



East Africa
Culture Kit

SIM



SIM Purpose Statement

Convinced that no one should live and die without hearing God's good news, we believe that He has called us to make disciples of the Lord Jesus Christ in communities where He is least known.

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◇ East Africa Culture Kit



Dear Teacher or Parent

Thank you for your interest in teaching children about missions! This kit is designed to introduce children to the beautiful diversity in our world, hoping that they might develop a passion to cross barriers and love people living and dying without Jesus.

Learn

This kit contains information about East Africa as well as activity pages, games, craft ideas and visual aids. This resource will work in family settings or larger groups such as Sunday School or VBS. For many of the sections there are corresponding activities or crafts. Look through the whole kit before you begin to make sure you have materials you need for the activities you decide to use. The information is broken up into small chunks, so you can choose what you want to share or use it as unit study over a longer period of time.

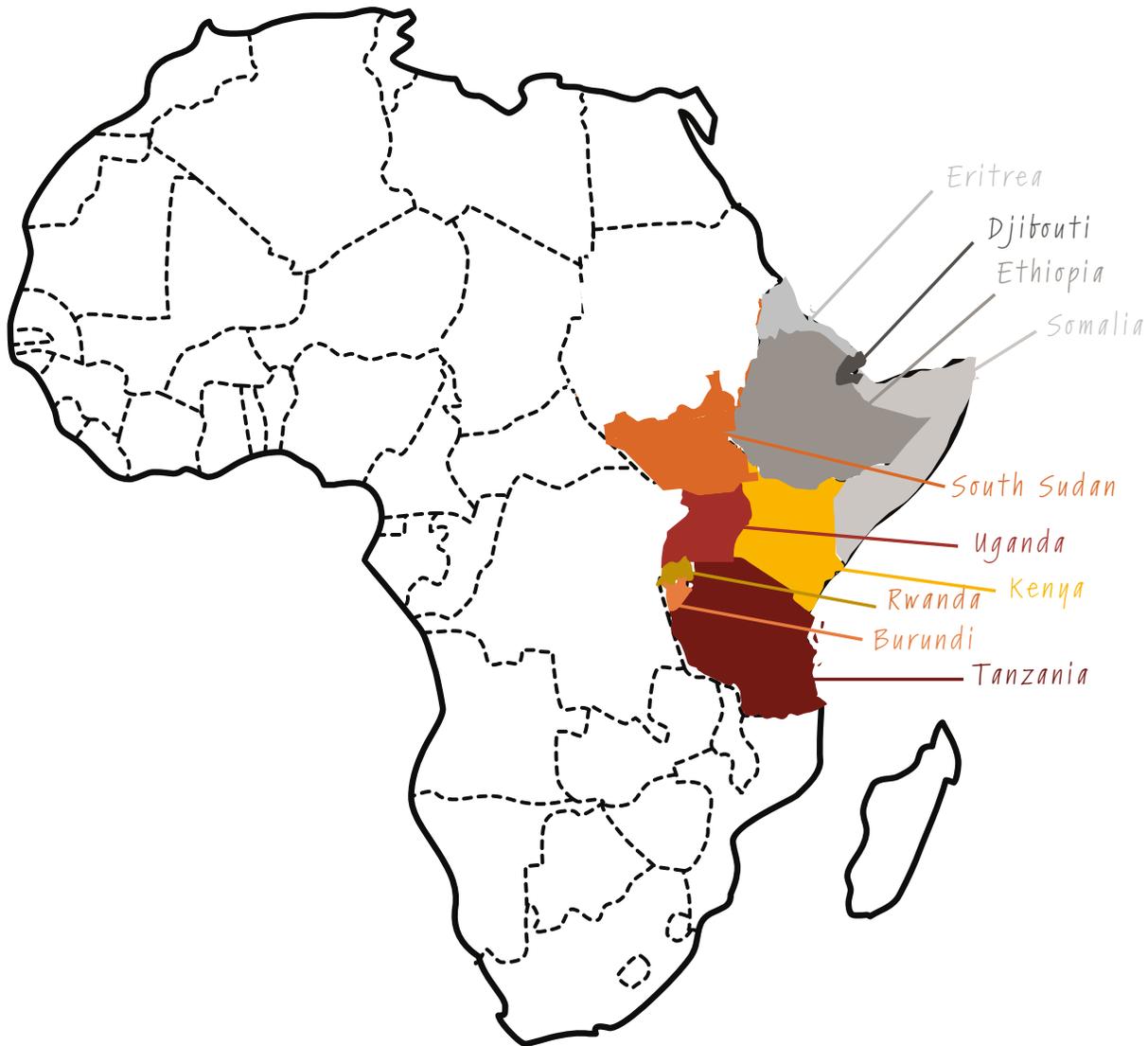
Inspire

Encourage children to follow Jesus' command to make disciples of all nations by praying for people who don't yet know Him in East Africa. Brainstorm creative ways to join in the Great Commission with the children. Remind them that anyone who loves Jesus can share His Good News with the people around them.

Matthew 28:19-20

"Therefore go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

◇ Where is East Africa?



Continent of Africa

Africa is the world's second largest continent. It's surrounded by water on all sides and is only connected to the Asian continent by a narrow strip of land. The Atlantic Ocean is to the west and the Indian Ocean is to the east. The Tropic of Cancer, Equator and Tropic of Capricorn all go through Africa.

East Africa

On the continent of Africa, 6 countries make up the East African Community; Kenya, Tanzania, Uganda, Rwanda, Burundi, and South Sudan.

Horn of Africa

To the north-east of the East African Community is the region known as the Horn of Africa. Djibouti, Eritrea, Ethiopia and Somalia make up this easternmost region of Africa.

◇ East Africa



Stunning Scenery

The vast plains, snowcapped mountain near the equator, harsh deserts, lush coastline on the Indian Ocean, the Great Rift Valley and dense forests provide stunning scenery and epic sights. Mount Kilimanjaro in Tanzania and Mount Kenya in central Kenya are the two tallest peaks in Africa. Mount Kilimanjaro is the world's largest free-standing volcano. The world's second largest freshwater lake, Lake Victoria, and the world's second deepest lake, Lake Tanganyika are also found in East Africa. The Great Rift valley is a chain of steep-sided valleys that are part of the East African Rift, a narrow zone where 2 tectonic plates are moving away from each other at a rate of about a quarter inch each year. On the valley floor you'll find volcanoes, 30 of which are still active.

African Great Lakes

The African Great Lakes, in Swahili, *Maziwa Makuu*, are a series of lakes that are part of the Rift Valley Lakes in and around the East African Rift. The African Great Lakes include Lake Victoria, Lake Tanganyika, and Lake Malawi. Collectively, they contain 31,000 cubic kilometers (7400 cubic miles) of water, which is more than the North American Great Lakes. These lakes account for about 25% of the planet's unfrozen surface fresh water. The large rift lakes of Africa are home to great biodiversity, and 10% of the world's fish species live there. The African Great Lakes have been described as a "chain of sapphires", valuable deep blue gemstones, because of their beauty and life-sustaining water.

◇ East Africa



Climate

Most of East Africa has a tropical climate, which has wet and dry season and is hot all year. The areas on the coast of the Indian Ocean have milder climates than those farther inland. The mountain regions have their own climate, and since they are so much higher above sea level, the weather is considerably cooler.

Ecosystems

Most of East Africa is grasslands. The plants and animals that live there have adapted to the warm, dry conditions. Trees like the baobab store water in their trunks. The flat-topped acacia tree has juicy leaves that provide food for giraffes and other animals. God designed all parts of the grassland ecosystem to work together: animals, plants, soil, weather, and humans.

Challenges

The people groups in East Africa are diverse in culture, language and way of life. Some are nomads, following their herds across the grasslands, while others are farmers in the rich Great Lakes region. This beautiful diversity can sometimes present challenges, as different groups clash, resulting in conflict. Additionally, food shortages and life-threatening diseases present challenges in many communities in East Africa. Because of this, many people in East Africa live in the Great Lakes region. This region has some of the continent's best farmland, providing job and food resources.

◇ Safari



Safari

Safari is a Swahili word meaning "overland journey." This term was historically used on hunting expeditions in the past, but now is most widely used for tourists wanting to interact with animals in their natural habitat. People come from all over the world to catch a glimpse of amazing animals in East Africa. The cheetah is the fastest land animal, reaching speeds of 93 km/h (59 mph), which makes them fierce hunters. Thankfully one of their favourite meals, the impala, are light on their feet and can race for cover quickly. Zebra's striped coats help them stay camouflaged behind trees and bushes. Giraffes, the tallest land animals, are only found in nature in the African grasslands.

The Big Five

The term "Big Five" was first used by big-game hunters and refers to the five most difficult animals in Africa to hunt on foot. It is now a term widely used on safari tours. The Big Five animals are the lion, leopard, rhinoceros, elephant and Cape buffalo.

Conservation

East African communities are some of the most innovative and successful **conservationists** in Africa. Due to the increase in hunting over the years, the African lion, African leopard and African bush elephant are all classified as vulnerable. The southern white rhinoceros is classified as near threatened while the black rhinoceros is classified as critically endangered, so hunting them is greatly restricted.

◇ Wildlife Tourism



Wildlife Tourism

In 1952, Tanzania set aside 38% of the country's land mass to be protected for conservation, making it one of the largest wildlife areas in the world. Most visitors to the area visit in the months of July-August or October-November to avoid the rainy season. The migration of the wildebeest in July and November are, without a doubt, the most popular weeks for tourism. During these weeks as many as 2 million of these magnificent animals cross the Mara river between Kenya and Tanzania.

National Parks

Over 2 million tourists visit the wildlife preserves of Kenya and Tanzania on safari every year. The Serengeti National Park in Tanzania and the Masai Mara National Reserve in Kenya are adjoining wildlife refuges and home to some of the world's most amazing animals. Lions, cheetahs, wildebeest, giraffes, zebras, rhinoceros, hippopotamus, jackals, warthogs, impala, cape buffalo, and many other animals can be viewed in their native habitat from the safety of a vehicle.

Serengeti

The Serengeti is a large plain area in Northern Tanzania that's home to thousands of animals and birds. It is famous for the wildebeest migration, which is the second largest land mammal migration in the world, and for its large lion population. The Maasai people who live in this region call the Serengeti, "endless plains." Serengeti National Park is famous throughout the world and is Tanzania's oldest national park.

Serengeti Video: Amazing Places on our Planet
<https://www.youtube.com/watch?v=XUdoTUmHvQg>

◇ Kenya and Tanzania



Sister Nations

Kenya and Tanzania are neighbouring countries on the tropical eastern coast of Africa. Having similar history, **topography**, and climate has made these sister nations which share cultural and ethnic similarities. Kenya and Tanzania, together a little larger than the state of Texas, have a combined population of approximately 110,000,000 people made up of various ethnic tribal peoples. From bustling business centres like Nairobi, the capital city of Kenya, to the vast plains of the Serengeti in Tanzania, these two nations are diverse and beautiful.

Exports

Kenya is the largest exporter of black tea in the world and the 3rd largest exporter of cut flowers. Though Kenyans are not usually coffee drinkers, they are ranked 25th in world coffee production. Tanzania also receives much of their export revenue from agricultural products. They are the world's largest exporter of cashews. Coconuts, Brazil nuts, coffee, and tobacco are also heavily exported. Tanzania's main export is gold and precious gems, which make up more than 42% of their total exports.

Agriculture

Much of the economies in Kenya and Tanzania depend on farming and the exports of agricultural products, which make up the majority of the **GDP (Gross Domestic Product)** of both countries. Sadly in this region, the majority of the land is owned by the government or a select group of elite families, rather than by the farmers themselves. This means that the profit made by the produce doesn't benefit the people that are doing the work.

◇ South Sudan & Uganda



Republic of South Sudan

The Republic of South Sudan gained its independence from the Republic of Sudan in 2011, making it one of the most recent sovereign countries to be widely recognized. On 9 July 2011, South Sudan became the 54th independent country in Africa and shortly after became the 193rd member of the United Nations. Much like Sudan, South Sudan's history has been complicated by ethnic violence and civil wars. South Sudan has a population of 12 million people, mostly of the Nilotic tribes, who were originally found in the Nile region of North Africa. Around half of South Sudan's population is under 18 years old.

Republic of Uganda

The Republic of Uganda gained its independence from the United Kingdom on October 9, 1962. Uganda is located on the equator, sandwiched between the savannah and the equatorial forest, and is one of the few countries in the world that the equator passes through. It contains Lake Victoria, which is the source of the Nile River, and the largest lake in Africa. Uganda is described as a cultural melting pot, with 30-plus different indigenous languages, 64 different tribes, and a diverse cultural mosaic of music, art and handicrafts. Uganda has struggled with political conflict, environmental challenges, and the AIDS epidemic. But, in recent years Uganda has gained political stability, is setting an example for tackling the AIDS crisis, and is one of the fastest growing economies in Africa. Around 80% of the people of Uganda are Christians, and about 14% are Muslim.

◇ Rwanda & Burundi



Rwanda

Like Burundi, its neighbour to the south, Rwanda is a geographically small country with one of the highest population densities in sub-Saharan Africa. As in Burundi, the major ethnic groups in Rwanda are Hutu and Tutsi, which account for more than 80% and 14% of the total population. Rwanda has struggled under the **ethnic conflict** between these 2 groups. The country has 3 official languages: Rwanda (*Kinyarwanda*), English and French. More than 80% of the population are Christians. Regional dances and traditional crafts provide continuity with the past and also reflect the different cultural flavour of the Hutu and Tutsi groups.

Burundi

Burundi gained independence from Belgium in 1962. Although both the Hutu and Tutsi tribes share cultural similarities and both speak the same language (*Rundi or Kirundi*), Burundi, like Rwanda, has been plagued with ethnic conflict between the two groups. Burundi's landscape is covered in mountains and high plateaus, which provides relatively cool temperatures compared to the surrounding countries. The hilly landscape has discouraged the growth of urban centres. Rather, people are typically grouped in traditional family compounds. Around 75% of the population are Christians, with 60% following Roman Catholicism. Traditional activities such as drumming and dancing contain aspects of both culture and competition: the *Intore Dancers*, a group that celebrates national folklore, has won numerous international folk dance competitions, and drummers compete with the traditional *Karyenda* drums.

◇ People Groups



East African People

The people of East Africa are warm, hospitable, and very diverse. Their histories tell the story of maintaining rich traditions while embracing modern technology, the ancient tension between those who farm and those who roam, and survival in sometimes harsh conditions.

Language Roots

Ancient **nomadic** tribesmen found their way to the region now known as Kenya and Tanzania around 600 years ago. Their descendants form 120 different ethnic groups in Tanzania and 70 groups in Kenya. These groups are divided by their base language into smaller groups with multiple tribes. While the official languages of both Kenya and Tanzania are English and Swahili (*kiswahili*) many of the people speak one of 62 native dialects in addition to English and/or Swahili, which are the languages used for Education and trade.

Swahili

Swahili, a language in the Bantu language group, is a national language in three East African countries: Kenya, Tanzania, and Uganda. Swahili has been greatly influenced by Arabic; there are an enormous number of Arabic loanwords, including the word *Swahili*, a plural adjectival form of an Arabic word meaning “of the coast”. There are about 15 main **dialects** of Swahili spoken today.

Counting to 5 in Swahili

1: Moja 3: tatu 5: tano
2: mbili 4: nne

Greetings in Swahili Video: Sayitin Swahili on YouTube
https://www.youtube.com/watch?v=hjrl_1CcXms

◇ Nilotic Tribes



Maasai

The **Nilotic** tribes are believed to have traveled southeast from the Nile basin approximately 1000 years ago. These semi-nomadic tribes include the **Maasai** who are, perhaps, the most well-known of all the tribes of Africa. The Maasai live in southern Kenya and northern Tanzania where they herd cattle, sheep and goats over the grasslands. They are known as proud warriors and fierce fighters and hunters. At one time a Maasai boy would be required to prove his manhood in a **rite of passage** by single handedly killing a lion. With the concern over the dwindling African lion population, conservation efforts have outlawed this practice, so other rituals of bravery have taken their place. Religious practices include **animism** and the ancient Egyptian practices of ancestor worship. About 35% of Maasai follow Christianity with 10% being evangelical.

Luo

The **Luo**, another of the Nilotic language tribes, is the largest ethnic group in Tanzania and Kenya. It is believed that the Luo left the Nile valley approximately 600 years ago and traveled southeast to the Indian Ocean. Disputes with the Arabic peoples along the coast drove them inland to the Lake Victoria area where they settled as fisherman, farmers, and herders. The Luo have been very receptive to the Gospel, and 98% of the Luo people in Kenya are Christians. Sixty two percent of these are evangelical believers. In Tanzania 96% of the Luo population are Christians with 15% of those being evangelical believers.

◇ Cushitic & Bantu Language Groups



Iraqw Tribe

The **Cushitic** language groups are believed to have migrated from Ethiopia as far back as 1000 BC. Among these people groups are the Iraqw (Wambulu in Swahili). The Iraqw are farmers and herders who have avoided conflict by migrating southward as conflicts arose with surrounding tribes. It is believed that for some time they had settled in northern Kenya where they prospered due to their agricultural skills. They eventually fled that area due to strife with more aggressive tribes and finally settled in what is now north central Tanzania. Their lands spread from the **rift valley** region to the **savannah**. Frequent confrontations with the Maasai necessitated creativity in housing. They created homes underground in tunnels called **aasimo** in which they can quickly hide. The Iraqw live somewhat isolated from others due to their language difference.

Bantu Language Group

The **Bantu** language group originated in western Africa and includes several tribes in both Kenya and Tanzania. One such tribe is the **Meru** (Ameru in Swahili). The Meru are an **agrarian** culture that make up nearly 3 million of Kenya's 53 million inhabitants. They live mostly in the fertile northeastern slopes of Mount Kenya. The Meru tribe has a strong educational foundation that has given them opportunity to become one of the most influential ethnic groups in Kenya. Attending Christian mission schools started by churches in the early 20th century gave not only a good educational foundation but is partly responsible for 94% of the Meru population claiming Christianity as their religion. About 18% are **evangelical** believers.

◇ East African Folklore



Oral Storytelling

Oral storytelling is an important aspect of many African countries. The stories passed down from generation to generation reflect and preserve culture, while giving a sense of pride and identity. Folktales that have been retold in African cultures for centuries give insight into cultural values and provide instruction, history, and a sense of belonging. Often, the main characters will be talking animals who are given human qualities (personification) and who lead their listeners through a moral or cultural lesson.

Animal Folktales

Just like the well-known story of the tortoise and the hare, many animal folktales are stories about tricksters. In different stories and even different cultures in East Africa, animals often represent the same characteristics. The hare is a trickster, clever and cunning, and the hyena is often being tricked by the hare, while birds are often messengers.

◇ African Folktale



How the Hare Got the Sheep

The Hare saw a man walking home from buying a sheep and decided he must have it for himself.

The Hare quickly ran ahead of the man and placed his right shoe in the middle of the path. The man saw the shoe, but since he didn't need one, he kept traveling.

The Hare retrieved his right shoe, and ran ahead of the man, placing his left shoe in the path. When the man came upon the second shoe, he decided to go back to get the other shoe, so he would have a good pair of new shoes.

He tied his sheep to a tree and went to find the other sandal, which he could not find. While the man was gone, the Hare untied the sheep and took it home.

When the man came back and found the sheep gone, he cried out, "What a fool I am!"

And he was right.

◇ Religion



Christianity in East Africa

With the apostle Philip's encounter with the Ethiopian eunuch in Acts chapter 8, it is possible that the Gospel began to spread in Northern Africa as early as the 1st century. With the southeastern migration of the Nilotic language group from Ethiopia, the Gospel may have spread centuries before the arrival of the first Protestant missionaries in the 1800s. Dr. Johann Ludwig Krafp founded the first Protestant mission in Tanzania and translated the Bible into Swahili in the 1840s. Along with Christian mission organizations came Christian schools, which provided not only a good education, but Biblical truths as well. It is in large part due to these early missionaries that 78% of Kenyans and 51.4% of Tanzanians profess faith in Jesus Christ. Of these, 47.57% of Kenyans and 11.03% of Tanzanians are evangelical believers.

Animism

Still today, many of the ancient **animistic** beliefs exist alongside Christianity. Animistic beliefs have left the people in fear of the spirit world so many people rely on **witch doctors**, who are believed to be healers. Often consulted before a medical doctor, the witch doctors use **amulets**, potions, and spells to break the curses put on the people by evil or mischievous spirits. In Tanzania alone there are an estimated 75,000 witch doctors.

*Video about Tribal/Animistic Worldview:
<https://world-views.com/tribal-video/>*

◇ Clothing



Tribal Clothing

Many of the tribal people of both Kenya and Tanzania wear very similar traditional wraps. The **kanga** (khanga) is a large piece of colourful cloth wrapped around the torso for women or the waist for both men and women. It is also used as a baby carrier or headgear as needed. Printed on the kangas is a saying in either Swahili or English, usually representing proverbs of the people. Like kanga, **kitenge** is used as a wrap around the torso or waist, head wrap, or baby sling. Kitenge is often embroidered or tie dyed.

Maasai Clothing

The **shuka** is a large cotton sheet or cloth, often plaid or striped, worn by the Maasai as a torso wrap or around the shoulder. The shuka was traditionally red, but now can be found in many colours. This is often referred to as the “Maasai blanket”. Its origin is not clear, but one theory is that the Scottish brought in the cloth during the colonial era. Interestingly, much of the “original Maasai shuka cloth” purchased today is made in China and shipped into Kenya in plastic wrappers. The Maasai are known for their beautiful beadwork.

Tanzania

A **kanzu** is a white or cream coloured long robe worn by men of the Great Lakes region of Tanzania. The robe is ankle or floor length and is the national clothing of men in Tanzania. The neck generally has a bit of embroidery work.

◇ East African Cuisine



Kenya

In different regions of Kenya, different foods are eaten depending on what's locally available. Grains are a staple food for groups that grow grains while other communities such as the Luo and the Coastal community have fish and seafood for their staple food. In urban areas food is more influenced by ethnicity and international cuisine. *Ugali*, a thick cornmeal pudding, and *nyama choma*, grilled meat, along with a few vegetables are a typical diet for people of both Kenya and Tanzania.

Tanzania

Due to the large community of Indians who have migrated into Tanzania, much of Tanzanian cuisine has been influenced by Indian cuisine. Tanzanian cuisine also varies by geographical region. Along the coastal regions coconut milk is used in many dishes and often food is spicy. Vegetables commonly used include okra, spinach, green peas, beans, and cassava leaves. Tanzania grows at least 17 different types of bananas which are used for soup, stew, and chips.

Food Etiquette in Uganda

In Uganda, before eating hands must be washed and normally a short prayer is said. During the meal, children may speak only when asked a question. It is considered impolite to leave the room while others are eating, and leaning on the left hand or stretching one's legs at a meal is a sign of disrespect. When the meal is finished, everyone takes turns giving compliments to the mother on her cooking.

◇ Ugali Recipe



Ingredients

2 cups water
1 ½ cups course ground, white cornmeal
(yellow will also work)
Salt (if desired; traditionally it is not used)

Instructions

Bring water to a boil in a medium sauce pan. Reduce heat to low and whisk in the cornmeal slowly. It will begin to thicken quickly. Stir until all the lumps are out. Continue to cook slowly, stirring every minute or so with a wooden spoon until the ugali begins to pull away from the sides of the pan and hold together. It will smell like roasted corn. Turn out immediately onto serving plate. With a knife or spatula shape it into a smooth, thick disk or round. It will continue to thicken as it cools. When cool, it should cut with a knife somewhat like cornbread. Serve with your favorite stew or curry.

Traditionally the diner will tear off a piece of ugali and roll into a ball. Using their thumb or finger an indentation is made in the ball and it is used as a spoon or utensil to eat the other foods.



Vocabulary

Words in parentheses represent Swahili spelling.

Aasimo: Underground tunnels which the Iraqw people use as homes to protect themselves from warring tribes.

Amulet: An ornament or small piece of jewellery which is believed to have powers to give protection from evil spirits.

Bantu: A group of Niger-Congo languages spoken in parts of Africa including Swahili, Zulu, and Xhosa.

Conservationist: A person who advocates or acts for the protection and preservation of the environment and wildlife.

Dialect: A form of a language that people speak in a particular part of a country, containing some different words and grammar.

Ethnic Conflict: Conflict between two or more contending ethnic groups fighting for their group's position in society.

Evangelical: The teaching of the Christian Church focusing on the Gospel teaching as found in the books of Matthew, Mark, Luke, and John.

GDP (Gross Domestic Product): The total monetary or market value of all finished goods and services produced by a country over a given period of time.

Kanga (khanga): Large piece of colourful cloth worn around the waist or torso in various African cultures. The print contains writing, generally an African proverb. It can be used as a baby carrier or head wrap.

Kanzu: Long white or cream-coloured robe worn by men in some Tanzanian cultures.

Kitenge: Large piece of cloth, usually embroidered or tie-dyed, that is worn as a wrap (similar to the kanga).

Luo: The largest tribe in Tanzania descending from a Nilotic speaking people of the Nile river valley.

Maasai: One of the most well-known tribes in Africa, from the Nilotic speaking people of the Nile River valley, known for their bravery.

Meru (Ameru): A tribe living mostly in Kenya that are descendent from the Bantu language speaking people of west Africa.

Nilotic: peoples indigenous to the Nile River valley that speak a Nilo-Saharan language.

Nomadic: Living a life of a nomad (wanderer).

Nyama choma: A style of cooking meat over charcoal.

Rift valley: A long narrow valley found between two natural geological faults in eastern Africa.

Rite of passage: A cultural celebration or event recognising a segment of time in a person's life, such as the transition from childhood into adulthood.

savannah: A mixture of woodlands and grasslands characterised by trees widely spaced so as not to produce a canopy.

Serengeti: A massive plains area of eastern Africa that is home to 70 large animal species and 500 bird species.

Shuka: Red cotton sheet worn by the Maasai as a wrap or around the shoulders.

Swahili (Kiswahili): A Bantu language widely spoken in much of east Africa.

Topography: Natural and artificial physical features of an area of land (hills, rivers, mountains, plains, etc).

Ugali: A thick corn pudding eaten as a staple food in much of east Africa.

Witchdoctor: A person in many indigenous cultures believed to have healing powers and powers to control the spirit world.

◇ Games



Football

Children all around the world play football, or *Mpira* in Swahili, which is known as soccer in the United States. If children cannot afford to purchase a soccer ball, they get creative with what they have. Plastic bags, rags, and pieces of paper that are wadded up into a sphere shape and tightly held together by twine give a community of children hours of fun.

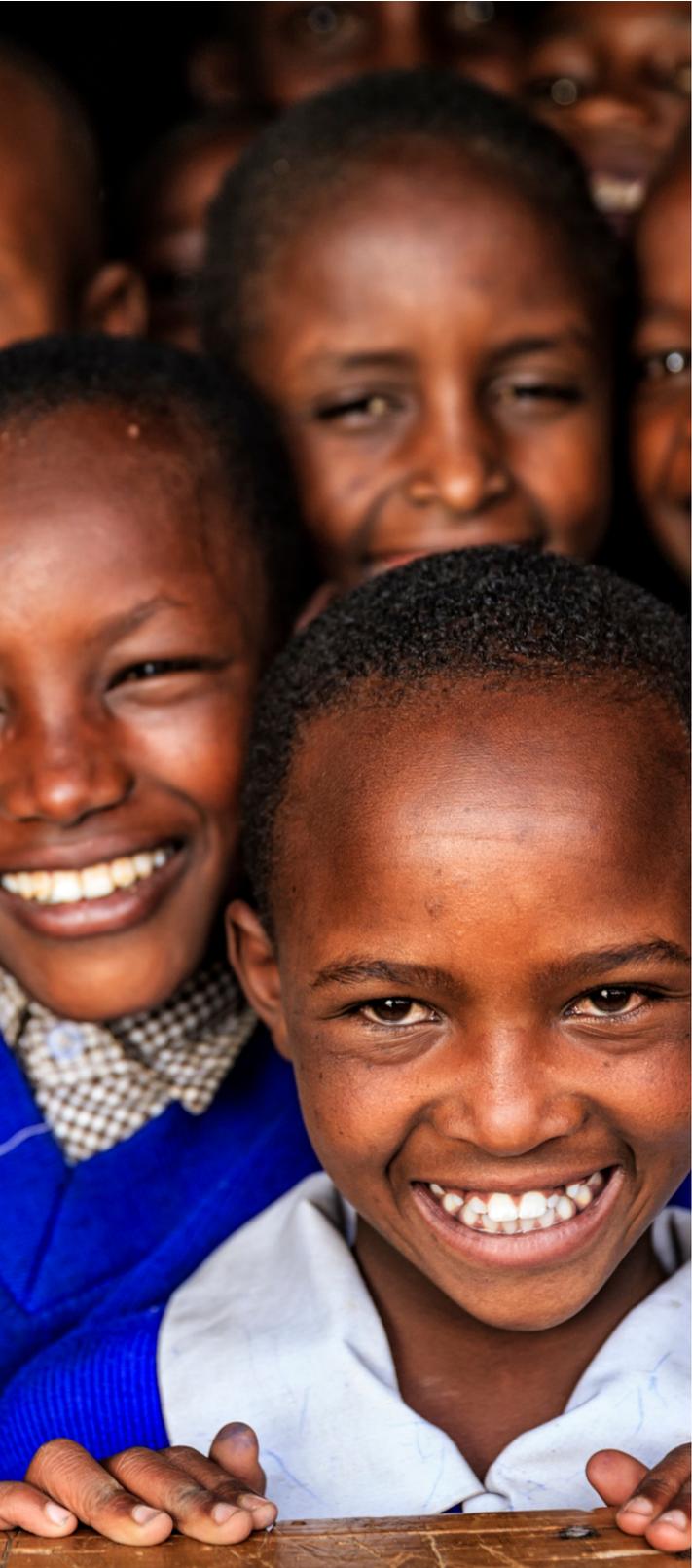
Sports Friends

One of the SIM ministries that has a great impact in East Africa is Sports Friends. This ministry provides sports camps for children in many countries throughout the world. Sports equipment, coaching, and mentoring of young people go a long way to give children a picture of God's great love for them and open an avenue to share the Good News with those who may never have heard.

Football: Ideas for Kids

Divide the children up into groups of 3 to 5 children. Give each group 10 used shopping bags, old rags (clean), brown paper sacks or packing paper, and 2 yards of twine or kite string. Let them work together to problem solve and make a soccer ball. Adults can help with suggestions. Once the balls are made, choose the best one and let the kids play some soccer. Prizes can be given for the team who creates the best ball, if you like.

◇ Games



Marbles

Marbles, a game played around the world, can be purchased fairly easily at local markets. Alternatively, some children choose round, smooth stones from nearby rivers and streams to use as marbles.

Marbles: Ideas for Kids

Divide the children into groups of 3 to 5 by age and ability level. Give each child a “shooter” marble. Using a 9.5 ft. piece of yarn for each group, make circles on the floor, or play outside in the dirt and draw a ring. Place 13 marbles in a + shape inside the circle of yarn. Starting with the youngest child, allow each child to try hitting the marbles out of the circle without sending their “shooter” outside of the circle. The person who knocks the most marbles out of the ring is the winner.

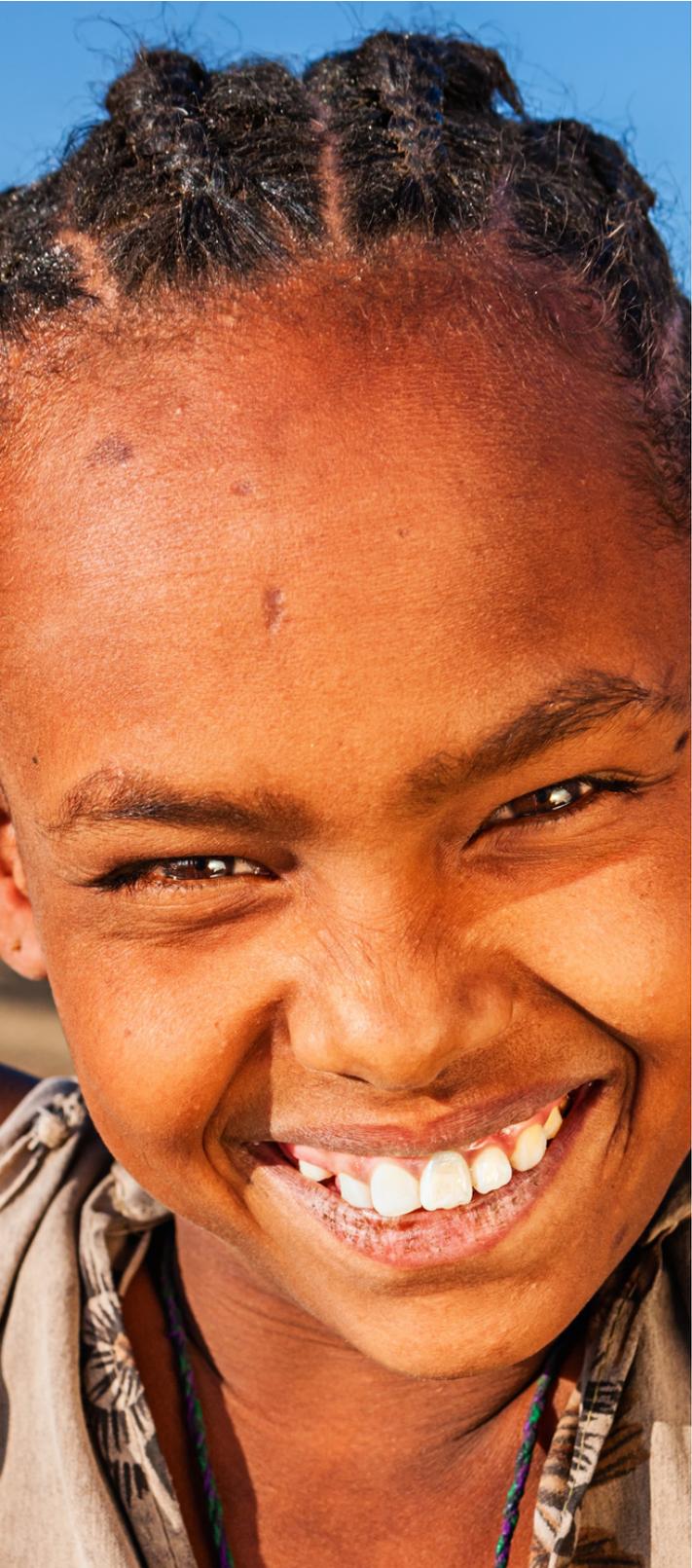
Hoop Rolling

Hoop rolling is played with a hula hoop, metal rim, or a bicycle tyre. It can be played with a stick to roll the hoop or just with the hand. The object of the game is to see how long you can keep the hoop rolling upright before it falls over.

Hoop Rolling: Ideas for Kids

Divide the children into a team of 3 to 5 children. Give each team a hoop and mark off a starting line and an ending line about 25 yards apart. Children then take turns trying to roll their hoop from the starting line to the end line and back again without letting it fall. If it falls the child has to start again at the closest line (start or ending). The first team with all of their players getting the hoop down and back wins.

◇ Made in God's Image



Ten-year-old Mary is home alone, as her mother works hard to provide for their family. There is no one who can take care of Mary while she's gone. Mary has cerebral palsy and cannot speak.

In Kenya, if you have a disability, the community often believes it is a result of a curse or that the family is being punished for some sin. **People with disabilities often find themselves on the outside looking in, not able to find the help they need.**

When Sports Friends, a ministry of SIM, saw the reality of families like Mary's, they decided to hold a special camp just for them. Sports Friends tries to love their community just like Jesus did; both spiritually and physically. In rural Kenya, it means looking into the eyes of each individual and seeing them as made in the image of God, not just as children with physical disabilities.

At camp, Mary and her family listen as truth from God's word is spoken into the place where lies about disability have been believed. **We are all made in the image of God, disabled or not. You are not cursed, you are blessed. You are loved.**

As the days of camp go by, the children and parents are being transformed by simple acts of love. And as they are loved, they too find strength to love. **Mary's family begins to have hope because, for the first time, they're not on their own anymore.** As they return home, Mary's family is free from the lies about disability, and with renewed energy, they are finding ways to care for Mary, who is made in the image of God.

*This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. Dear friends, since God so loved us, we also ought to love one another.
1 John 4:10-11*

◇ Sharing Hope



East African People

As you meet people who are from other countries, having curiosity about their culture and an interest in them helps you to make connections. Ask questions, and cultivate a desire to know more. Having curiosity of other groups and a desire to understand more about them helps bridge cultural barriers that may exist. When people are asked about what they like to eat or what they like to do in their free time, they often open up. That's where all good and deep conversations start, with an eagerness to talk. Former US President Teddy Roosevelt is quoted as saying, "People don't care how much you know until they know how much you care." Remember that even if people you meet from East Africa already follow Jesus, they may need encouragement, and you could learn a lot from each other.

Family Engagement Ideas

- 1 **Pray**
Set aside one meal a week to pray for the persecuted Church in Africa and around the world.
- 2 **Volunteer**
Volunteer for an organisation that works with immigrants in your area. Make friends and invite people to your home.
- 3 **Cultural Experience**
Visit a church service in an East African language or another language or find a restaurant with different cultural cuisine.

◇ Pray for East Africa



◇ 1 *Peace*

Pray for peace between people of different faiths and different tribal groups. Pray for unity in diversity and for safe communities.

◇ 2 *Discipling*

Pray that believers would have the opportunity to engage in leadership and discipleship training and that they are encouraged to continue to make disciples.

◇ 3 *Challenges*

Pray for the challenges that people are facing in East Africa and for believers to love their neighbours well and share the Hope with them.

◇ 4 *Kids Like You*

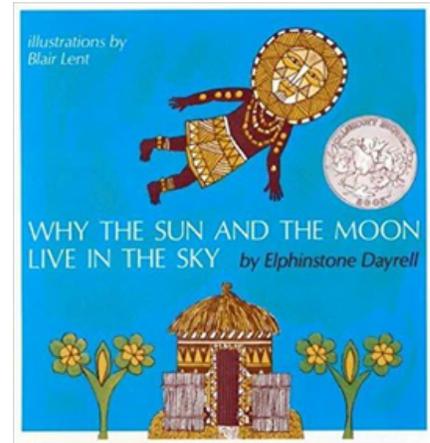
Pray for children in East Africa who don't yet know Jesus. Ask God to protect them and give them access to good education and the resources they need to thrive.

◇ Recommended Books

Why the Sun and the Moon Live in the Sky

This African folktale is about how the sun and the moon became part of the sky. In this story the sun and his wife, the moon, lived on earth and built a large house so the water people could come visit. The house was so crowded that the sun and the moon had to move into the sky.

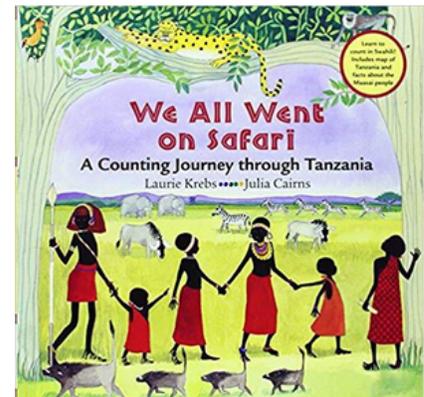
Publisher: HMH Books for Young Readers, ISBN: 978-0395539637



We All Went on Safari

We All Went on Safari is a story about a group of friends who go on a counting safari through the Serengeti in Tanzania. As you join them on their journey in this beautiful picture book, you encounter various animals that live there.

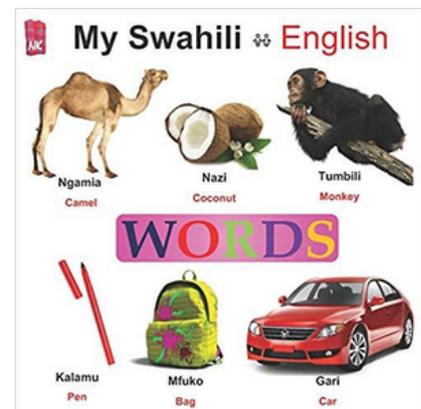
Publisher: Barefoot Books, ISBN: 978-1841481197



My Swahili English Words

My Swahili-English Words is a picture dictionary for children to learn the Swahili language spoken by many people in Africa.

Publisher: Independently Published, ISBN: 78-1689563185



Tribal Masks

African tribal masks are a popular art form throughout Africa. They can be made of many different things including wood, clay, straw, and feathers. Once used as part of religious ceremonies, they are now usually seen during cultural celebrations.

You'll need:

- Cardstock or paper plates
- Craft sticks
- Pencils
- Paint
- Coloured pencils/crayons

There are many ways children can make their own mask using paper plates, paper maché, or a pre-purchased plastic mask. Using vivid colours and designs makes each mask unique. Large, exaggerated geometric shapes make the mask appear fiercer.

If using cardstock, have the children first trace the shape of the mask - it can be oval or more oblong like the masks pictured on the right. Help the children cut holes for their eyes in the cardstock or paper plate. Holes can also be cut for the nose and mouth. Have the child draw shapes and colour their masks.



Animal Silhouettes

Sunsets can be captivating in the East African countryside as shadows are cast and silhouettes appear. As the air cools, people, animals and trees appear like beautiful silhouette paintings against a colourful sky.

You'll need:

- Watercolour paper
- Black construction paper
- Pencils
- Watercolours
- Acrylic or oil paints
- Paint Brushes

Have the children use watercolour or tempera paint in yellow, orange, and red hues to paint the background. When the paint is dry they can draw or trace an acacia tree and any variety of East African animals on black paper and glue the animals on or paint them on with black paint.



Animal Handprints

Handprint animals make a great craft for little ones. Using paint (and careful adult supervision) each child will use their handprint to create East African animals like lions, hippos, leopards, elephants and giraffes.

You'll need:

- Tempera paint
- White or light-coloured cardstock
- Paintbrushes
- Markers

This is a bit messy so you will want several adults to help and a washing area. Using a long, narrow sheet of white poster paper, paint the child's hand with tempera paint and press firmly onto the white paper. Wash the child's hand and apply another colour. Once dry the child (or adult) can draw the detailed features for each animal.





East Africa
Culture Kit

SIM

This book belongs to



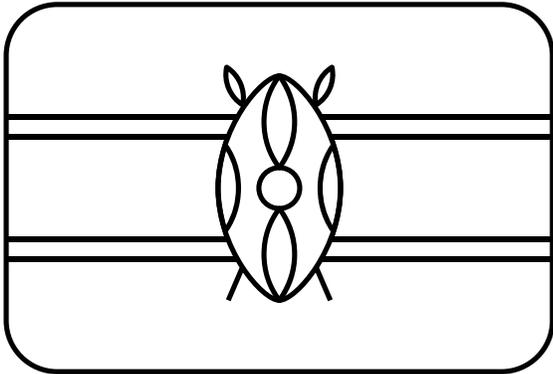
Find East Africa

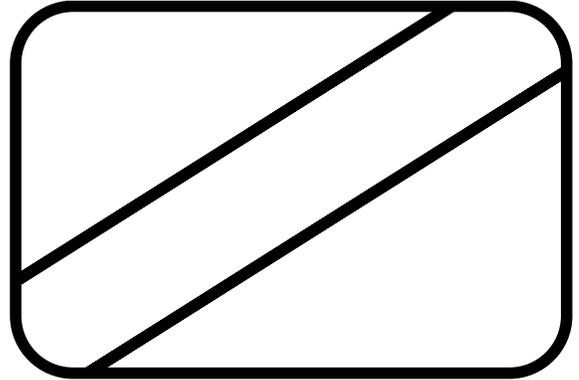
Colour the countries in East Africa:
Kenya, Tanzania, Burundi, Uganda, South Sudan and Rwanda.

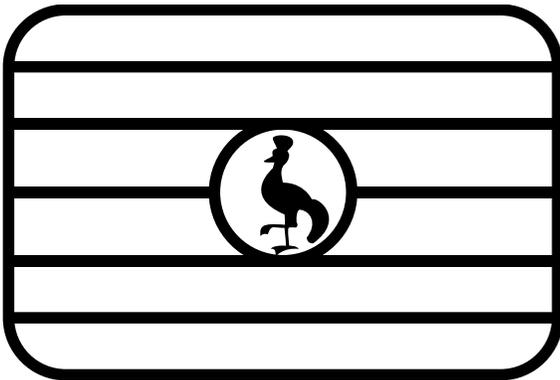


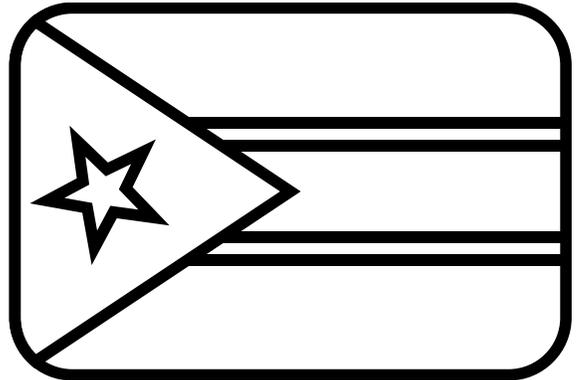
Colouring Page

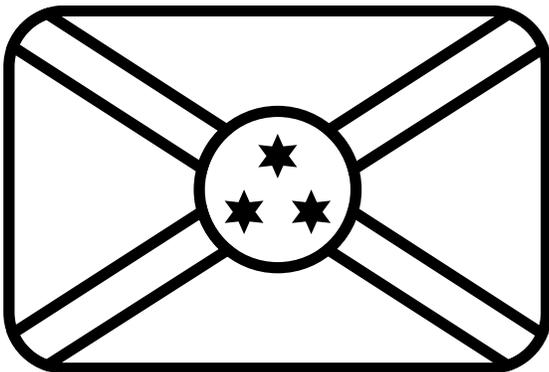
Colour the flags for the East African countries and then write the correct country under each flag. (See the following page for information.)

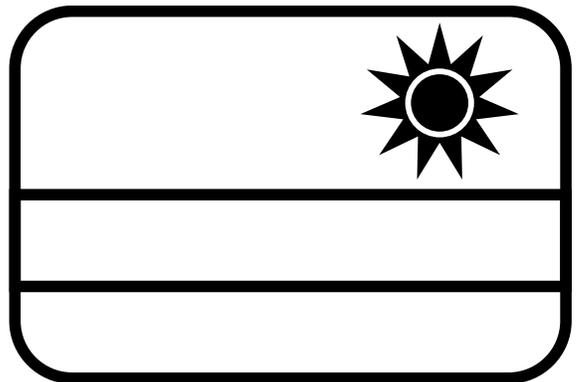




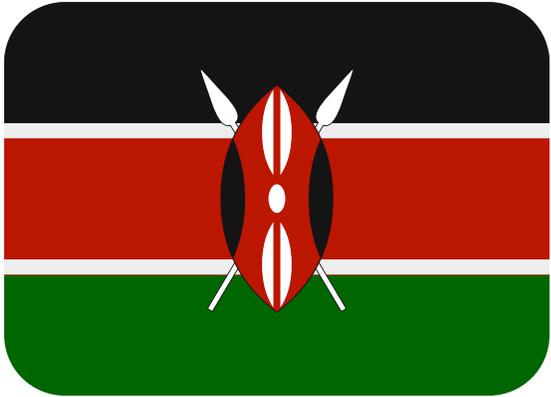




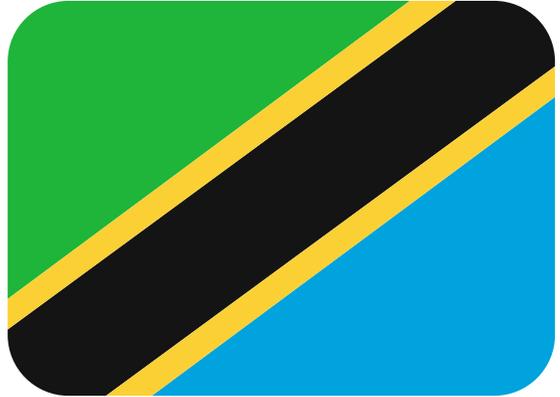




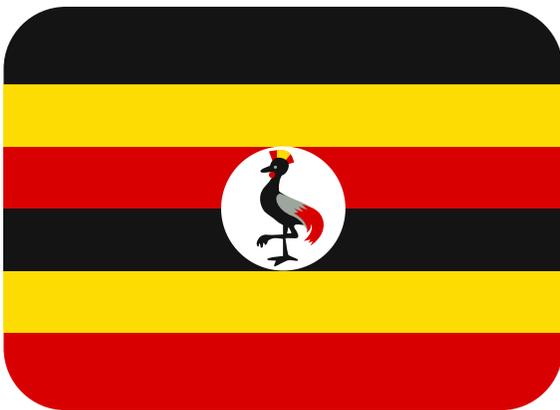
East African Country Flags



Kenya



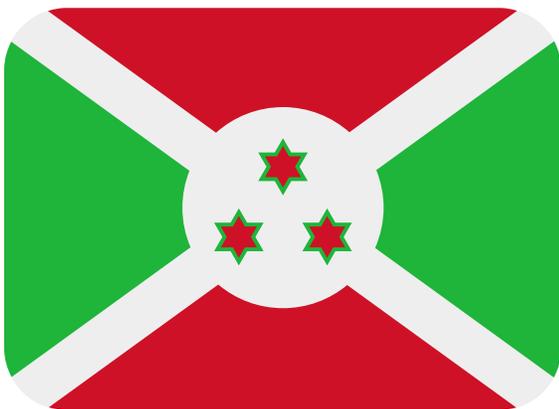
Tanzania



Uganda



South Sudan



Burundi



Rwanda

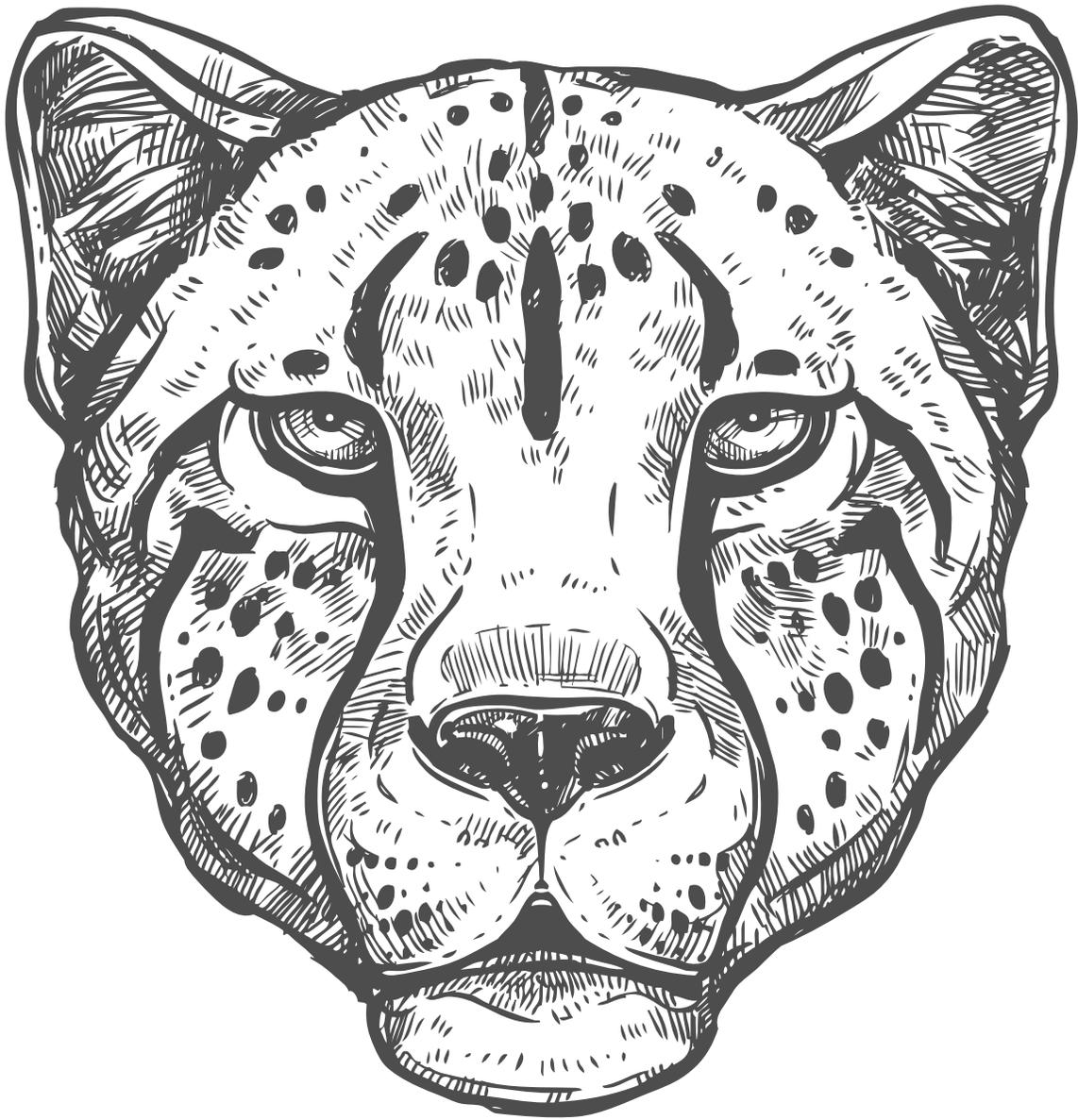
Colouring Page

Colour this fierce "King of the Jungle".



Colouring Page

Imagine this is a cheetah who lives with the Maasai people and loves their colourful clothes. How would this clever cheetah dye his fur?



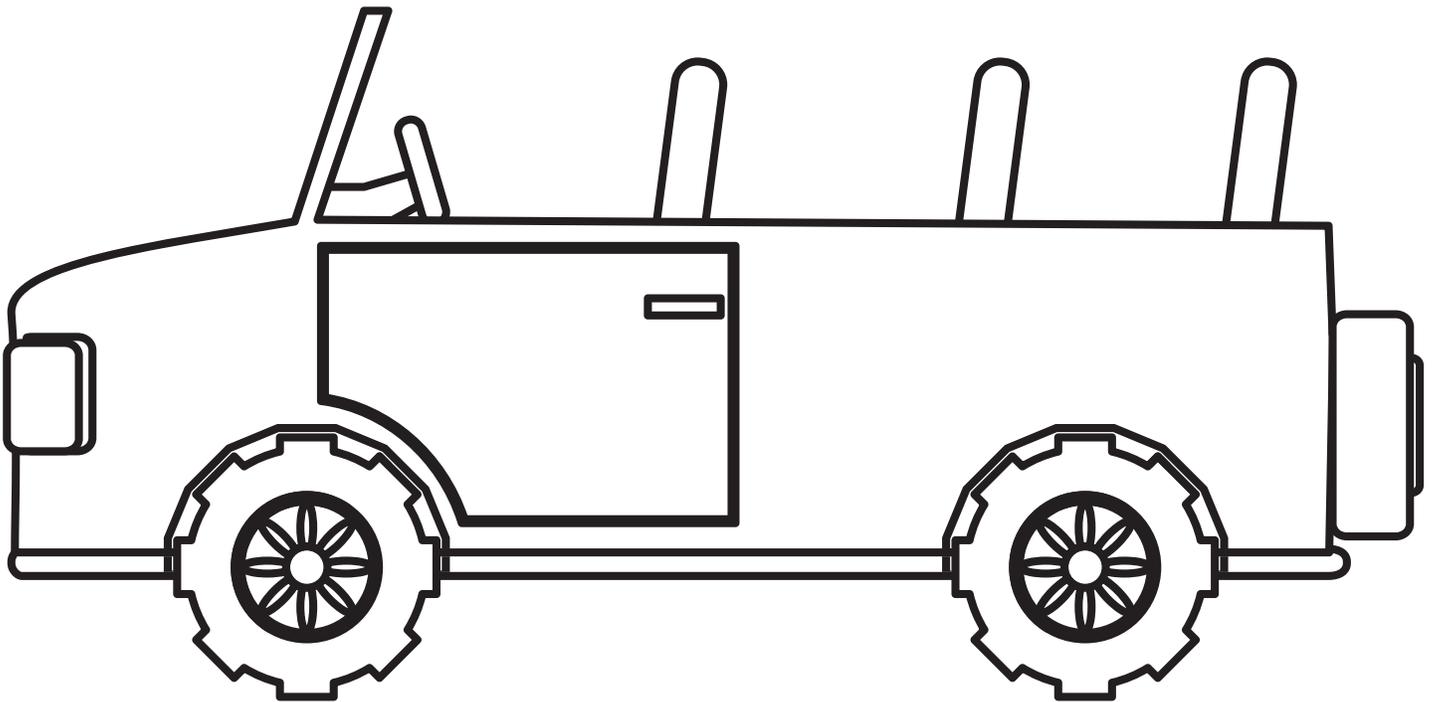
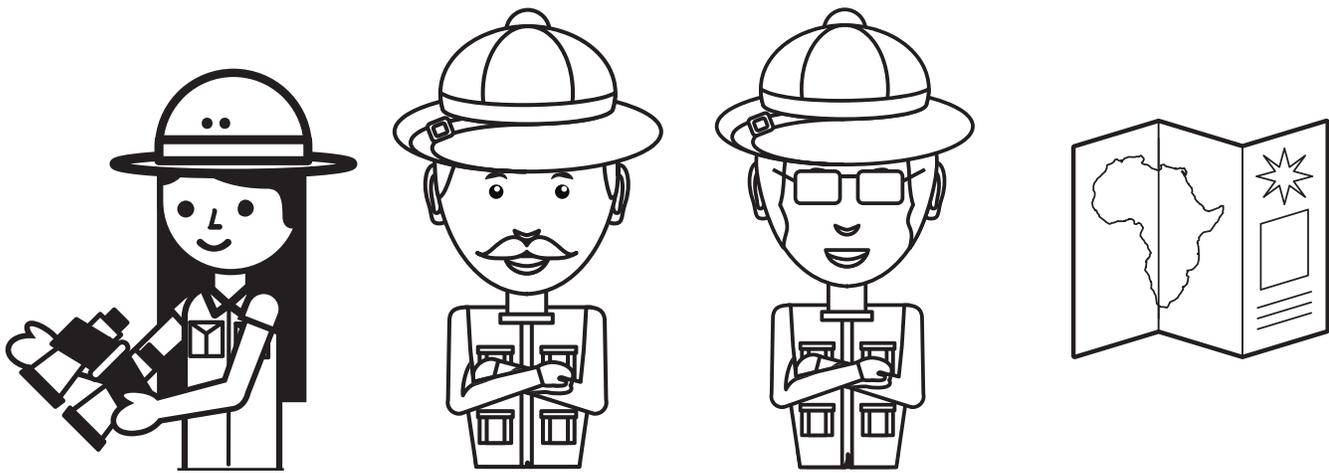
Colouring Page

Draw a face on this Maasai person then colour it in.



Safari Story

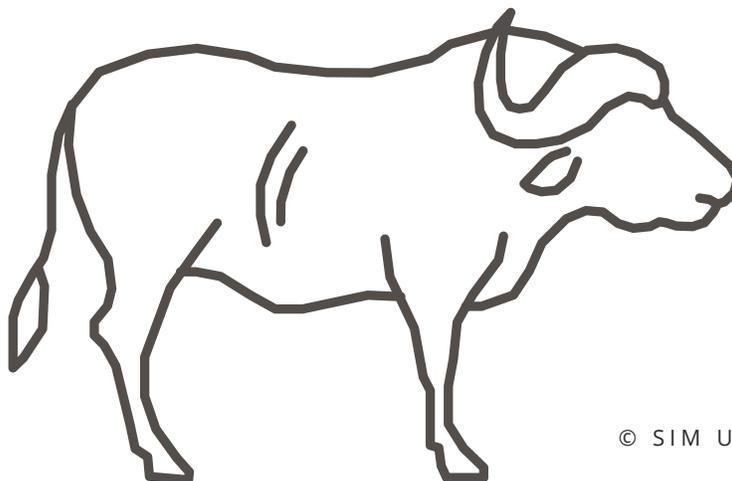
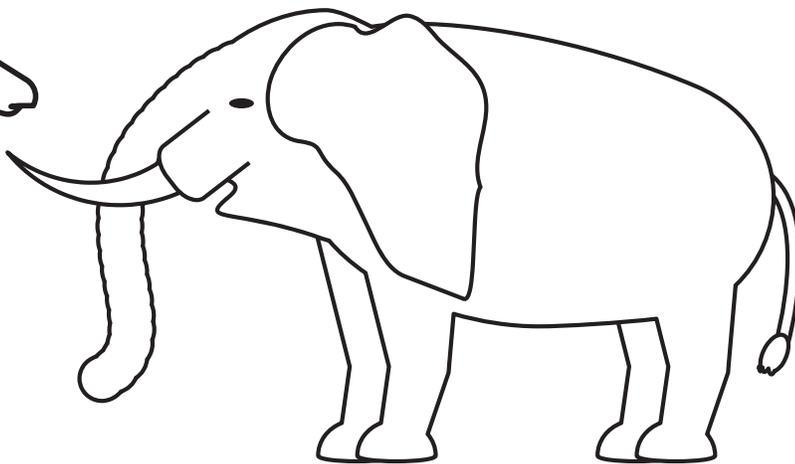
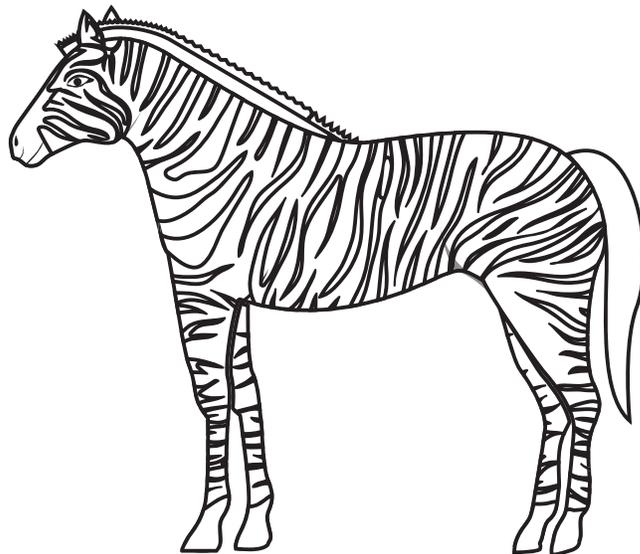
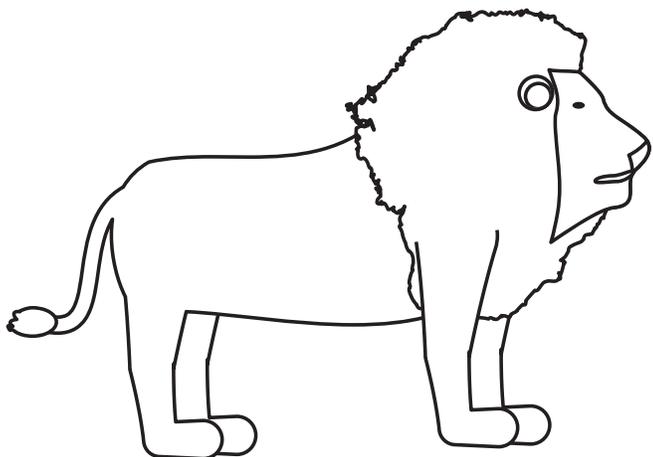
Colour these wildlife tourists from around the world and their safari jeep and then cut them out. (Animals on the next page.) Create a story with your friends about the things they encounter as they travel through the natural habitats in East Africa.

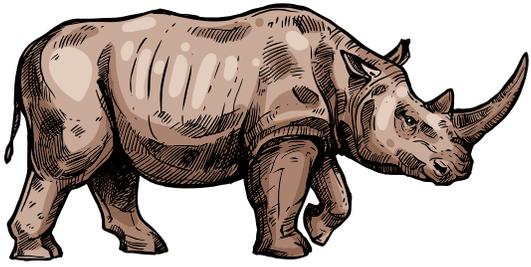




Safari Story

Colour these animals and add them to the safari story you create.





Write an Animal Folk Tale

Write a folk tale using different East African animals. Think about what characteristics each animal will have and decide on the moral or the lesson of the story.

A large, white, torn-edge rectangular area containing horizontal lines for writing. The lines are evenly spaced and extend across most of the width of the area. In the bottom right corner of this area, there is a small illustration of a gazelle or similar antelope, facing left. The illustration is a black and white line drawing with some brown shading on its body.