

## **Kenyan**

### **Kenyan Girls' Game**

In this game, girls sing and act out chores of Kikuyu women. Players form two lines facing each other. The first line steps forward, singing "This is the way we chop our wood, here in the land of Kikuyu." As they sing, they make rhythmic motions as though cutting wood. The song may be sung to the tune of "Here We Go Round the Mulberry Bush." When they finish, they step back. The other line steps forward, singing, "This is the way we build our fire, here in the land of Kikuyu," stooping to lay wood and blow on an imaginary fire. The groups continue taking turns.

Group 1: "This is the way we carry our water, here in the land of Kikuyu," balancing gourds on their heads.

Group 2: "This is the way we oil our bodies, here in the land of Kikuyu," rubbing their bodies with imaginary oil and ochre.

Group 1: "This is the way we grind our corn, here in the land of Kikuyu," kneeling and motioning to grind corn between two stones.

Group 2: "This is the way we carry the baby, here in the land of Kikuyu," holding imaginary babies on their backs and rocking from side to side.

### **Hunting the Leopard: A Kenyan Boys' Game**

Though mainly agricultural people, at times Kikuyu men hunted wildlife that attacked their livestock or crops. In this imaginary hunt, Kikuyu boys practice their skills. Each player has a long pointed stick and a short stick as a spear and knife. Boys divide in two teams, choose a leader and find a playing ground with bushes. The leader chants words like: "May the skin of the leopard that took goats from the flock be punctured by the spears and arrows of these warriors. All hail to the warrior whose spear first enters his body." The leader throws a sprig of leaves between the teams, and the boys thrust their spears into the ground around it, also chanting. The teams start hunting, beating the bushes aside with knives, and slowly track down the animal. At the end, the leader snarls like a cornered leopard. The boys hurl their spears at the ground where the imaginary leopard crouches, and then circle around it, shouting a victory song.

## **Arts & Crafts**

### **Craft Area**

Add African animal stamps and pens?

### **Weaving**

Use a Styrofoam tray with rubber bands around it and weave with ribbon, feathers, sticks, etc.

### **The Village of Round and Square Houses**

Read "The Village of Round and Square Houses." Make round and square houses with paper and straw etc., after reading this book.

### **Beads**

Use 2 cups flour, 1 cup salt and small amt. of water to make a dough. Knead the dough. Have the children make circles and square shapes. Stick a small toothpick into the clay to make the hole. Bake in oven at 225 degrees for 1 hour. Once cool let the children use markers to decorate them. Then let the children string them into a necklace. You could make a bracelet using elastic thread.

### **African Masks**

Masks have been made for thousands of years from all kinds of materials and for many different uses. Some are religious, or represent nature and tribal ancestors. Dancers wear masks in ceremonies to bring rain or chase away evil or sickness.

Using a paper plate fold in 1/2. Cut out eyes, nose and mouth. These can be painted. You can hole punch all around edges and add yarn or raffia.

### **African Shields**

Shields were made in a great variety of sizes and shapes. Some only a few inches long were carried in dance rituals and were merely symbols of their original use. Shapes varied from tribe to tribe.

Using a paper plate staple a strip of strong paper to the back and staple on each side of the plate. The child will insert a hand into the back of the plate and the paper will keep the shield in place. Let the children decorate the plate. Color and glue on cut up wallpaper pieces, sequins, yarn, etc. Let the kids dance around with the shields.

## **Kofis** (Pronounced >Koo-fees)

Kofis look like a pillbox hat and are a traditional headdress for celebrations. These special hats add authenticity in role-playing and the study of African culture.

Use dark construction paper 24"x2" for the headband. Cut 6 strips 12" long by 2" wide. Arrange strips like a wheel, overlapping in the center. Staple the center or use a brad (paper fastener). Punch holes all around the hat and attached the strips with the brads.

## **Drums**

Africa probably has the largest variety of drums to be found in any continent, but virtually every other type of musical instrument is also represented throughout Africa. Of the drums, the most characteristically African are those known as "talking drums" because they can reproduce the tonal inflections and rhythms of African languages. In Zaire, Congo, and other countries in Africa, drums or gongs, as they are called in Congo are still used to send messages.

I use a pot turned upside down and a wooden spoon. Let the children tap out a drumbeat. Tell them that the drums were used to send important messages. Then ask the kids to tell you what they said on the drum. Pass it around the circle.

Set out a variety of objects for the children to use as drums. Oatmeal boxes and coffee cans with plastic lids can serve as hand drums. For larger drums place objects such as wastebaskets, ice cream buckets and cardboard boxes upside down on the floor. Let the children experiment with the drums and talk about the different sounds they make. Which ones are the best for making a sound like falling rain? Which ones are best for making the sound of elephants stomping? Tap out rhythms for the children to repeat. Play African music and let the children accompany the music with the drums.

## **Rainsticks**

For centuries many tribes have used rainsticks to summon the rain. Let the children fill paper towel rolls with rice, beans etc. Cover the ends with a small circle of poster board and masking tape. Let the children paint. **SAVE THOSE PAPER TOWEL ROLLS!** Our kids made a huge rainstick using a mailing tube.

Let the kids hammer in roofing nails all over the tube. Cover the end w/poster board and clear tape, then filled it with rice. Experiment with the sound of different amounts of rice. When you like the sound, tape up the other end. Let the children paint a stripe horizontally until each child did one. Then let each child take a pencil dipped in paint and make dots all over the tube.

### **Balancing**

The African people go about their daily business w/pots of water, food, blankets, etc. on top of their heads. Let the children practice at balancing a few folded blankets on top of their heads.

### **Slings**

The African women go about their daily business w/their children in a sling on their back. I made a simple sling for the children to use and carry a doll in the sling.

### **Calabash Bowls**

A Calabash is a bowl made from dried gourds. We make papier-mâché to create our bowls. I turn over a small foam bowl with a piece of plastic wrap taped over it. let the children lay strips of newspaper that have been dipped in glue over the bowls. Do more than one layer. When dry, remove and cut them into a circle or bowl shape. Paint with bright colors and spray with clear acrylic.

### **Flags**

Each African country has its own flag of meaningful colors: green symbolizes growing things, yellow symbolizes the sun, red the blood of the people, blue the sea, white peace, and black the people or African freedom.

Have the children make their own flags, be sure to ask them what the colors that they have used signify to them!

### **Wodaabe Mirror Pouch**

Poster board or oak tag, dark in color, 5" X 10", Yarn, gimp 3' long, Aluminum foil, 3"X4", pencil, glue tape, scissors and hole punch.  
Decorations: Beads, buttons, gold foil, small shells, bits of

colored paper. Fold board in half, Open it and draw a 2"x3" box in the middle of top half. Cut up and around 3 sides, leaving bottom edge attached for a flap. Push flap through to other side and glue or tape foil to cover inside opening. Fold the poster board closed. With edges closed. Punch holes through both layers on three sides, but not folded one. Sew up the edges, even the ends and tie around the back of your neck. Glue on decorations.

The Wodaabe place decorations in rows. The Wodaaabe people of Niger wear leather mirror pouches decorated with cowrie shells, beads, and copper, and more, around their necks. Other Africans use found objects like large safety pins and even pieces of zippers in their arts and crafts."

## **Games & Activities**

### **Galloping Zebras**

Have children stand in a large circle and pretend to be zebras. Have one child to stand in the middle and beat a drum using fast and slow rhythms and the other children can gallop to the beat of the drum.

### **Stripe Matching**

Draw from one to five pairs of index cards. Mix up the cards and let the children take turns matching the stripes.

### **Monkey See, Monkey Do**

Have children stand in a circle. Choose one child to make a funny movement and have the others try to imitate him/her. Continue until all children have had a turn.

### **African Safari**

Have safari day at school! Have each child bring to class a stuffed animal of a real animal that could be from Africa. Hide them around the room when the children are away from the classroom, or have someone else do this. Go on a safari to find the animals.

### **Clap Game**

Clap if it lives in Africa or if it is done in Africa or if it is related to Africa.

Teacher calls out to the group. Remind the children that you will try to trick them zebra, gorilla, Kwanzaa, President Clinton, shoe, taco, hippopotamus, Nile River, Sahara Desert, African masks, blue, polar bears, sock, talking drums, lion, dung beetle, white rhino, peanuts, jambo, balance items on head, pink, sink, t.v., kofi (pronounced >koo-fee), shield, savanna, watch, computer, chimpanzee, ostrich, cape seal, rock, python, flamingo, cheetah, spoon, balloon, monkey, hyena, jackal, elephant, book, leopard, aardvark, cape buffalo, wildebeests, anteaters, antelopes, lemur, tsetse fly, army ants, chair, hair, fork, table, meerkat, African violet plant, carry baby in a sling, rainstick, 2nd largest continent in the world, giraffe, grasslands, jungle, carry pots on top of head.

### **Game Kisolo**

It's a fun game played with seeds or stones. You can play it with you children, using an egg carton and buttons or beans. Cut the lid off an egg carton and save bottom portion for the game. Make two collection boxes 2 inches high by measuring and cutting off the tops of two half-pint cardboard milk cartons. Paint all pieces with acrylic paints inside and out. Let dry, then cut a 6 by 18 inch of cardboard or poster board. Center the egg carton on the sheet, place a collection box at each end and glue the cartons in place. Decorate. (use two baskets at each side of the egg carton and not bother with gluing onto cardboard. Easier to transport)

To play: Sit across from your opponent and place game between the two of you so that your collection box is to your right and your opponent's box is to your left. Fill each egg-carton bin with four tokens such as buttons, beans or glass blobs. The object of the game is to collect the most tokens in your collection box.

The youngest player can go first. Play begins by picking up all tokens in any one bin on your side of the game, which is the row facing you. Place a token in the bin to the right of the empty bin and continue dropping tokens one by one counterclockwise. If you reach your collection box, drop a token in the box and continue to your opponent's side until all tokens in your hand are distributed. Do not drop a token in your opponent's box. Gain an extra turn when the last token lands in your box. If the last token lands in an empty bin on your side of the game, take all of your opponent's tokens from his bin opposite that empty bin. Place them in your box.

Your opponent resumes play. When bins from one side of the game are empty, the game stops. Count the tokens in the boxes.

I've seen these at the stores for around 25.00. I like to use those pretty stones or glass blobs for the tokens.

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Kikuyu," rubbing their bodies with imaginary oil and ochre. Group 1: "This is the way we grind our corn, here in the land of Kikuyu," kneeling and motioning to grind corn between two stones. Group 2: "This is the way we carry the baby, here in the land of Kikuyu," holding imaginary babies on their backs and rocking from side to side.

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### **Discussion**

Talk about Ancient Egyptians

- pyramids
- ancient writing
- Pharaohs (rulers or kings)
- temples and palaces

The people of Africa

- customs
- villages
- living conditions
- adornments
- food (crops)
- clothing

## Animals of Africa

- camels, zebra, etc.
- livestock (cattle, sheep, goats, and camels) also labors

## Environment of Africa

- desert
- plains
- forests
- tropical

## **Recipes & Snacks**

### **Nutty Bananas**

Let the children enjoy this fun snack, which combines two favorite African foods-- bananas and peanuts(groundnuts).Make a mixture of finely chopped or grated peanuts, wheat germ and cinnamon. Place small amounts of the mixture on paper plates and give each child one half of an unpeeled banana. To eat, have the children gradually peel their bananas and dip them into the nut mixture before taking each bite. You could substitute grape nuts cereal for the peanuts.

## **Songs, Poems & Finger Plays**

### AFRICA FINGERPLAY

I'd like to go to Africa (Point to self.)

Where natives build straw huts like this (Join fingertips of two hands and form roof)

Where elephants have big, gray trunks (clasp hands and swing arms in front like a trunk)

Where natives' arrow seldom miss (Shoot arrow in pantomime.)

Where lions shake their manes and roar (Shake head & roar)

I'd like to go to Africa. (Point to self)



## **Arts & Crafts**

### **Newspaper Trees**

Take 3 sheets of newspaper and roll them up overlapping as you go. Tape the bottom. Cut about 4 or 6 slashes 1/3 of the way down the top. Gently pull up on one of the inside "leaves" and then you have a paper tree.

### **Animal Cracker Art**

Supplies needed:

Light Blue Construction paper

Animal Crackers

Glue

Crayons or markers (Crayons work better)

Give each child a sheet of light blue construction paper and let them create a scene for their animal crackers to appear in. (They have a much easier time if you prepare an example for them to look at). After each child has completed their scene just glue the animal crackers to their picture.

A collage from animal crackers.

Cut a giraffe shape from orange paper, and sponge paint it with black paint to make spots.

### **Fluffy Birds**

Glue 2 popsicle sticks together to form a cross. Glue real colored or paper feathers onto the cross leaving the top for a head. Glue paper head on top OR use markers as eyes & beak.

### **Zany Zebras**

Give each child a construction paper picture of a zebra with no stripes, mane, or tail. Use a fine brush or Q-tip & have them make stripes with black tempera paint. When paint dries, glue strips of fluorescent paper on neck & tail. Have the kids fringe paper.

## **Games & Activities**

### **Terrariums**

Terrariums are easy to make from plastic soda or water bottles. Have everyone bring a bottle with the label off. Cut bottle in half. Put pebbles and potting soil in the bottom half. Plant some small plants and water it sparingly. Use the top half with the cap on as the lid. Cut 4 1" places on the cut edge of the lid so as to allow it to fit over the bottom planted part. The plants will then water themselves from condensation on the inside of the bottle. They last a long time without care. You add a ceramic rainforest animal.

### **Tribal customs**

Get a book on indigenous people of the rainforest and face paint the children to look like the tribal people. Then string beads for tribal necklaces. Play a tape of rainforest sounds; the rainforest is never quiet.

### **Rainforest Collage**

Make rainforest collages from rainforest products such as coffee, sugar, tea.

### **Safari Hunt**

Decorated your toilet paper binoculars and went on a Safari. Hide animals all over and pretend to put on your backpacks, hats etc. Then stop in the middle because it's so hot and have a pretend drink of water and put on your sunscreen.

### **Rainforest**

If you decorate the room to look like a rainforest, you could use some steam vaporizers. This will enable the children to understand more about the type of weather that is found in the rainforest.

### **Jungle Fun**

After talking about what animals live in the jungle, ask the children to draw and cut out three or more animals that live in the jungle. Make binoculars out of toilet paper rolls. When the children are not there, tape the pictures out in the hall and then go out on a safari. The children are to find the pictures that belong to them.

### **Recipes & Snacks**

#### **Jungle Animal Centerpiece (Edible)**

Pick an apple that will stand up by itself nicely. Cut the apple in half, horizontally. Place the two cut ends in a little lemon juice, to retard browning). Cut a plastic straw into 3 equal pieces. Pick 3 jungle animals from a pkg. of animal crackers. Place the straws into the bottom half of an apple evenly. Attach each animal cracker with a dot of peanut butter. Press top half of apple into bottom half of apple. Instant animal carousel.

Animal Crackers

Toast cut into jungle shapes

Cake decorated like a jungle on top.

### **Songs, Poems & Finger Plays**

#### **Three Talking Toucans**

Three talking toucans sitting in a tree

The first one turned & squawked at me!

Three little toucans sitting in a row

The second one said "I flap my wings, watch me go!"

Three little toucans sitting side by side

The third one said "my bright beak, I open wide!"

### **Three Frolicking Red Eyed Tree Frogs**

Three little frogs sitting in a tree  
The first one turned & jumped towards me!  
Three little little frogs hopping all about  
The second one said "at night's when I come out!"  
Three little frogs leaping tree to tree  
The third one said "hey,wait for me!"

### **The Mighty Morpho Butterflies**

Three morpho butterflies gliding through the trees  
The first one swooped to take a look at me!  
Three morpho butterflies sitting on a leaf  
The second one was trying to eat something sweet!  
Three morpho butterflies flitting all about  
The third one landed on my snout!

### **Take A Walk In The Rainforest**

There are four levels of the rainforest.  
Let's take a walk & see.  
The Emergent Level of the rainforest is the tops of the tallest trees.  
Vultures, Mosquitoes, flying Geckos  
Glide on skin from head to toe  
Harpy eagles almost four feet tall  
Look around 'cause that's not all  
There are four levels of the rainforest.  
Let's take a walk & see.  
If we could bend way back & look up high, we'd see the Canopy.  
Fruit Bats, Toucans Parakeets too  
And Howler Monkeys, to name a few  
It looks like broccoli we would say  
From the window of a plane on a sunny day  
There are four levels of the rainforest.  
Let's take a walk & see.  
Look straight up, we will find what's called the Understory.  
Bromeliads and orchids are called Epiphytes  
They grow without soil at different heights  
Butterflies, Tree Frogs, & hummingbirds  
Are some of the sounds that can be heard  
There is one more level of the rainforest.  
We've reached the number four.  
The lowest level of the rainforest is simply called the Floor.  
Clay and sand & fallen leaves  
Mold & fungus, buttressed roots of trees  
Insects, Millipedes, crocodile  
Anacondas & natives who love to smile.  
At the four levels of the rainforest, let's take a walk & see.

There are four levels of the rainforest.  
Name them now with me.  
Emergent Layer & canopy  
Are one & two.  
Let's go for three.  
The Understory, don't forget number four  
The lowest level, the forest Floor.

### **Little Froggy**

(tune: I'm a little teapot)  
See the little froggy  
Swimming in the pool  
The water's great  
It's nice and cool  
When he gets all cleaned up  
Out he'll hop  
Squeaky clean  
From bottom to top.

See the little froggy  
On the lily pad  
Trying to catch flies  
She's getting sad.  
When she catches one,  
She'll gobble it up  
Back in the water  
She'll go kerplop!

### **Baby Frogs**

"Ribbit Ribbit" said mama frog  
Sitting on a great big log  
"Where are my babies, where can they be?"  
Then out of the pond jumped one, two and three.  
(Hold up three fingers , one at a time)  
She was happy as could be,  
But where were the others? She couldn't see.  
So, "Ribbit, ribbit," she called again.  
Then out they jumped---4,5,6,7,8,9 and 10.  
(hold up remaining fingers one at a time)