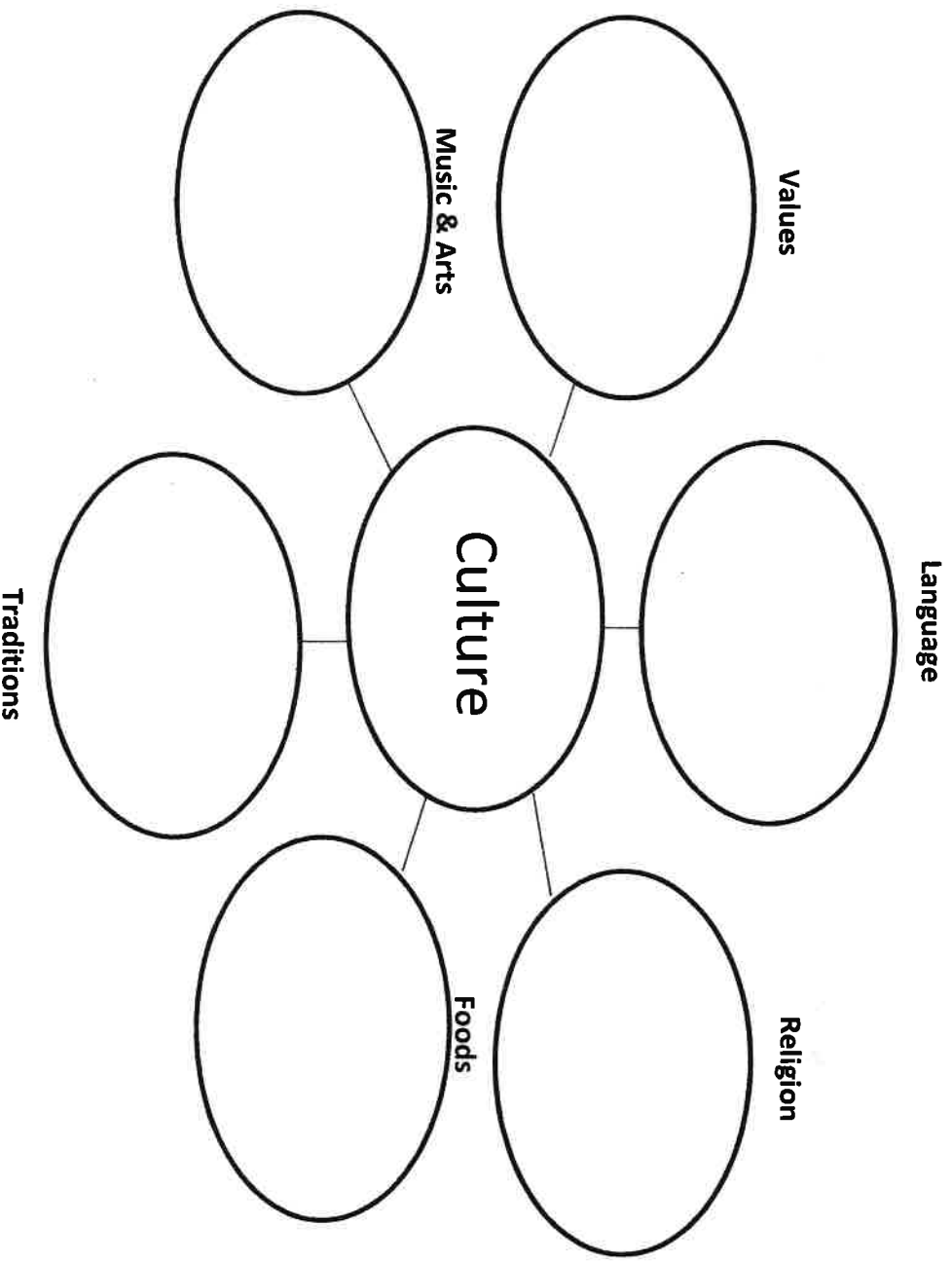


# *What is culture?*

Culture includes many aspects of life. Culture is the characteristics and knowledge of a particular group of people, defined by everything from language, religion, foods, traditions, values, music and arts.

1. Discuss the term "Culture" with your students.
2. Provide your students with the complete definition of culture and ask them to give specific examples of their own culture.
3. Have students draw a concept web like below to illustrate all the components that make up culture, then students can then note their own culture characteristics on the diagram.

A simple definition for your students to remember is: Culture = All aspects of the way people live.



## Kenya's Culture Overview



Kenya's modern culture was born out of a myriad of sources and influences, both modern and traditional. Despite the many and varied influences that have shaped Kenyan society, the culture in Kenya has become truly and purely Kenyan. If there is any one thing about Kenya that gives any indication of this unique character today, it is the melding of traditional societies and culture with modern norms and values.

In Kenya it is possible to leave Nairobi - a city with a thriving central business district powered by the latest information technology - and drive in just a couple of hours to a place where life is lived in accordance with tradition and custom, where warriors armed with spears drive their cattle into thorn bush enclosures to protect them from lions at night. The modern and the traditional live side by side, and sometimes the boundaries between the two blur and merge.

The ease with which Kenyans adopt and adapt to new cultural influences has a long history. Kenyan culture is built on the acceptance and absorption of new and varied cultures, be they migrant nomads or sea-borne traders.



The result is a culture of endless influence and yet one that is completely Kenyan in character.

### Music



Kenya's music is varied. Nearly every tribe has its own musical culture. Drumming has been perfected by peoples like the Akamba from Eastern Kenya, and the coast Mijikenda. Traditional instruments - like the nyatiti lyre favoured by the Luo - are used too. The Luo have a distinctive musical style known as benga, which has become an integral part of popular Kenyan music, not just among the Luo. The Maasai and the Samburu have perfected the art of unaccompanied singing. Their sagas of conquest and prowess are sung in a series of throaty grunts, with each man singing part of the tune. There is a strong Congolese rumba influence in Kenyan popular music.

A talented crop of youth artists, inspired by modern hip-hop, R&B, rap and reggae, blend these styles using Kenyan melodies, lyrics and rhythms.

## Kenya's Culture Overview

### Theatre/Cinema

In 2002 Kenya was declared the winner for 'Best Film Location' in the 'Originality and Creativity' section of Annual Global Locations Expo in Los Angeles. Out of Africa, Born Free, To Walk With Lions, Mountains of the Moon, and the recent Oscar award-winning film Nowhere in Africa have all been shot on location in Kenya. In addition, Maliboned has jointed the list.

### Cuisine

Kenya's cuisine reflects the diversity of its varied cultural influences. However, eating out is not a national pastime, and only the Coast has developed a distinctive regional culinary style, thanks to its long association with Indian Ocean trade.

Traditional food tends to be simple and starchy - practical eating! Ugali (maize meal cake) is the main staple, along with potatoes or rice. It is usually accompanied by chicken, beef, goat or vegetable stew, spinach, beans or fish. A nyama choma (mutton, goat or beef, roasted over glowing charcoal) feast is a typical Kenyan experience.



Coast cuisine is a delight. Seafood (sea-perch, parrot-fish, red snapper, king fish, giant crayfish, jumbo prawns, crabs, oysters and sailfish) is cooked with lime, coconut, peppers, and a myriad of exotic spices. Fresh fruit - in particular mangoes, pineapples, pawpaws and citrus - grow well in the coastal climate.

Kenyan cuisine has a strong Indian influence, dating back to the 19th Century when Indian labour was used to construct the Mombasa-Kisumu railway and most international tastes are catered for. In Kenya's major cities there are a plethora of international restaurants - Chinese, Italian, French, Japanese and Thai, to name just a few





## *7 Basic Kenan Sayings* (Swahili-official Language)

- Hello

*Jambo*

- My name is...

*Jina Langu Ni...*

- Yes

*Ndiuo*

- No

*Hapana*

- Please

*Tafadhali*

- Thank you

*Asante*

- Good-bye!

*Kwahaeri*

# Kenyan Food



**Ugali (Cornmeal Staple)**

The undeniable most common Kenyan food staple is ugali – usually made from cornmeal that is added to boiling water and heated until it turns into a dense block of cornmeal paste. Ugali has the consistency of a grainy dough and the heaviness of a brick. For many Kenyans, ugali along with a small amount of cooked vegetables or saucy stew is a normal meal.



**Irio (Mashed Peas and Potato Mix)**

Irio is one of the most famous dishes in Kenya, a food that originated as a Kikuyu staple and spread throughout the country. Green peas and potatoes are boiled and then mashed up before whole kernels of maize (corn) are added to give the mash some extra starch and texture. This hearty and heavy Kenyan food is famous to eat with roasted nyama choma meat (nyama na irio) or just some Kenyan style stew.



## Kenyan Food



**Lake Nakuru National Park**

It's not too complicated, a Kenyan dish that consists of boiled beans, corn kernels, and possibly mixed in with a little bit of vegetables. The combination of Githeri is a filling, highly nutritious, and can be quite good when complimented with salt, pepper, chilies, and even a chapati!



**Kenyan Pilau (Spiced Rice)**

Pilau is a glorified combination of rice cooked with flavor bursting spices like cumin, cardamom, cinnamon, and cloves. The fragrant rice is fantastic to eat with a form of meat stew and a few slices of fresh tomato and onions. Biryani is another form of spiced rice that is a popular Kenyan food on the coast. Even though it's in Tanzania, I've enjoyed some of the best pilau and biryani I've ever eaten on the island of Zanzibar

## Kenyan Food



**Sukuma Wiki (Collard Greens / Kale)**

One of the most popular vegetable Kenyan dishes is sukuma wiki (known as collard greens or a form of kale in English). The nutritious green leafy vegetable is often cooked in oil with a few diced tomatoes, onions, and flavored with a sprinkle of mchuzi mix (Kenyan food secret flavoring salt – MSG) or stock cube flavoring.



**Kenyan Stew**

Kenyan stew can include a number of different meats: beef stew, goat stew, chicken stew or any other animal stew. Kenyan stew dishes might also include a few other base vegetable ingredients such as carrots, peppers, peas, or potatoes. The sauce is usually formed from a light tomato base and accented with onion, salt and pepper, and that essential mchuzi mix!

## Kenyan Food



**Nyama Choma (Roasted Meat) –**

### **Pride of Kenyan Food**

Any Kenyan food list is not complete without a mention of nyama choma, also known as roasted meat. Goat and beef are the 2 most common forms of nyama choma, but chicken (kuku choma) and fish (samaki choma) are also valid choices.

Fat and the grizzle from the meat is the choice part of the animal, and is often consumed with a quick dip into a pile of salt for extra flavoring! It's also possible at many places to get the "fry," – the fried meat variation.



**Chapati (Flatbread)**

Chapati in Kenya can trace their origin from the influence of the Indian population. Kenyan style chapatis are made with a flour dough that is wound into a coil before being rolled into a flat round circle. The dough is then fried on a skillet accompanied by plenty of oil so it becomes crispy on the edges but remains moist and doughy on the interior.

Chapatis can be considered more of a special form of Kenyan food, a treat to eat. Chapatis go well with fried cabbage, beans, or even just rolled up with a cup of tea!



## Kenyan Food



**Samosas**

Another Indian snack turned Kenyan food are samosas – small triangular pockets of spiced meat or vegetables put in a pastry wrapper and deep fried to a golden brown. Squeeze a sprinkle of lime juice on a samosa for ultimate enjoyment. These golden snacks are available everywhere from sit down restaurants to Nairobi street food pushcarts.



**Grilled Maize**

One of the most popular on-the-go snacks in Kenya is a cob of roasted maize. The corn is picked when it has become mature, so it's a dry starch that is perfect for roasting over hot embers. As the maize roasts, some kernels pop like popcorn while others blacken to a crunchy crisp. Some street stall vendors will supply a chili lime salt garnish for the grilled maize.

# Kenyan Food



**Masala Chips (French Fries**

**Masala)**

The dish starts with a greasy plate of freshly deep fried french fries (chips). Tomato sauce, chili sauce, herbs, cilantro, and whatever else the chef decides are all added to the fries, coating them in a luscious sauce that will have you licking your fingers and the plate!



**Mutura**

Mutura is the real Kenyan sausage, a protein rich meaty snack that could be the envy of every beer drinker. Goat intestine wrappers are stuffed full of the alluring combination of ground meat parts and goat blood. The sausage is boiled until it is almost cooked through and then thrown on the grill to dehydrate the meat and give it that sensational smoky taste.

# Create a Cookbook

---

## Materials Needed

1. Recipe example page (attached)
2. Copy paper or college rule paper
3. Construction paper
4. Pencils, markers, color crayons

## Procedure

1. Have student's research traditional foods eaten in the country you are studying.
2. Have each student select 2-4 different recipes
3. Students will create a page for each recipe
4. Students will create a cookbook with their recipes written inside
5. Students can present to whole class or in pairs

## Creating a Cookbook

1. Make a cover using construction paper
  - a. Allow students to decorate
2. Bind recipes together with cover sheet on top
  - a. Glue, staple, tie with yarn, tape, etc.



# Sample Recipe Format

Name of Recipe: \_\_\_\_\_

## Ingredients

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



## Cooking Directions

---

---

---

---

---

---

---

Name of Recipe: \_\_\_\_\_

## Ingredients

6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_



## Cooking Directions

---

---

---

---

---

---

---



## **African Dance: The Fundamentals**

### **Stomping of the Feet**

A basic step in African dances is the stomping of the feet. At a very young age, African children dance to the beat of the drum and other African instruments. Stomping of the feet can come in different forms. For aggressive types of dances, children lift the limbs high up to have a great impact on the ground when they land. The timing of the feet stomping to the beat of the drums is crucial, as some dances require the children to have props like bells, chimes and trinkets.

Stomping of the feet goes together with hand and body movements.

Read more : [http://www.ehow.com/list\\_6504007\\_african-dance-steps-kids.html](http://www.ehow.com/list_6504007_african-dance-steps-kids.html)

### **Using of Hands**

Hand movements are a big factor in African dances. Most of the movements done by hand are symbolic for the tribe. Elders teach the children the symbolism of these hand gestures while they are still very young to instill in them the tribe's traditions. Some hand movements for lively dances consist of raising the arms shoulder-level or above the head while maintaining the beat of the drum. For slower dances, the hand movements are slower and more graceful.

Read more : [http://www.ehow.com/list\\_6504007\\_african-dance-steps-kids.html](http://www.ehow.com/list_6504007_african-dance-steps-kids.html)

### **Dance Postures**

Here are three main dance postures in African dances. The first one is the upright stance. This symbolizes strength and authority. It is common among war dances or dances involving elders of a tribe. For this stance, the important thing is to have a straight back. The second posture is to have the body facing forward leaning a bit towards the ground. For this posture, the arms gesture toward the ground. The third posture is having the torso of the body almost parallel to the floor. In this stance, the children's body weight concentrates at the center of the feet to maintain the stance. Dancers use these postures together with hand and feet movements.

Read more : [http://www.ehow.com/list\\_6504007\\_african-dance-steps-kids.html](http://www.ehow.com/list_6504007_african-dance-steps-kids.html)

## Kenya's Traditional Dances



### Massai Tribal

Dance: [www.youtube.com/watch?v=nY-EKKzalac](https://www.youtube.com/watch?v=nY-EKKzalac)

The Massai dance that is repeatedly seen in African documentaries is usually called the "jumping dance". This particular dance is performed by the men of the village, who leap into the air to show their strength and stamina as tribal warrior

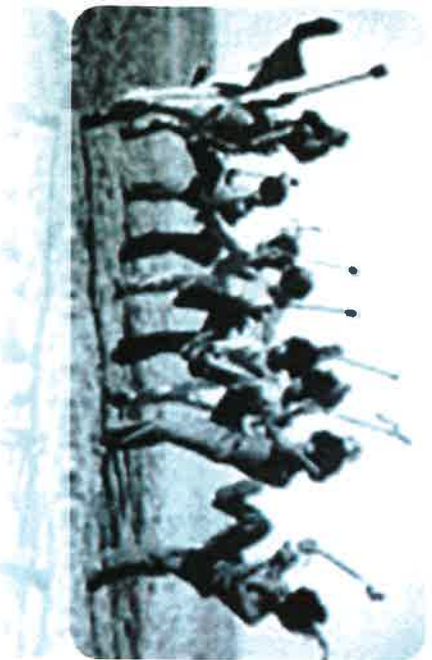


### Zulu dance

The **Hunting Dance** imitates the actions of hunting and the bravery it requires. This fiery dance is danced using sticks instead of spears to avoid injury and was danced before the hunt began. The girls also dance their own version but to welcome the men back from the hunt

### Mohobelo

The **Mohobelo** "striding dance" of the Sotho features striding, leaping, and in some cases, sliding, and almost slithering along the ground. Two and sometimes three main movements occur: the slow Bahobela featuring high kicks, the swifter Molapo with leaping and twisting in the air, and the often left out Phethola letsoho, which involves hand movement



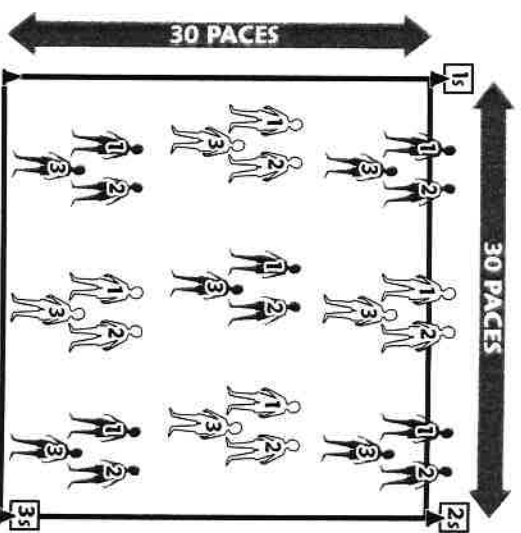


## Ready...

- Music: "Pata Pata" (SPARK 3-6 Music CD, #17)
- Music player
- *Pata Pata Jigsaw Cards* (SPARKfamily.org)
- 4 cones for boundaries

## Set...

- Create a large activity area (30X30 paces).
- Form groups of 3; scattered in area.
- Print and cut *Pata Pata Jigsaw Cards*. Place 1 at each of 3 corners of area.



## GO!

1. The object is to learn and teach a folk dance from Africa, using a technique called a jigsaw.
2. Number yourselves 1, 2 and 3. All 1s move to this corner (point to corner with *first part of dance*), 2s to this corner (point to corner with *second part of dance*), and 3s here (point to corner with *third part of dance*).
3. On signal, you will learn 1 of 3 parts of the *Pata Pata*. Practice it until the signal.
4. On signal, return to your group of 3. #1s teach your group the first part of the *Pata Pata*, then #2s add your part; and finally, #3s, add yours.

### 5. *Pata Pata*

#### • Part 1

- o Toe-tap R to side, and "home," 2X (4 counts).
- o Toe-tap L to side, and "home," 2X (4 counts).

#### • Part 2

- o Slide feet: toes out, heels out, heels in, toes in (4 counts).

#### • Part 3

- o Knee lift R 2X (2 counts).
- o Kick forward L 2X (2 counts).
- o Jump 1/4 turn to R, pause and clap (4 counts).
- Repeat all turning 1/4 turn to the R each round.

6. Let's all do the *Pata Pata* together once without the music.
7. Time to try it with the music!

# SPARK IT UP!

## ★ Pedometer

(Need 1 pedometer per group of 4.) How many times do you need to do this dance to get 200 steps?

## ★ Square Dance Formation

(Students in pairs, in square-dance formation.)

## ★ Mirror, Mirror

Face a partner, and mirror their movements.

## WELLNESS

The health benefits of dancing are well documented. Maybe that is why you see so many people young and old dancing. It's a lifetime activity, which helps reduce stress, increase energy, and improves strength, muscle tone and coordination. Square dancers have been known to cover 5 miles in 1 evening of promenades and do sa dos. Besides lowering your risk of heart disease, dancing is fun!

## TONY'S TIPS

- After students learn the steps while scattered, try grouping them in lines of 4-5 facing forward.

## NOTES

## STANDARDS ADDRESSED

### DANCE

- #1, 2, 5, 7 Perform folk dance
- #6 Cardiovascular endurance
- #7 Cooperation, respect for others
- #3, 4, 6 Participates, appreciates, enjoys rhythmic movement

**Your State** (Write in here)

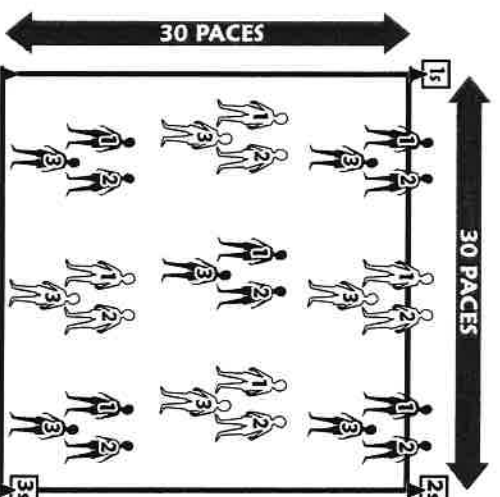


## Ready

- African Jigsaw Music Track (SPARK AS Music)
- Music player
- African Jigsaw Cards
- 4 cones for boundaries

## Set

- Create large (30X30 paces) activity area.
- Form groups of 3; scattered in area.
- Print Jigsaw Cards. 1 at each of the 3 corners.



## GO!

1. Today's activity is *African jigsaw*, where the object is to learn and teach a folk dance from Africa, using a technique called a jigsaw.
2. Number yourselves 1, 2, and 3. 1s move to this corner (point to corner with first part of dance). 2s to this corner (point to second corner), and 3s here (point to third corner).
3. On signal, you will learn 1 of 3 parts of the *African Jigsaw*. Practice it until the signal.
4. On signal, return to your group of 3. #1s teach your group the first part, then #2s add your part; and finally, #3s, add yours.

### 5. African Jigsaw

#### • Part 1

- o Toe-tap R to side, and "home," 2X (4 counts).
- o Toe-tap L to side, and "home," 2X (4 counts).

#### • Part 2

- o Slide feet: toes out, heels out, heels in, toes in (4 counts).

#### • Part 3

- o Knee lift R 2X (2 counts).
- o Kick forward L 2X (2 counts).
- o Jump  $\frac{1}{4}$  turn to R, pause and clap (4 counts).

6. Repeat all turning  $\frac{1}{4}$  turn to the R each round.

7. Let's all do the *African Jigsaw* together 1X without the music.

8. Time to try it with the music!

9. **Food Facts** (*Discuss during a cool-down, while leading a stretch.*)

- Have you tried foods from other cultures before?
- What makes foods from other cultures different from the foods that you eat?

## Safety First

- Be sure to drink plenty of water when you dance or are involved in other physical activities. It is important to keep your body hydrated because these are the types of activities that really make you sweat!

# AFRICAN JIGSAW



## Rewind

- **Mirror Dance** – Face a partner, and mirror their movements.

## Fast Forward

- **Create a Move** – (Form groups of 3-4.) Come up with alterative steps to each part of the *African Jigsaw*. Then groups can teach everyone their version of the dance!



## HOME PLAY

### Food Facts

Every family has its own culture and your family foods reflect your culture. Some may be different from foods that you are used to eating. Trying new foods from other families and cultures helps you learn about and enjoy new foods, get the health benefits from different kinds of foods, and get to know and respect differences in others.



## GUIDELINES ADDRESSED

1. Aerobic Capacity
2. Greater than 50% MVPA
3. Cooperation; Initiative; Responsibility

### NOTES




---

---

---

---

---

---

---

---

---

---



## THE RIGHT FIT

### Group Size

- Small – Can be done with as few as 2 dancers.
- Large – Can be done with as many dancers as the activity space allows.

### Limited Space

- Can be done in a small space as long as there is room for dancers to move.

### Wide Age Range & Skill Levels

- Can be challenging for younger dancers, so it is best to use with older, higher skilled dancers.

## Kenya's Popular Instruments

### Percussion Instruments

#### Apitua, Agogo and Grello

Apitua and Agogo are metal African bells. Grello are more like castanets as they are played on two of the fingers. All are usually made of iron and are percussion instruments used to establish and drive rhythm and to add texture and variety to music. They are distinctive and provide a strong cutting metallic sound that will be heard even in large drum circles or music ensembles. These instruments are all handmade by expert blacksmiths in Africa and are each unique in both tone and look.



**Apitua** (also known as a Banana Bell, Toke or Atoke Bell) resembles a little boat that curves upwards at each end. It is made from black iron and played with a metal stick – hence its good volume. The apitua often played with the Djun Djun drum and is attaching to the top of the drum through its lacing. They can also be simply held in the hand and played. The holding hand can enclose the body between the beats to create special effects.



**Agogo** (a word from the Yoruba language meaning 'bell') are a single or multiple bell now used throughout the world but with origins in traditional Yoruba music and also in the samba baterias (percussion ensembles) of Latin America. The agogo is considered to be the oldest samba instrument and is based on West African Yoruba single or double bells. The agogo has the highest pitch of any of the bateria instruments.

The African agogo bell is also called the gangkogui or gonkogui. It is made of metal with each bell a different size. This allows a differently pitched note to be produced depending on which bell has been hit. Originally wrought iron, they are now manufactured in a variety of metals and sizes for different sound qualities. The most common arrangement is two bells attached by a U shaped piece of metal. The smaller bell is held uppermost. Either bell may be hit with a wooden stick to make a cowbell like sound or



less commonly a clicking sound is produced by squeezing the two bells together.

**Grello** (also known as frikywa [pronounced: free-chee-wah] or African castanet), is a two-piece instrument used in Ghanaian percussion ensembles.

The bell is shaped like a large, open walnut shell that is connected at the top and the bottom, which is held by one finger. The ring is worn on another finger, the thumb or held in the opposite hand and is used to strike the bell.

## Kenya's Popular Instruments

### Bird and Fish Trident

Our bird and fish tridents are fun percussion instruments that are great value for money because they double as a [quiro](#) and a wood block with three different tones. They are well made and very cute! Appealing and quite suitable for [children](#).



### Boomwhackers



Boomwhackers are percussion tubes – lightweight, colour-coded, plastic tubes, tuned to musical pitches by length. They are the creation of American Craig Ramsell who came up with the idea after he had cut up some cardboard tubes for recycling in 1994. Noticing that the different lengths of tube offered a variety of pitches, he decided to investigate their creative potential but using plastic tubes. Boomwhackers are a lot of fun and an instrument that anyone can play.

In our experience, Boomwhackers have been a great hit with [children](#) and school music groups. Demonstrations of boomwhackers being played can be viewed [here](#) and [here](#).

### Cabasa



The cabasa is a percussion instrument of African origin that is constructed with loops of steel ball chain wrapped around a wide cylinder. The cylinder is fixed to a long, narrow wooden or plastic handle. It provides a metallic, rattling sound when shaken or twisted, similar to the sound of a rattlesnake.

The cabasa is often used in Latin jazz, especially in bossa nova music. Precise rhythmic effects can be gained by the advanced player. The player places his non-dominant hand on the metal chain, to provide pressure, while holding the wooden



## Kenya's Popular Instruments

handle with the other hand and twisting the instrument back and forth as per the rhythmic pattern desired. In addition to Latin music, many band and orchestra pieces call for the cabasa. The instrument is frequently used in music therapy.

### Caisa Drum



The Caisa Drum is a convex steeldrum created by Bill Brown of Kaisos Steel Drums in Germany. It is commonly believed that the creation of the Caisa Drum was inspired by the [Hang](#) drums made by Felix Rohner and Sabina Schärer of PANArt in Switzerland. Available in a variety of tunings, Caisa Drums are designed to be played with finger tips, hands or short mallets. It consists of two parts: the upper half is a round steel dome approximately 60cm in diameter from which a wooden (in older models) or metal (in all newer models) disk is suspended. The two parts are connected by metal cables which permits an ideal resonance.

The tone areas of the dome are hammered by hand and are usually tuned to a pentatonic scale. Each Caisa Drum is a unique instrument with its own visual and acoustic characteristics. A built-in thread in the base of the Caisa drum allows the attachment of a wooden goblet-shaped stand and three openings in the base accommodate the use of a snare drum stand (see images below). This allows the Caisa Drum to be played in a seated (on lap or using the wooden stand) or standing position, or for the instrument to be set up as part of a drum kit/percussion section. This accessible and portable percussion instrument (special back packs are available) is ideal for amateur musicians, buskers, percussionists and professional musicians who want to experience and share the versatile and enchanting sounds that can be produced with a Caisa Drum. Video clips of Caisa Drums being played can be viewed [here](#) and [here](#).



### Castanets

Castanets can be mastered through dedicated practice. You need to have your hands held in the correct position and have the rope fastened tightly around either side of your thumb knuckles. Within a pair there will be two tones. The fun and begins when you dance and need to play the castanets at the same time in rhythm.

## Kenya's Popular Instruments



### Caxixi



Caxixi (pronounced ka-shee-shee) are a percussive musical instrument of African origin that became popular in Brazil as a accompaniment to the [berimbau](#) in the dance-game of Capoeira. In West Africa it is used by singers and often alongside drummers. They are similar, in many ways, to [maracas](#).

Caxixi consist of a woven cane basket with a hard gourd skin or wooden base. It is filled with special seeds or rice and, like the maraca, it is sounded by shaking. Caxixi can be used to drive the beat or in pairs to produce intricate rhythmic sounds and textures. Suitable for [children](#) five years and older.

### Claves



Claves are a percussion instrument made up of two short pieces of wood which are played against each other producing a sharp cutting sound. They are traditionally made from good hardwoods but some modern producers will even use fiberglass or plastic. When played they are held with the non dominant hand cupped underneath one of the clave to create a resonating chamber while the other hand holds the remaining clave like a drumstick to strike against the other.

Clave in Spanish means key or keystone, and it plays this role in the music of many countries. The claves play a vital role in Afro-Cuban music and many people consider the clave to be the key to understanding the music. Suitable for [children](#) five years and older.



### Cuica

## Kenya's Popular Instruments



The one and only cuica, a Brazilian friction drum, is synonymous with the sound of fun and laughter that one would experience at a Brazilian carnival. The cuica is often used in samba music and is a wonderfully simple instrument. It is made from a small drum with a stick mounted in the middle of the skin. One plays by rubbing up and down on the stick with a wet cloth, the other hand can be used to change the pitch by pressing on the head. A demonstration of the cuica can be viewed [here](#).

## Flexatone



The flexatone was invented in the 1920s. It is a percussion instrument that consists of a small flexible metal sheet suspended in a wire frame that also makes up the handle. Two wooden knobs are mounted on strips of spring steel and attached on each side of the metal sheet. The player holds the flexatone in one hand with the palm around the wire frame and the thumb on the free end of the metal sheet. The player then shakes the instrument with a trembling movement which causes the beaters to strike the sides of the metal sheet. While shaking the handle, the musician makes a high or low pitched sounds depending on the curve given to the blade by the pressure from the thumb. A vibrato is thus produced.

The flexatone is sometimes heard in funk music, and occasionally in pop music for special effect. It is occasionally used in the soundtracks of films or cartoons to represent ghosts or other paranormal phenomena. A video clip of four very creative young musicians using flexatones in a variety of ways can be viewed [here](#).

## Frog Family



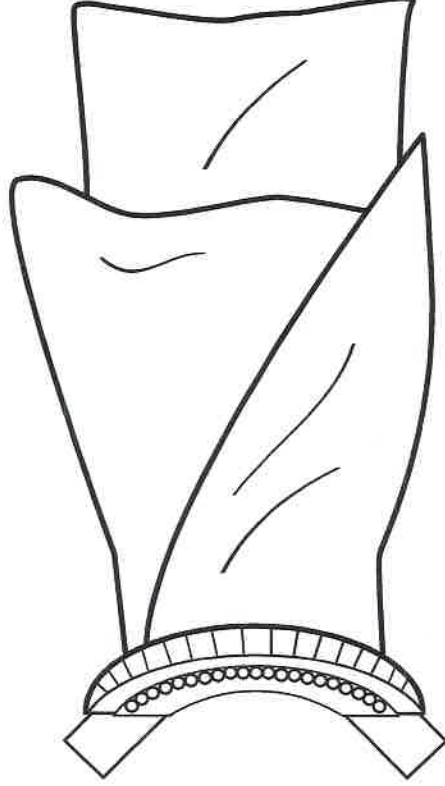
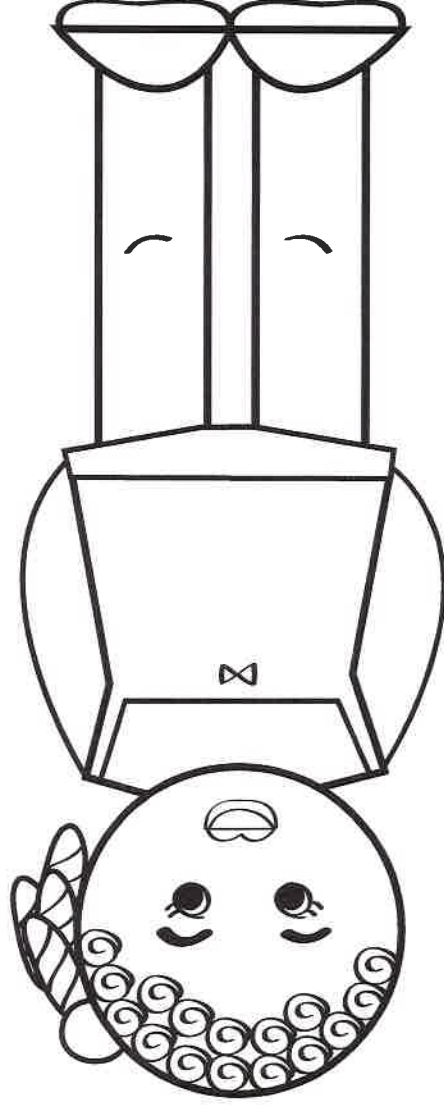
The wooden frog is one of the most common percussion instruments one comes across in Thailand where they are made by skilled members of the Northern hill tribes.

A popular percussive instrument with [children](#), these wooden frogs have two main sounds – a 'struck wooden block' sound made by striking the nose of the frog with the wooden beater, and the renowned 'croaking frog' effect made by running the beater along the ridges of the spine. The most effective frog croak is created by running the beater from the bottom of the spine to the top. Using the larger end of the beater gives a louder and stronger sound. Available in a variety of sizes, from the tiny mini frog's right up to the jumbo models.

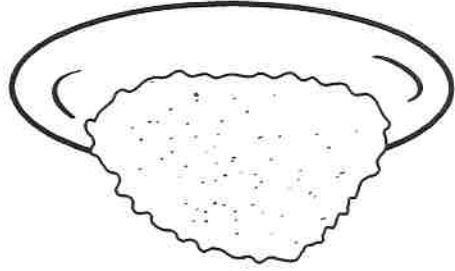
# Paper Dolls Around the World: Africa I

Color me and dress me up!

Can you guess what country I am from?



Flag



Popular Food: Ugali  
(Cornmeal dough)

Population: 39 Million

Capital City: Nairobi

Answer: Kenya



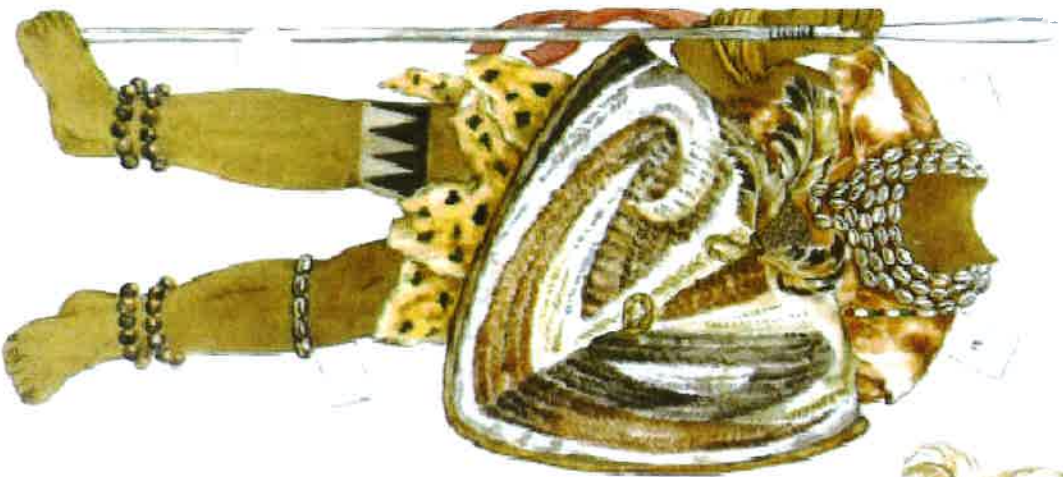


Аборигены Австралии

Аборигены Австралии



Large headdress



Person in costume



Small headdress



The owl glances  
back to us  
after a moment.



The lion's voice breaks  
the silence.



He comes across the river  
to the village.



# Maasai homes

Maasai homes are good for the environment in that they are made from local materials and there is not a lot of energy required to make one. Here we can see a typical Maasai home.



The maasai are historically a nomadic tribe and they used to move around with their cattle in search of good grazing grounds. As a result, their homes are made from resources, tools and techniques that they have found locally.

The walls are made from a mixture of mud, grass, sticks, water, ash and cow dung and the the cow dung ensures that the roof is waterproof.

Inside their homes would be one room and in this space, the family would cook, eat, sleep and relax with their families. They would also store their food, fuel, and other valuables and sometimes baby animals.

Homes would be built together in groups of 6-20 to make a village. Surrounding the whole village would be a fence, built by the men, that is made from the thorny acacia tree. It is a formidable barrier. At night, the animals would be brought inside the thorny fence to protect them from predators.

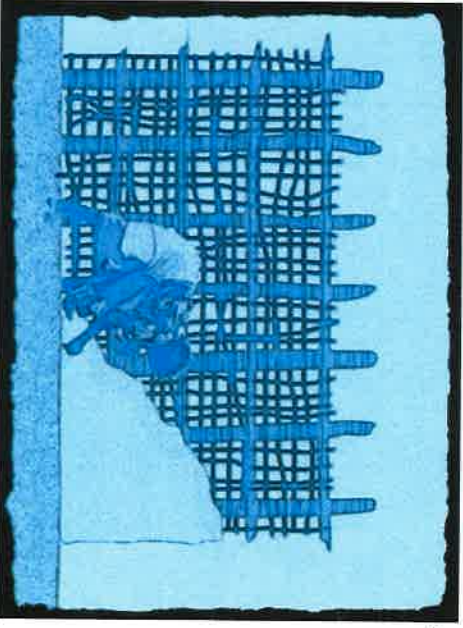
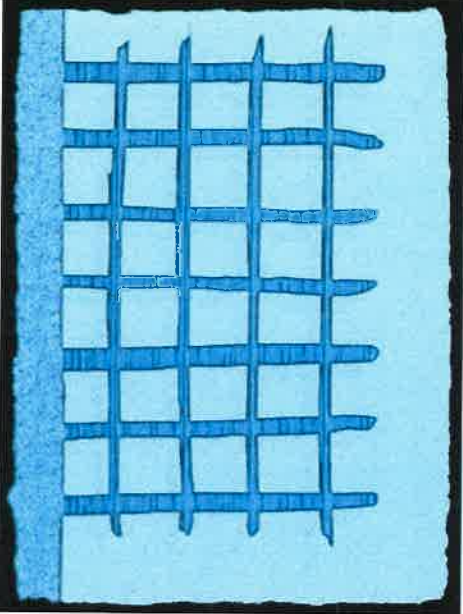
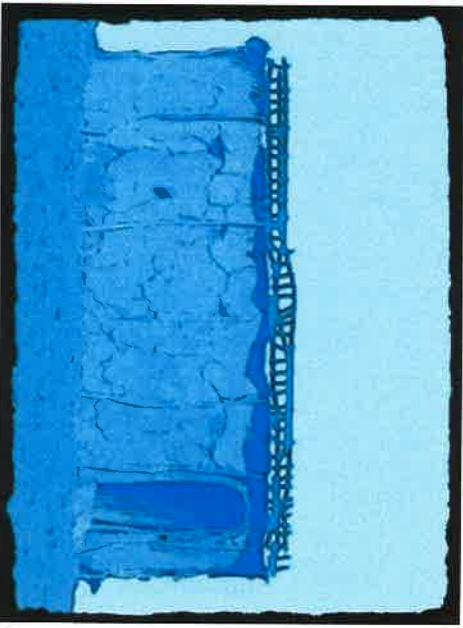
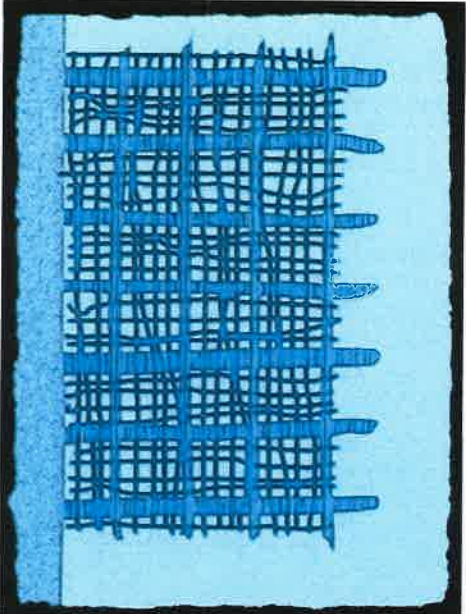
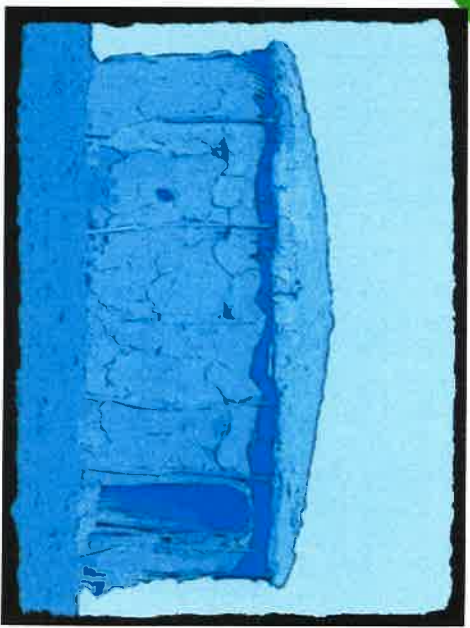
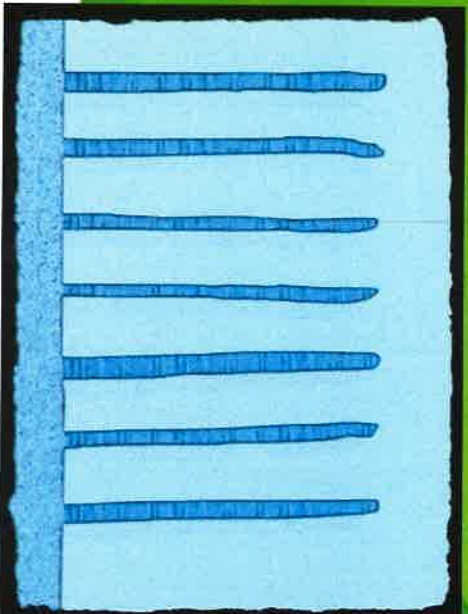


What predators would the animals need protection from?

## Your Task:

Look at the pictures and descriptions of a Maasai home being built on the next page. Cut them out and stick them, together with their description, in the correct order.





Thin sticks are woven in between the thicker ones to make the walls of the house.

The flat roof is covered with a plastic sheet. Then the same mixture used for the walls is mixed with grass and added.

When the walls are finished, strong branches are woven to make a frame for the roof.

More big branches are woven in between these to make a framework for the house.

Thick branches, taller than grown people, are taken from the forest. These are planted in holes in the ground.

Women make a mixture of cow dung, ash, soil and water to apply to the walls.

