

# Games

## Kameshi Ne Mpuku (The Cat and the Rat)

This is a really fun game from Africa, it might take a bit of explaining but will be well worth playing; it is a much more interesting version of chasies! You would probably need at least 6 children to play this game, with a leader acting as a caller.

Variations of this game were played throughout much of Africa; this form originated with the Luba people in the Congo.

\* The players line up in four equal rows leaving an aisle between each, and the students in each row hold hands.

\* One student is chosen to be the caller, one to be Rat, and another to be Cat. To start the game Rat runs up and down the aisles with Cat chasing after.

\* When the caller shouts, "Mpuki ekale," or "Let the rat stop," the players in the rows drop hands and join hands with the row across. This changes the direction of the aisles and Rat must adapt to the change or be trapped by a barrier of joined hands.

\* The caller should change the direction of the rows at regular intervals, and the game ends when the rat is caught or the time limit is reached. Each of the three main players then choose another student to fill their position.

## Other ideas for games that you can play:

- **Can't Cross Crocodile River** without the colour... exactly like can't cross the red sea but with the name changed to a South African river.
- **Kanga baby relay race** - each team gets a doll and a strip of cloth, the relay race is run with the doll tied onto the back with the cloth - the way babies are often carried in africa. What will slow the race down is tying the baby on the back of the next person - if the baby falls out the runner has to pick it up, retie it and start their turn again.
- **Water bucket race** - another relay race that can be played with or without water. The teams race carrying buckets on their heads either holding balloons or water balloons. A variation is to have the runner race to a point where they fill a cup with water and empty it back in at their line, at the end of the race the team with more water in their bucket wins. In this race it not about speed as much as not spilling your water. This will probably lead to wet floors so best to play outside.

# Craft Ideas

## Kente cloths

Kente Cloths are strips of fabric woven by hand in the colours that represent Africa. They are very intricately woven so colouring them might take sometime. There is a separate sheet to photocopy the design but below are the examples.

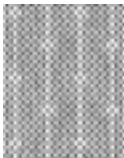
Red - Life and Blood

Blue - Innocence

Green -Mother Africa, Mother Earth

Black - People and Unity

Gold - Strength and Fortune



## HAMA BEAD FLAG

Hama beads are round tubes that are arranged in a pattern and then ironed to set them. Hama is the brand name but there are cheaper alternatives available from toy shops, craft shops or on the internet (Ebay usually have them quite cheaply.)

