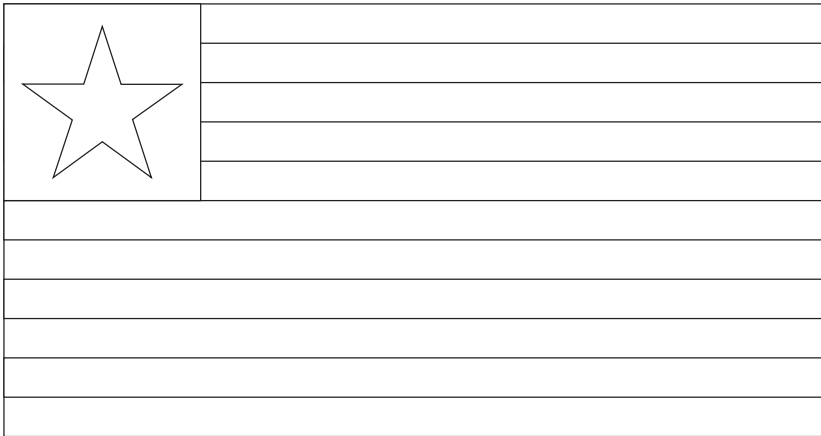


Color The Flag



LIBERIA

DIRECTIONS:

Color every other stripe red, starting at the top and ending at the bottom with red stripes. Leave the other stripes white. Color the square in the top left corner blue, leaving the star white.

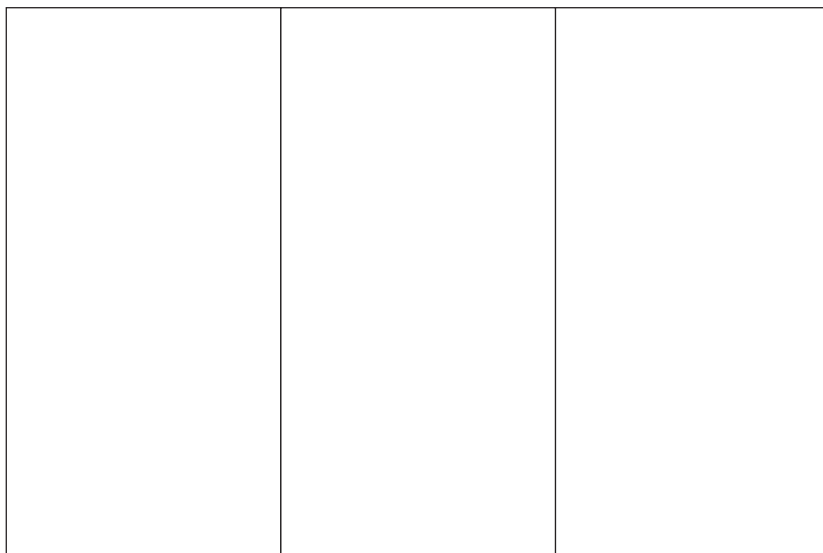


GABON

DIRECTIONS:

Color the top third green, the middle third yellow, and the bottom third blue.

Color The Flag



GUINEA

DIRECTIONS:

Color the left third red, the middle third yellow, and the right third green.

Let's Cook!

GINGER DRINK (GUINEA)

INGREDIENTS

6 cups (1.4 liters) boiling water
1 cup (115 g) fresh ginger root,
peeled and grated
1 cup (200 g) sugar
10–12 whole cloves

2 whole cinnamon sticks
1/2 cup (120 ml) fresh lemon or
lime juice
1 cup (240 ml) orange juice
8 cups (1.9 liters) cool water

INSTRUCTIONS

Pour the boiling water over the grated ginger root, sugar, cloves and cinnamon in a large enamel, glass or stainless-steel bowl. Cover and set aside in a warm place for at least an hour. Strain the liquid through a fine sieve or cloth, add the juices and water and set aside in a warm place for another hour. Gently strain the liquid again, taking care not to disturb the sediment at the bottom. Store in the refrigerator or a cool place in a large glass container. It can be served warm, cold, or on ice, either as it is or diluted with water or sparkling water. A squeeze of fresh lime juice in each glass of ginger drink is good.

Let's Cook!

BAKED BANANAS

(GABON)

INGREDIENTS

8 bananas cut into three equal diagonal pieces

1 egg

2 tbsp (30 ml) orange juice

3.5 oz (100 g) bread crumbs

½ cup (120 ml) vegetable oil

1½ cup (350 ml) sour cream

8 tbsp (100 g) brown sugar

INSTRUCTIONS

Beat the egg and the orange juice together. Dip the bananas in the egg mixture and then in the breadcrumbs. Heat the vegetable oil in a frying pan and fry the bananas until they begin to brown lightly. Transfer to a baking sheet and place in an oven pre-heated to 350 F (170 C) for 5 minutes. Serve 1 banana per person, topped with sour cream and sprinkled with brown sugar.



Let's Sing and Play!

LE PETIT LAPIN (THE LITTLE RABBIT)

(GABON)

FRENCH

Mon petit lapin a bien du chagrin
Il ne saute plus, ne danse plus dans
mon jardin.

Saute, saute, saute, mon petit lapin
Et va-vite embrasser quelqu'un.

ENGLISH

My little rabbit is very sad,
He no longer hops or dances in
my garden.

Hop, hop, hop, my little rabbit
And quickly go kiss someone.

GAME INSTRUCTIONS

One child plays the role of the rabbit. The children form a circle, with the little "rabbit" in the center. The children go around him singing the first two lines of the song and then they stop moving but continue to sing and clap their hands and the little rabbit in the middle starts hopping. On the last line, the little "rabbit" chooses one of the other children and tags him or her and that child takes the role of the rabbit in the center.

A link to an audio clip of the song can be found at bit.ly/LePetitLapin.

TRAIN, TRAIN PARTY

(LIBERIA)

DROP THE HANDKERCHIEF GAME

Leader: Train, train party!

Group: Aaaaa, party!

Leader: Train, train party!

Group: Aaaaa, party!

Leader: I wrote my letter to my Dad

And on the way I dropped it,

Little boy picked it up

And put it in his pocket.

GAME INSTRUCTIONS

The children squat in a circle looking forward. One child (the leader) walks around outside the circle holding an object like a handkerchief or a shoe. The leader sings her part of the lyrics and the group responds with their part.

At some point the leader drops the object behind one of the children in the circle and runs around the ring. The second child then has to chase the leader. If he catches the leader before she reaches his empty space in the circle, the leader must go around again with the handkerchief. Otherwise, the second child becomes the new leader and the game starts over again.

The game and song can be seen on YouTube at bit.ly/TrainTrain (the game starts in the video at 1:57).