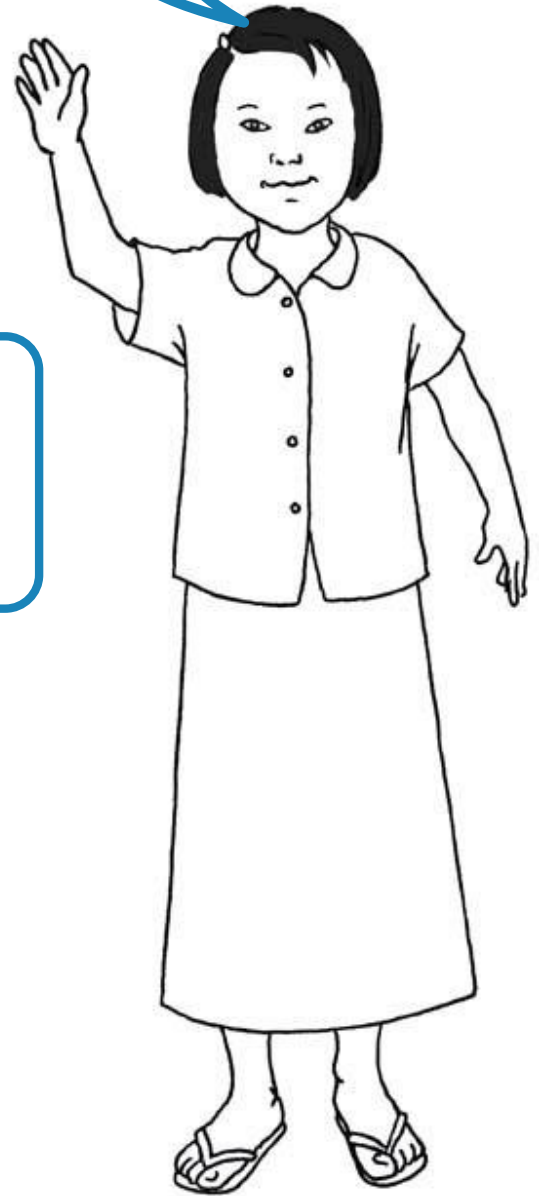
I don't have a computer or a tablet. If I can't get to school, I'd have to work in the rice fields, earning very little money for working very hard. I'd have no time to play and make friends.

Thankfully, some missionaries have opened a boarding house next to our nearest school. It means children like me have somewhere secure to stay and can attend school every day without spending all day travelling to and fro.

3. Why is it important that Nu Moe has a place at the boarding house?
4. Find a phrase that means 'back and forward'.

All the children who stay at the boarding house come from poor villages. Thanks to the help of Mission Together, the boarding house provides us not only with a safe place, but with education, food, healthcare, and friendship.

As you journey through the workbook, don't forget to colour in the pictures!





Sister Mary helps out at my school. She makes sure my friends and I feel cared for and loved and assists with our schoolwork. She makes us feel supported to make good decisions.

Sister Mary encourages us to do things we enjoy, like music, art, and sport. I love making Origami birds, drawing and painting.

I love being at St Rita's and I'm happy I can go to school. I have lots of friends and I'm learning new things every day.

5. Find an adjective Nu Moe uses to describe how the Sisters make her feel.

6. Find a synonym for 'helps'

2

The Mission Together prayer is an acrostic - the first letter in each line spells out the word 'mission'.

How do you feel to be back at school, with your friends and teachers?

Write an acrostic poem about school.

S
C
H
O
O
L

The Mission Together Prayer

May all children
In the world
Share love
Share friendship & live
In the peace
Of God's love
Now and forever.

Amen.



Write your answers in the boxes.

1

There are 70 children staying at the boarding house. 39 are girls. How many boys stay there?

2

It costs £7.00 for one pupil's books for a year. 6 children need books. How much does Sr Mary need to buy books for all 6 children?

3

10% of the pupils like vegetables for lunch. Half like fish. The others like rice best. How many children prefer rice?

4

On the table of children, colour in 20%



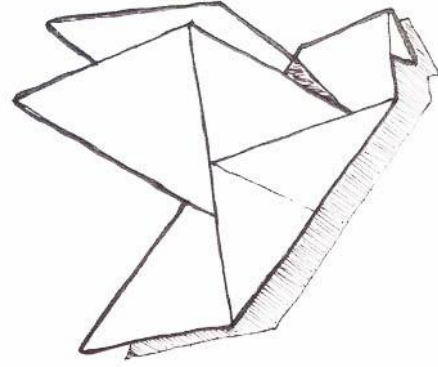
5

Count the total number of children at Nu Moe's boarding house in 2s, 5s, 7s and 10s

- 2
- 5
- 7
- 10

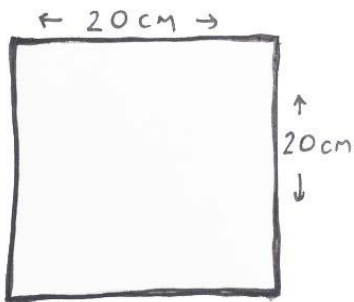
Origami is the ancient art of paper folding. It involves folding a single sheet of square paper into a sculpture without cutting, gluing, or taping it.

Try making this origami peace dove. All you need is paper and patience!



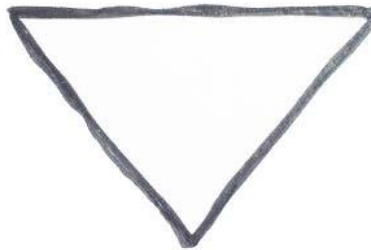
1

Start with a square piece of paper.



2

Make a triangle by folding the top corner to the bottom corner.



3

Fold part of the top down, so the edge is about halfway down. Don't make this flap too thin as this will become the wings.



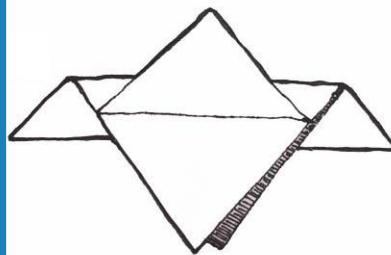
4

Turn the paper over so the short fold is on the bottom.



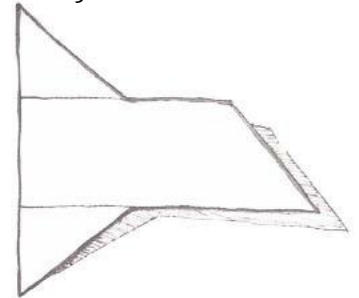
5

Take the bottom corner of the top layer and fold it up.



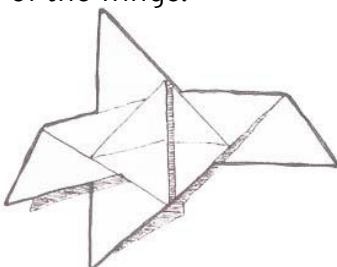
6

Fold the figure in half by folding the left side over the right.



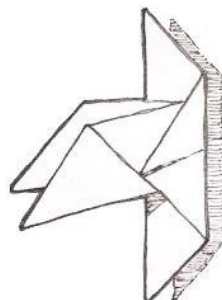
7

Now fold that same flap back to make one of the wings.



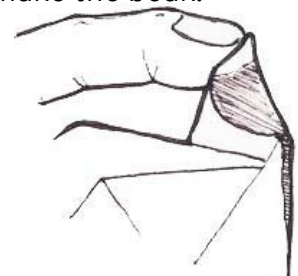
8

Fold the other wing back in the same way.



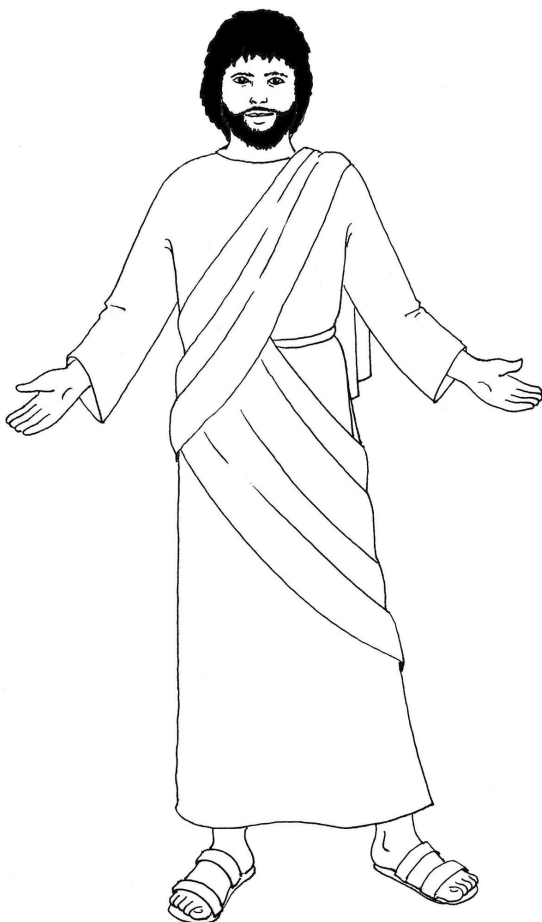
9

Push the centre of the head in and flatten to make the beak.



1

In the Mission Together Assembly, you heard how Jesus compares himself to a good shepherd. Read what he said again. You may like to share it with a family member.



Jesus said, "I am the good shepherd. I know my sheep and my sheep know me, just as the Father knows me and I know the Father. And I give up my life for my sheep". - John 10:14-15 (adapted)

A shepherd protects his flock from danger. He cares for them and he guides them when they stray. He makes sure they don't get injured. When lambs are born he stays up all night to keep them safe, and if a lamb is weak he wraps it in a blanket and gives it a bottle of milk.

Shepherds take many risks for their sheep and they depend on him to help them. After a while the sheep recognise him, answer to him and understand that he always wants the best for them.

2

Can you think of 3 ways Jesus is like a shepherd to us?

- 1
- 2
- 3

3

Write down 3 ways you can be a good shepherd to someone. Think of ways you can help people nearby as well as children like Nu Moe, living thousands of miles away.

- 1
- 2
- 3

Chinlone is the national sport of Myanmar. It was invented over 1,500 years ago and is believed to be the game from which football developed!

The word 'chinlone' means 'rounded basket', as the ball used is made from handwoven cane. When you play, you can use a soft ball.

Chinlone is meant to flow and entertain, like a performance or dance. Players sometimes use music to help them move rhythmically.

Chinlone is played by everyone, often people of different ages, together. Imagine playing chinlone with your grandma!



1

Play the game!

Step one:

To play Chinlone, you need up to six people who play together as one team. There is no opposing side and no focus on winning or losing. Chinlone is a game about friendship and skill.

Step two:

The point of chinlone is to keep the ball from hitting the ground while passing it around in a circle using your heads, knees and feet. A little bit like 'KeepieUppie'.

Step three:

Players walk around the circle while passing the ball, with one person in the centre. When the ball is passed to that player, they're encouraged to perform a solo!

Step four:

Play stops once the ball has touched the ground. The game starts again as a new round.

2

Extension task:

Imagine you are a sports reporter. Either write a newspaper article, record a short radio piece, or make a film to encourage people in the UK to play chinlone.

- Your article must include rules of the game and explain why chinlone is good for physical health, emotional health, and the community.
- You could include footage or photos of friends playing chinlone and even interview a player – if you do this, remember to prepare your questions in advance.

The science of sailing

In Myanmar, boats are an important form of transport. But have you ever wondered what it is that makes boats float?

When a boat is in water, there are two forces acting on it: its weight, and the force of the water pushing up, the upthrust. Objects that float are buoyant.

Use the words below to complete the paragraph:

If an object is dense (like a rock), then the force of the water cannot hold it up and it sinks. When people first started making boats, they realised they needed to _____ them out. This makes them less _____ and allows the _____ of the water to keep the boat _____.

upthrust

dense

buoyant

hollow

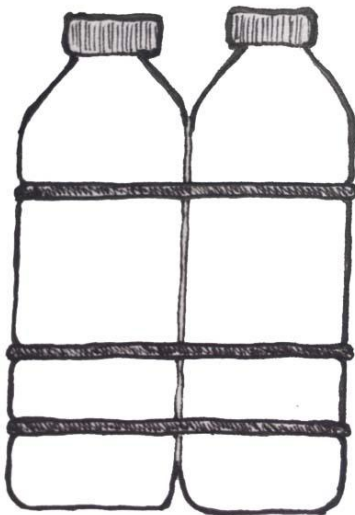
Make a boat!

You will need:

- 2 small empty plastic bottles with lids
- 3 rubber bands
- A long stick, pencil or straw for a mast
- a piece of paper for the sail

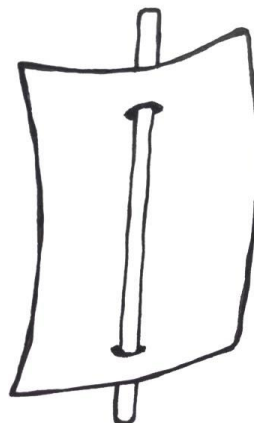
1

Fasten your bottles together using the rubber bands.



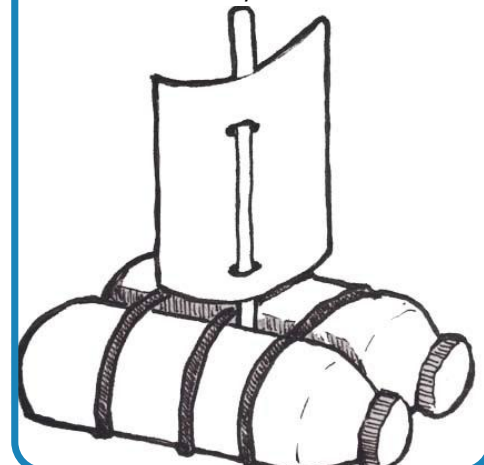
2

Make 2 small holes, one in the middle of each short edge of the paper. Thread the stick through.



3

Push your mast between the bottles so the sail stands up. You can secure it with more bands or sticky tack.



Write about your experiment

- Explain why the materials you used to make your boat allowed it to be buoyant and not sink.
- Do you think your boat would have been buoyant if you'd made it five times bigger? Why?
- Do you think your boat would remain afloat if it was carrying a stone? Why not try this out and write about your experiment?

Join the Little Red Box scheme!

Help Mission Together share God's light and love with children in poor countries. Order a Little Red Box from education@missio.org.uk, fill it with pennies and prayers and then send what you raise to us at the address on the cover of this workbook.



I want to help Sister Mary support and encourage more children like Nu Moe. I'm saving up for:

£10

A uniform for one child



I want to buy uniforms.

£17

A sack of rice



I want to buy sacks of rice.

£50

Help to buy a hydro-electric generator



I want to raise for a generator.

These are examples of how your help will change children's lives in Myanmar and throughout the world!

Fantastic Fundraising

Try some of our awesome fundraising ideas, or create your own!

- Dress up as a character from your favourite children's book. Donate £1 to Mission Together.
- Hold a boat race using the boats you made on the Set Sail page. Charge people £1 to join in.
- Do a puppet show telling younger classes well-known Bible stories, like the Good Samaritan or Noah's Ark. Provide snacks and ask for donations.
- Host a game night, quiz or fashion show, invite your friends and family.
- Walk to School Week – Use the money you save on petrol or fares for Mission Together. Maybe you can pray for children like Nu Moe as you walk?
- Get sponsored. Could you do a fun run, a football tournament, or sit in a bath of baked beans?!

P2: Welcome to Myanmar

1. a. China b. Laos c. Thailand d. Bangladesh e. India
2. Rural

P3&4: Nu Moe's story

1. Any of the following: floods and storms, no electricity, no roads.
2. It's good for fishing.
3. It means Nu Moe can get to school.
4. 'to and fro'
5. Any of the following: cared for; loved; supported
6. Assists

P5: Maths

1. 31 children are boys. $70 - 39 = 31$
2. $£7.00 \times 6 = £42.00$
3. 28 children prefer rice. 10% of 70 children is 7. Half of 70 is 35 $7 + 35 = 42$ The remainder is $70 - 42 = 28$
4. You should have coloured in 14 children. $20\% 70 = 14$
5. 2 4 6 8 10 12 14 16 18 20 etc.
5 10 15 20 25 30 etc.
7 14 21 28 35 42 49 56 63 70
10 20 30 40 50 60 70

P7: A Good Shepherd

2. Answers could include: Jesus knows each of us and lets us know him. He brings us back safely if we stray. He protects us from harm. He gave his life for ours. He wants what's best for us.
3. Answers could include: learning about other children and what they need; standing up for our friends; helping others; including people who are left out; raising money and praying for children who have less than us.

P9: Set sail!

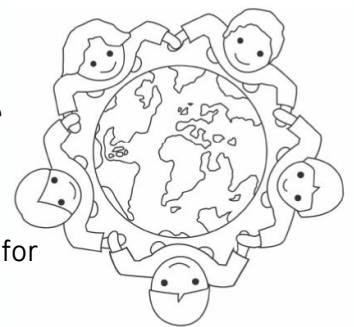
The science of sailing: hollow; dense; upthrust; buoyant.

Who we are

Mission Together is the children's branch of Missio – the Catholic Church's official charity for overseas mission.

Mission Together is universal: while children in England and Wales pray and fundraise for children overseas, children around the world are praying and sharing too, in an amazing exchange of faith and friendship.

Mission Together supports all children, regardless of background or beliefs. Look out for other workbooks that feature children in different continents in the months ahead.



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