



Trek Around the World Nairobi, Kenya Guides

Choose one option from each category to earn your Zoë in Kenya crest. You will need to complete: one active option, one creative option, one cultural option and one Guiding option.

Active Options

Option 1: African Freeze Tag

Materials Needed:

- map or book about Africa
- one or two “boffers” (Styrofoam swords)

Talk about Africa. Here are some things to discuss:

- Where is Africa?
- Where is Kenya?
- What kinds of animals would you see in Kenya?

If you were on a safari in Kenya you would probably see: antelope, zebras, giraffes, wildebeest, cape buffalo, black rhinos, white rhinos, elephants, lions, leopards, cheetahs, hyenas, wild dogs, jackals, vultures, eagles, hawks, ostriches and more. These animals live in the savannah or grasslands.

Once you have had a discussion about Africa, play a game of freeze tag.

One or two girls are given "boffers" to use as safe taggers. ("Boffers" are from the "New Games" book and are Styrofoam swords that allow for tagging without contact and injury.) When you have been tagged, you must freeze and can only become unfrozen when you tell the Guider something about Africa. You might want to do this in rounds (for example, in the first round, you could use animals of Africa). Make sure you don't repeat a fact about Africa that another player has already used. If you are playing in a larger area, you can add more taggers.

Option 2: Jackstones

Jackstones is a traditional Kenyan game.

Materials Needed:

- 10–15 palm nuts, peach or plum pits or almonds for each player

Instructions:

1. Find a flat, smooth surface.
2. Sit in a circle on the ground and place all of your nuts or pits in a pile in the centre.
3. Each girl keeps one nut to toss into the air. Before her nut hits the floor, the girl scoops up as many nuts as she can from the pile, catching the falling nut with the same hand.
4. A player that doesn't catch the falling nut in time must put the nuts she just took back into the pile in the middle of the circle.
5. Continue to play until all the nuts are gone.

Creative Options

Option 1: Create your own Myth

Myths and legends are passed down from generation to generation and usually give some explanation for why things are the way they are. There are many myths associated with African culture.

Now it is time to create your own myth. Pick a topic. It could be about an animal or a person. In a small group, write your myth and illustrate it.

For examples of myths go to the following Web sites:

www.afro.com/children/myths/myths.html
www.mythome.org/Africa.html

Creative Options

Option 1: Giraffe Sculpture

Materials Needed:

- empty frozen juice container
OR
empty soup can (no sharp edges)
- cardboard
- popsicle stick (optional)
- black marker
- yellow and brown paint
- cotton ball

- scissors
- papier mâché paste (1 part flour to 5 parts water. Boil about three minutes and let cool)
- strips of newspaper and white paper

Instructions:

1. Draw the parts of your giraffe (head, neck and legs) onto a piece of cardboard (thin cardboard works well, but corrugated cardboard is better). If you want, you can use a popsicle stick to make the giraffe's long neck.
2. Cut out the cardboard pieces.
3. Papier mâché the can and the giraffe pieces (cover with two layers of newspaper).
4. Let dry (it takes about a day for the papier mâché to dry).
5. Tape or glue the pieces onto the can.
6. Papier mâché the giraffe with strips of white paper or paper towel (the white paper is easier to paint than the newspaper).
7. Let dry.
8. Paint the entire giraffe with yellow paint.
9. Let dry.
10. Dip the cotton ball into the brown paint and splat some dots onto the giraffe
11. Draw a face with black marker (or use wiggly eyes)

Cultural Options

Option 1: Grinding to the Beat!

In Kenya the women grind corn to make meals. Grinding is done with a mortar and pestle. A woman will pound the corn with a very long pestle for up to six hours each day! During this entire time she will keep up a regular beat. Imagine all the work it takes to make one meal!

BEAT GAME

Material Required:

- your favourite music with a beat
- enough newspaper for each girl to make a roll to represent the pestle.

Directions:

Kneel in a circle and beat the roll on the floor in time to the beat of your music. At a signal, or after a certain number of beats, pass the roll to the player on your left and take a roll from the player on your right. Keep a steady beat all the time and try not to drop the rolls when passing them.

Option 2: Plan a celebration!

Jamhuri is the biggest national celebration in Kenya. It takes place on December 12 and is a celebration of Kenya's independence from the Britain, which happened in 1963. Jamhuri is celebrated with parades, dances, feasts and fireworks.

Plan your own celebration at which you will serve ugali. Ugali is cornmeal cooked with water to a thick consistency and poured onto a board or plate for everyone to eat from. It is usually served with cooked greens and bar-b-cued meat, or as a dessert.

Ingredients:

- 1 cup cold water
- 1 cup yellow cornmeal
- 1 teaspoon salt (more or less to taste)
- 3 cups boiling water

Materials Needed:

- medium-sized sauce pan
- mixing spoon or whisk.

Instructions:

1. Put cold water in a saucepan and, mixing continually, add cornmeal and salt. Bring to a boil over high heat. Mixing continually, slowly add 3 cups of boiling water to prevent lumps.
2. Reduce to a simmer. Cover and cook for about 8 minutes, mixing frequently to prevent sticking. Add salt to taste and mix well.
3. Serve in individual bowls with cream, sugar, syrup or butter poured over it.

Guiding Option:

There is a Girl Guide Association in Kenya, but it does not have a Web site
The age groupings are:

Brownies	7 – 11
Guides	10 ½ –14
Ranger Guide	17 – 18
Ranger Cadet	18 –25

Some information on the Kenya Girl Guide Association can be found on the WAGGGS Web site at www.wagggsworld.org.

The closest country with a Web site is South Africa the age groupings are:

Teddies	4½ to 7 years
Brownies	7 to 10½ years
Guides	10½ to 14½ years
Rangers	14½ – 25

Go to the South African Guides Web site: www.girlguides.org.za to find out about their uniform and activities.

Additional Resources on Kenya

www.kenyaweb.com/

www.tourismkenya.com/