

# Play the Game

## MAMBA (AFRICA)

Mamba is a traditional children's game played throughout Africa and is named for the infamous African snake.

### DIRECTIONS:

1. Mark out an area for the game; everyone has to stay inside the area during the game, or they have to sit out for the rest of the round.
2. One player is chosen to be the “mamba” and they run around inside the area trying to catch the other players.
3. When the first player is caught, they become part of the snake's body by holding onto the mamba's shoulders or waist. Each player caught after that takes hold of the last person in the “snake” of players.
4. Only the “mamba” can catch other people, but the players in the “body” can help by not allowing players to get past (players cannot pass through the mamba's body).
5. The game is won by the last player left uncaught by the mamba.

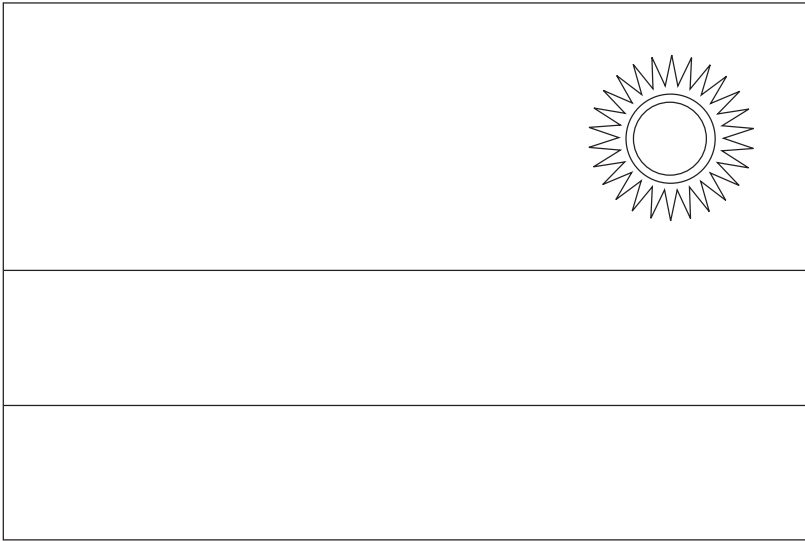
# Let's Speak Kinyarwanda

## (RWANDA)

Common phrases in Kinyarwanda

ENGLISH:	KINYARWANDA:	PRONUNCIATION:
Welcome	Murakaza neza	Moor-ah-KA-zah NEH-zah
Hello (General greeting)	Muraho	Moor-AAH-HOE
How are you?	Amakuru? (News?)	Ah-mah-KOO-roo
Reply to 'How are you?'	Ni meza	Nee MAY-zah
What's your name?	Witwa nde?	Wit-WAN-day
Good morning	Mwaramutse	MWAHR-ah-MOOT-say
Good afternoon	Mwiriwe	MWEER-ah-way
Good evening	Mwiriwe neza	MWEER-ah-way NEH-zah
Good night	Muramuke	Moor-ah-MOO-kay
Goodbye	Murabeho	Moor-ah-BAY-hoe
Excuse me	Mbabarira	Mbah-bah-REE-rah
Thank you	Murakoze	Moo-rah-KOH-zee
Reply to thank you	Ntacyo	NAH-cho
I love you	Ndagukunda	Ndag-oh-KOON-da

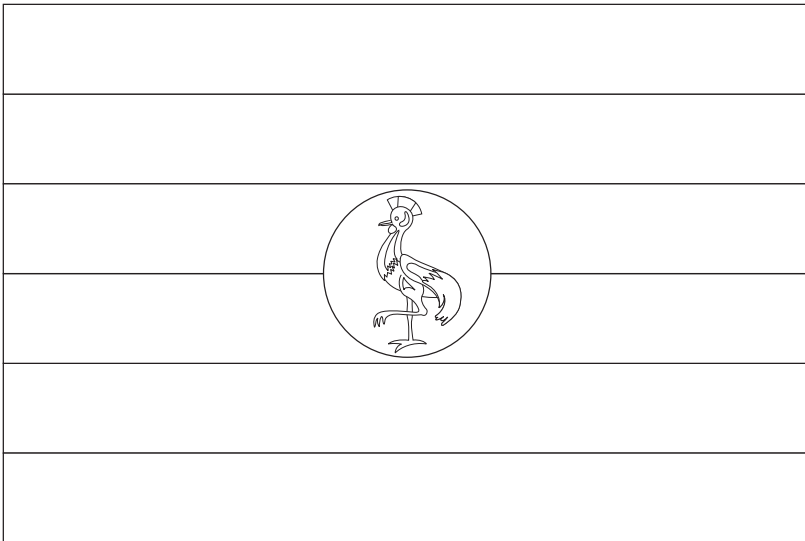
# Color The Flag



## RWANDA

### DIRECTIONS:

Color the top half light blue, the stripe underneath yellow, and the bottom stripe dark green. Color the sun yellow.

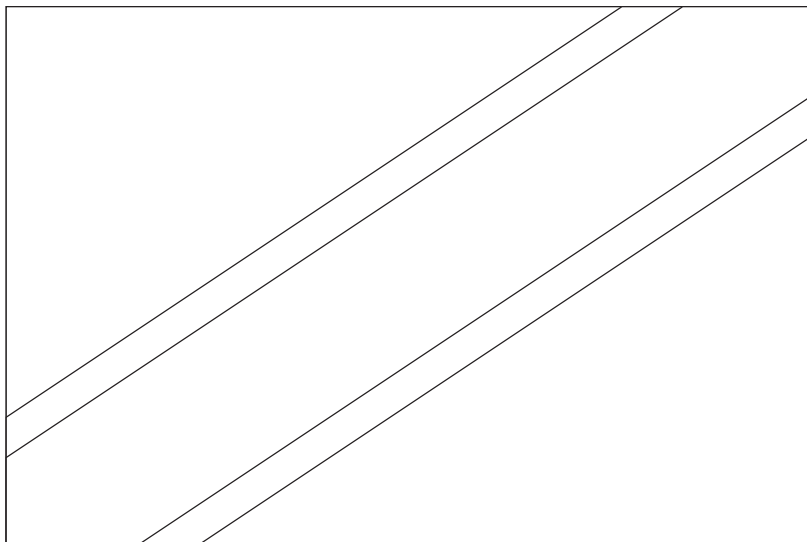


## UGANDA

### DIRECTIONS:

Color the stripes, starting from the top, black, yellow, red, black, yellow, red. Leave the circle in the middle white. Color the feathers on the top of the crane's head red, yellow, red. Color the wattle under its chin red. Leave the top of the tail feathers white and color the bottom of the tail feathers red. Leave the eye white and color the rest of the white areas gray.

# Color The Flag



## TANZANIA

### DIRECTIONS:

Color the top left triangle light green and the bottom right triangle light blue. Color the large diagonal stripe black and the thin stripes on either side yellow.

# Make a Craft

## AFRICAN FINGER HARP

### SUPPLIES:

a piece of wood approximately  
3.5 x 5 x 0.5 inches (9 x 12 x 1 cm)  
5 bobby pins  
heavy staples

staple gun/hammer  
sandpaper  
marker pens

### DIRECTIONS:

1. Find or cut a piece of wood to the correct size. If needed, sand it to smooth out the surface and edges.
2. Straighten out the bobby pins. Lay them across the wood, lengthwise.
3. Staple each of the straightened bobby pins to the wood, near the edge of the wood.
4. Use a hammer to tap the staples tightly over the bobby pins.
5. Then staple each bobby pin down a second time. With the first pin, staple close to the first staple. Each successive pin should be stapled further down the pin, with the last one being about  $\frac{2}{3}$ – $\frac{3}{4}$  of the way down the pin. Again, hammer the staples down. You may want to add an extra staple in the middle of the last pin to keep it stable.
6. Next, bend up the ends of each bobby pin at the staple.
7. Now, pluck down on the ends of pins with your thumb to create a tune.
8. Use marker pens to decorate the harp.

# Let's Cook!

## ROLEX (ROLLED EGGS) (UGANDA)

Serves 1

### INGREDIENTS:

2 eggs	1 tbsp minced red onions
¼ cup thinly sliced cabbage	salt
¼ cup tomatoes (seeds removed and finely diced)	vegetable oil
	1 large chapati

### DIRECTIONS:

Crack the eggs into a bowl. Add the cabbage, tomato, onion, and salt. Stir together until well combined.

Preheat a large skillet over medium-high heat. Oil well.

Add the eggs and spread out into a flat circle with the back of a spoon. Cook until mostly set and the bottom is lightly browned.

Flip and cook another couple of minutes. Top with chapati to heat it up.

Remove from pan and, when cool enough to handle, roll it up and eat.

## CHAPATI (TANZANIA)

Chapati is unleavened flatbread with no baking powder or yeast and is one of the most popular dishes in a Tanzanian home.

### INGREDIENTS:

1 cup whole wheat flour	2 tablespoons olive oil
1 cup all-purpose flour	¾ cup hot water or as needed
1 teaspoon salt	

### DIRECTIONS:

In a large bowl, stir together the two flours and the salt. Use a wooden spoon to mix in the olive oil and enough water to make a soft dough that is elastic but not sticky. Knead it on a lightly floured surface until it is smooth. Divide into 10-12 parts. Roll each piece into a ball and let them rest for a few minutes.

Heat a lightly greased skillet over medium heat. On a lightly floured surface, use a floured rolling pin to roll out the balls of dough and make them very thin.

When the pan starts smoking, put a chapati on it. Cook for around 30 seconds — or until underside has brown spots — and then flip it and do the same with the other side.