

1 Pedometer

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

2 Square Dance Formation

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

3 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!

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)

TONY'S TIPS

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

NOTES



Recreation in Liberia

Sports

Tennis, volleyball, basketball, football, squash, and Taekwondo are all played in Liberia. However, soccer is the most popular sport.

Board Games

Mancala is one of oldest games in the world, dating back thousands of years. There are in fact more than 200 versions of this "count and capture" game, played throughout Africa, all with slightly different rules. In Liberia it's common to use two rows of pits. See the directions for making and playing the game. in this binder.

Queah is a two person strategy similar to checkers. See the directions for making and playing the game in this binder. (taken from <http://mariespastiche.blogspot.ca>)

Singing Games

Who Is In The Garden

- All students except two join hands to create a circle. One student is in the center of the circle and the other student is standing outside the circle.
- The outside student is the "Leader" and walks / skips around the outside of the circle while the group chants "Who is in the garden? It is a slow poke. Can I go see him? No, no, no."
- The "Leader" taps someone on the shoulder who must follow her. The group closes the gap by holding hands. The "Leader" taps someone else on the shoulder and the new person must follow behind the first person tapped. Each new person tapped walks / skips behind the last person tapped.
- The process continues until there is only one person left. The group scatters trying to avoid being caught by the last person in the circle. The person who is caught becomes the next "Leader."

Watch children play the game at YouTube.com. Enter the search term: "How to Play Liberian Children's Game Who Is In The Garden" Video by Africa Heartwood Project

Train Train Party (Similar to Duck Duck Goose)

- The players sit in a circle facing inward, while another child, the "picker", walks around the outside of the circle carrying a handkerchief.
- The "picker" drops the handkerchief behind one child. This child then rises, grabs the handkerchief, and chases and tries to tag the picker. The picker tries to return to the spot where the picked child had been sitting and sit in that spot.
- If the picker succeeds, the other child is now the new picker and the process begins again. If the child succeeds in tagging the picker, the same child may return to sit in the previous spot and the picker resumes the process.
- While walking around the circle, "picker " sings the words : "Train Train Party. Aaaaaaa party. Train Train Party. Aaaaaaaa party. I wrote my letter to my dad and on the way I dropped it.. A little boy he picked it up and put it in his pocket. Train Train Party. Aaaaaaa party.

Watch children play the game at YouTube.com. Enter the search term: "Orphans Teach How to Play Train Train Party Game in Liberia" Video by Africa Heartwood Project

Cultural Life



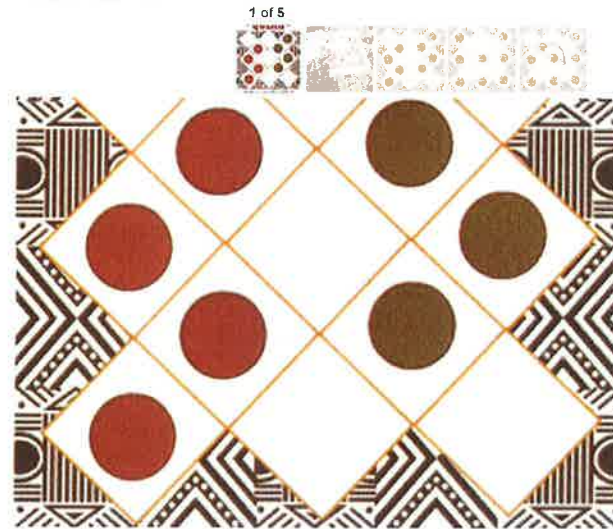
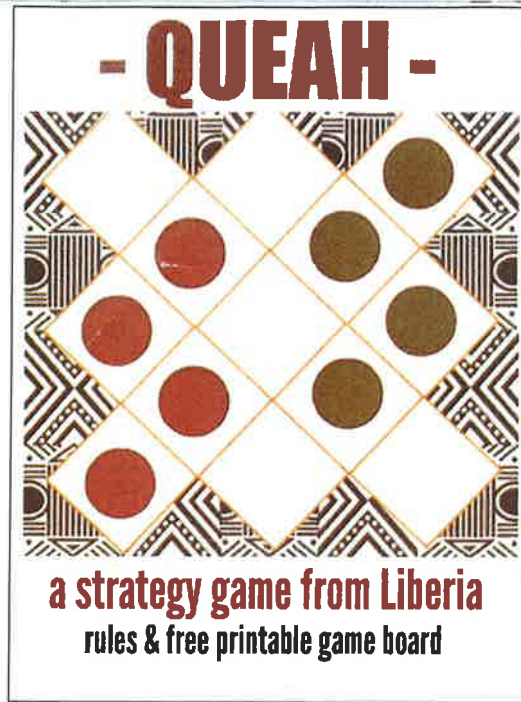
Kpelle-Guerze children dancing.

Traditional and Western lifestyles coexist; however, traditional values, customs, and norms influence the Western type considerably. In cities both Western and African music and dancing styles are in vogue, but in rural areas traditional rhythms are favored.

Watch performances of traditional dancing on YouTube.com. Enter the search term: "The 2 is Liberia : New Liberia Liberian Culture Troop"

Photo from <<http://kwekudee-tripdownmemorylane.blogspot.com/2013/>> Dec. 3, 2014

Text from <www.britannica.com> Dec. 3, 2014



a strategy game from Liberia
rules & free printable game board

Queah is a traditional game from the Queah tribe of Liberia. Traditionally, the game "board" was made from twigs, and the game pieces from sticks, with one players pieces cut slanted and called "men", while the other players pieces were cut straight and called "women". It continues to be played to teach children logical skills.

Queah is a two person strategy game, similar to checkers. The grid is made up of 13 slanted squares. Each player has 10 pieces, though only 4 are on the board during play. Like checkers, the goal is to capture your opponent's pieces by leaping over them.

We are having fun with this game - it can be simple, each taking turns capturing another. But to really get the challenge, you want to keep the other from capturing yours, and there's a rule about replacement pieces that makes this interesting...



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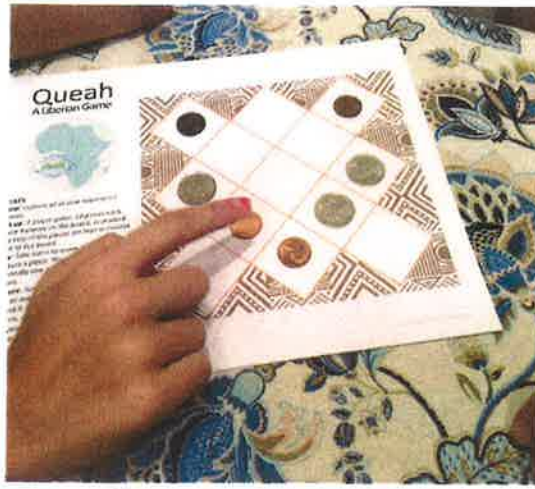


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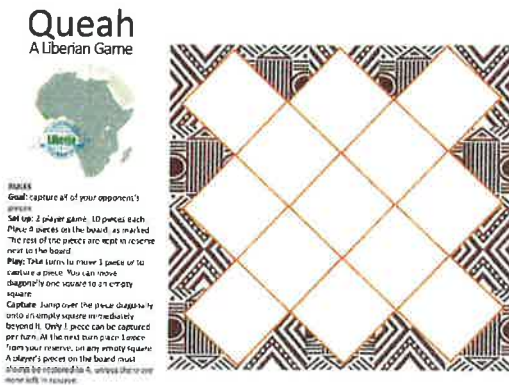
Elle playing, and winning, against her father

PLAYING QUEAH

What you need:

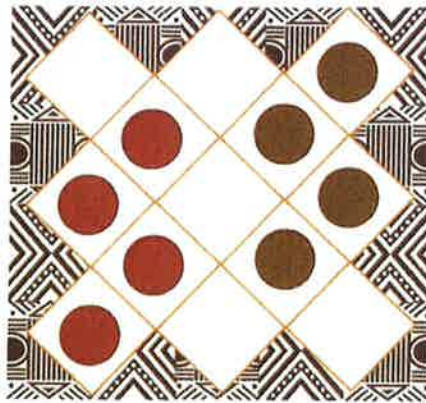
- [Printable board game](#)
- 10 game pieces each - we used 10 pennies and 10 quarters. You could use two types of beans, as long as you can easily differentiate them.

This is the board game I put together to play with, and it includes a recap of the rules, as well as a light demarcation of where to put your game pieces to start.



How to Play:

Each player places four of his/her game pieces on the board as marked. The remaining pieces are kept as a reserve off the board.



Start up placement of game pieces

On your turn, you can move one game piece onto an adjacent empty square, moving diagonally,



BLOG ARCHIVE

- ▼ 2014 (109)
 - ▼ October (8)
 - Creative Kid Hop | #2
 - Around the ' Pancakes: Cakes
 - Fon Story Cl | Make a
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 - ▶ September
 - ▶ July (3)
 - ▶ June (16)
 - ▶ May (13)
 - ▶ April (14)
 - ▶ March (18)
 - ▶ February (2)
 - ▶ January (8)
- ▶ 2013 (207)
- ▶ 2012 (14)



Queah

A Liberian Game



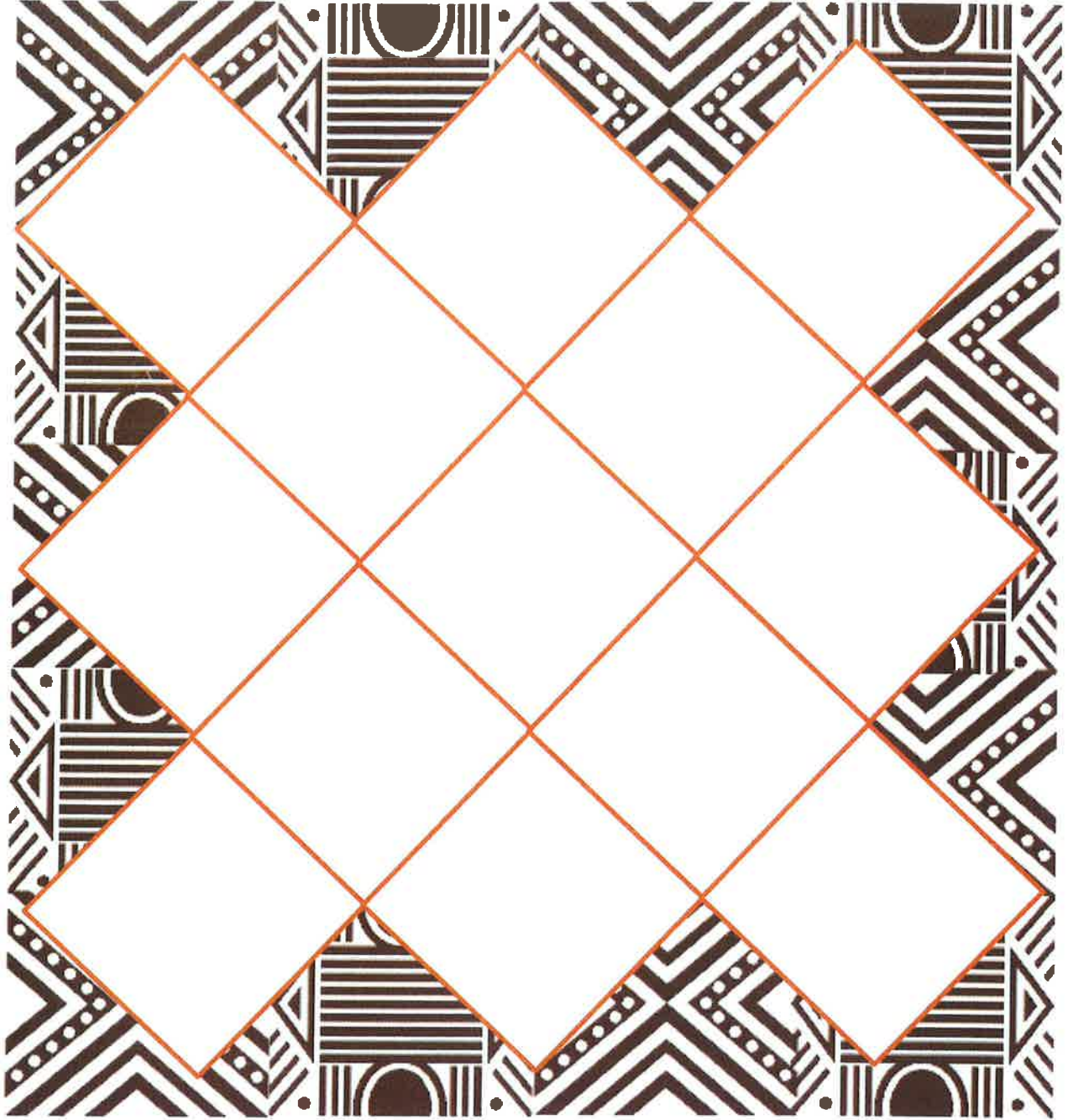
RULES

Goal: capture all of your opponent's pieces.

Set up: 2 player game, 10 pieces each. Place 4 pieces on the board, as marked. The rest of the pieces are kept in reserve next to the board.

Play: Take turns to move 1 piece or to capture a piece. You can move diagonally one square to an empty square.

Capture: Jump over the piece diagonally onto an empty square immediately beyond it. Only 1 piece can be captured per turn. At the next turn place 1 piece from your reserve, on any empty square. A player's pieces on the board must always be restored to 4, unless there are none left in reserve.



Objectives

- Children research origins of traditional Mancala games as well as board games from other cultures.
- Children design unique replicas of Mancala games using color-coordinated pieces and game boards.
- Children follow Mancala rules to play the games with classmates.

Multiple Intelligences

Interpersonal

Logical-mathematical

National Standards

Visual Arts Standard #4

Understanding the visual arts in relation to history and culture

Social Studies Standard #1

Culture—experiences that provide for the study of culture and cultural diversity.

Background Information

Mancala is an ancient African game, often played with beans or beads. It is considered the world's oldest game. Historians believe it started in Ghana where it is called Wari. Years ago, rich families had Mancala boards made of carved ivory covered with gold. Variations of Mancala are played around the world.

Mancala is probably popular because it can be played simply or with a variety of challenging strategies. To play, two opponents face each other across a narrow, rectangular board consisting of two horizontal rows of six cups, each containing four "stones." In addition to the six cups, each player has a "home" cup, also called a *kalaha*, to the right of the other cups.

General instructions are:

- Player #1 picks up all the pieces from any one cup on his or her side of the board, and moving counterclockwise, drops these pieces one by one in each cup that follows including the player's own cups, the "home" cup, and the opponent's cups until all pieces have been played. The only cup to skip is the opponent's "home" cup.
- If the last piece ends up in the player's own "home," another turn is taken!
- If the last piece ends in an **empty** space, the player may take all the pieces in the cup across from that one and put them in his or her home cup.
- Alternate turns between players until all six of one player's spaces are empty. That player then adds all of the opponent's remaining pieces to his or her "home" cup. This ends the round.
- Count the number of pieces in each of the "home" cups and those are the scores for that round.

Resources

Africa for Kids: Exploring a Vibrant Continent, 19 Activities by Harvey Croze

A rich resource written by a world expert on African elephants. Educates readers on historic and current cultural issues. Activities vary from crafts to recipes.

Kids Around the World Play! The Best Fun and Games From Many Lands by Arlette N. Braman

Explores cultures and games from around the globe. Activities include facts about various cultures.

More Math Games & Activities From Around the World by Claudia Zaslavsky

International puzzles and board games accompanied by historical and cultural information.

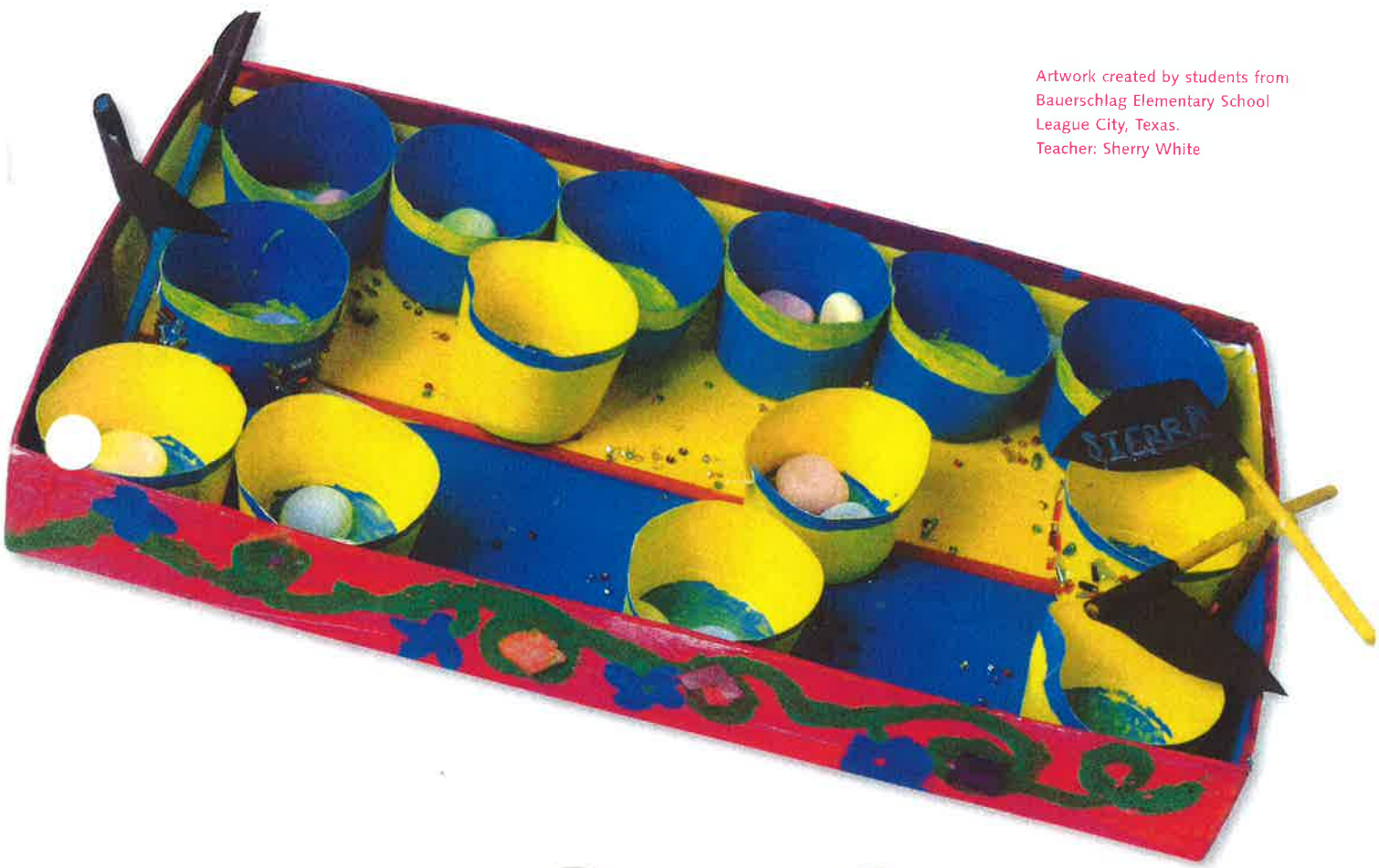
The Book of Classic Board Games by Sid Sackson & Klutz Press

A book and kit with instructions and cardboard game boards for 15 different games. Includes playing pieces and rules.

Vocabulary List

Use this list to explore new vocabulary, create idea webs, or brainstorm related subjects.

Board game	Research
Compound	Secondary colors
Contrast	Sphere
Coordinate	Strategy
Cultural	Texture
Divide	Traditional
Historical	Variation
Knead	
Layout	
Mancala	
Marbleize	
Modeling	
Origin	
Original	
Player	
Primary colors	



Artwork created by students from Bauerschlag Elementary School League City, Texas. Teacher: Sherry White



Make Your Own Mancala Game

4-38

K-2

3-4

5-6

Student Preparation and Discussion

Display board games with international origins such as GO, Nine Men's Morris, Parcheesi, and Mah Jong, as well as versions of Mancala. Play them, especially Mancala.

Challenge students to trace the origins of these or other favorite games. Talk about games children play with family members and what they know about the games' origins.

Discuss what makes a good game in terms of design, objectives, rules, and strategies. With children, research and write Mancala rules with historic/cultural information. Copy a set for each child.

Crayola® Supplies

- Markers
- Model Magic®
- Paint
- Paint Brushes
- School Glue
- Scissors

Other Materials

- Paper cups (small, unwaxed)
- Recycled newspaper
- Recycled shoebox lid
- Water containers

Set-up/Tips

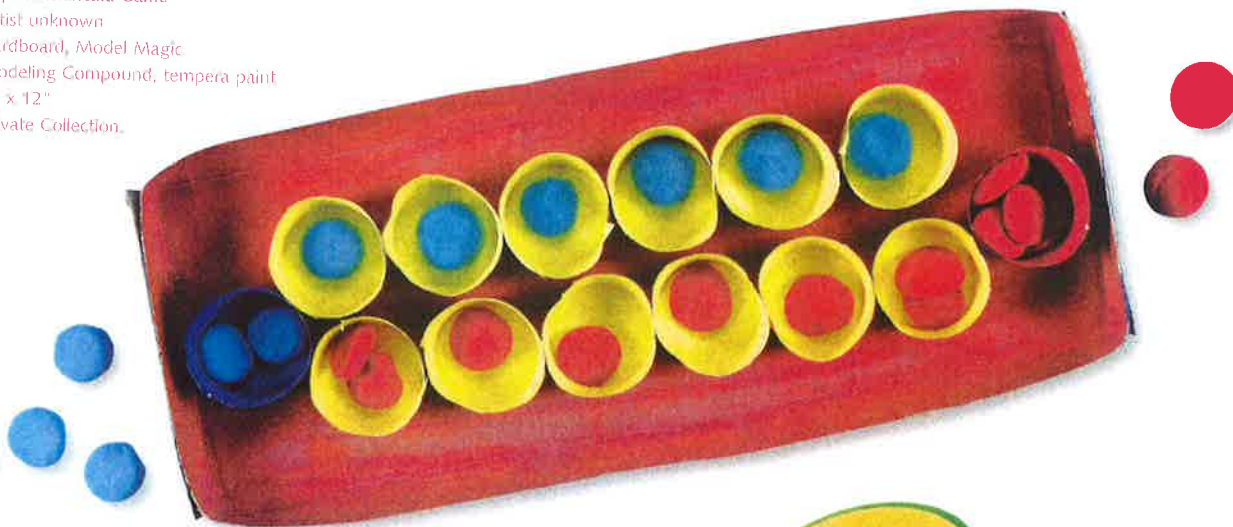
- Cover painting surface with recycled newspaper.
- Glaze the pebbles to keep them clean when being handled.

Carved African Mancala Game with Seeds
 Artist Unknown
 Rosewood, seed pods
 3" x 10" x 7"
 Private Collection.



	K-2	3-4	5-6
Process: Session 1 10-20 min.	<p>Create pebbles</p> <p>1. Each child forms 48 Model Magic® pebbles. Encourage children to roll various colors together or knead in color from markers to create a marbled effect. Air-dry pebbles overnight.</p>		
Process: Session 2 30-40 min.	<p>Create game board</p> <p>2. Cut off the tops of 14 paper cups. Suggest that children pick two of the colors used for their pebbles to paint their cups (seven cups of each color).</p> <p>3. Paint an upside-down shoebox lid to coordinate with the game pieces and cups to create a sense of unity. Encourage the use of interesting patterns and designs. Air-dry the paint.</p>		
Process: Session 3 15-20 min.	<p>Assemble the game!</p> <p>4. Write the word HOME in marker on each of two cups. Glue them at opposite ends of the shoebox lid. Glue two rows with six cups of one color on one long side and six of another color on the other side.</p> <p>5. Mix equal parts of glue and water. Cover the 48 pebbles with this glaze. Air-dry the glue.</p>		
Process: Session 4 15-20 min.	<p>Play!</p> <p>6. Review the rules and Mancala's history. Children play at least two rounds with friends, using each child's game once.</p>		
Assessment	<ul style="list-style-type: none"> Game boards are set up according to traditional Mancala design with six cups and one <i>kalaba</i> on each side, 48 game pieces, and rules. Games are attractively designed and color coordinated, giving them a sense of unity. Children demonstrate an understanding of the cultural diversity of games by reading the rules and history of Mancala. Children cooperatively play the game. Ask students to reflect on this lesson and write a DREAM statement to summarize the most important things they learned. 		
Ex tions	<p>Encourage children with strong logical thinking skills to design and create their own strategic games to share with the group.</p> <p>Make the entire game out of Model Magic compound. After drying and painting, glaze it with a mixture of equal parts Crayola School Glue and water. Air-dry before use.</p> <p>Challenge children to make theme versions of Mancala. For example, paint the game board like a cat and shape the pebbles as tiny fish or mice.</p> <p>Add texture and weight to the pebbles by mixing aquarium gravel in the Model Magic compound.</p> <p>Children research variations of Mancala and share their findings with the group.</p> <p>Ask for parent volunteers to assist with the assembly of games by young children and those with disabilities.</p>		

Replica Mancala Game
Artist unknown
Cardboard, Model Magic
Modeling Compound, tempera paint
4" x 12"
Private Collection.



Dream~Makers
Building fun and creativity into standards-based learning