



With My Own Two Hands Foundation | At-Home Film Screening Guide

Thank you for taking the time to watch and learn more about our films with your family. Enjoy!

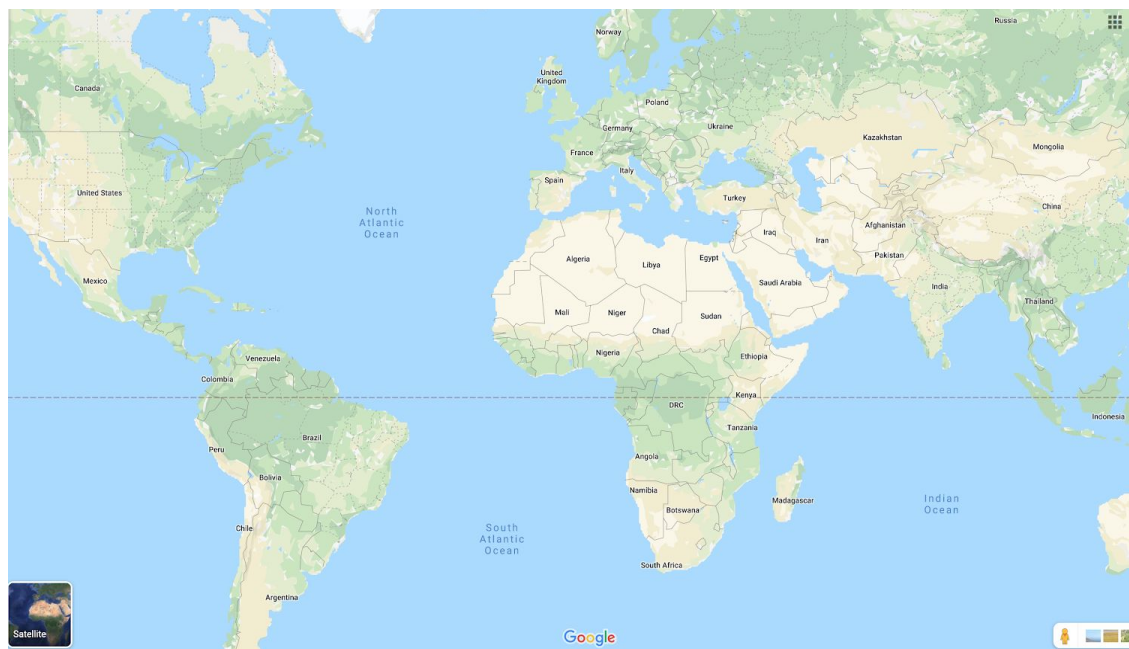
Recommended Films

- ***Our Children - Twana Twitu (20 min)***
**Recommended for elementary/middle school students*
- ***Drop of Life (20 min)***
**Recommended for elementary/middle school students*
- ***Sisters of Umoja (15 min)***
**Recommended for high school students*

Did you know?

- Around the world, 780 million people live without access to clean water and over 2.5 billion people need improved sanitation.
- Women and children spend an estimated 200 million hours gathering water every day.
- Globally, 1 in 9 people do not get enough food to be healthy and lead an active life.
- Nearly half of the world's population live on less than \$2.50 a day.
- In Sub-Saharan Africa, 1 in 4 people are undernourished and only 25% of the population use a hand-washing facility with soap and water.
- Nearly half of Kenya's population only have access to unsafe drinking water sources.

Can you find Kenya on the map?



With My Own Two Hands Foundation creates water independence, sustainable agriculture and educational opportunities to foster self-reliance in East Africa.



Discussion Questions

**Watch 1-2 times as films are short and rich with content and beautiful imagery. Select 3-5 questions to set the context before the film and 3-5 questions to debrief after the film. Make sure to leave time for questions as children may not be familiar with some of the topics discussed.*

Pre-Film

- What do you think this short film will be about and why?
- How do you think other communities and cultures around the world are similar to yours?
- How do you think other communities and cultures around the world may be different to yours?
- Why is having clean water important to you?
- Why is having nutritious food important to you?
- What do you think life would be like without clean water or food?
- Why do you think some families and communities do not have clean water or food?

Post-Film

- How did this short film make you feel and why?
- Who was your favorite person in the film and why?
- What was your favorite part about the film and why?
- What challenges did you see the people in the film face and overcome?
- What were some of the impacts you noticed of clean water and nutritious food?
- How do you think good health is connected to clean water and nutritious food?
- If you were to meet some of the people in the film, what would you say to them and why?
- What is your biggest takeaway from the film and how will you share this with other people in your life?
- If you were to create your own project that resulted in positive change for an individual or a community, what would it be and why?

Call to Action

We truly appreciate you taking the time to watch our films. If you and your families feel inspired by our films, we invite you to join our WMO2H giving community. Start your own fundraiser or join our monthly giving program: **THRIVE**. A monthly gift of \$30 provides one person with access to clean water or four people with a reliable food source through our community projects. Together, we can create lasting change that helps communities **THRIVE**.

Visit: WITHMYOWN2HANDS.ORG/THRIVE

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