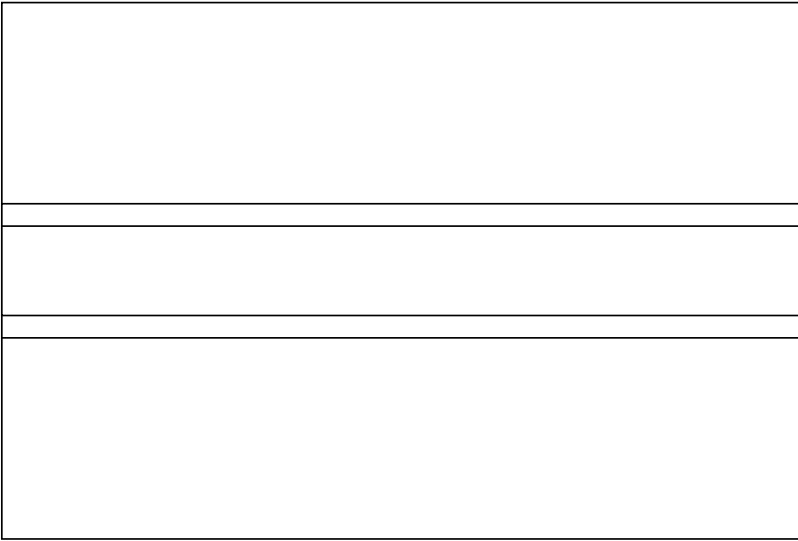


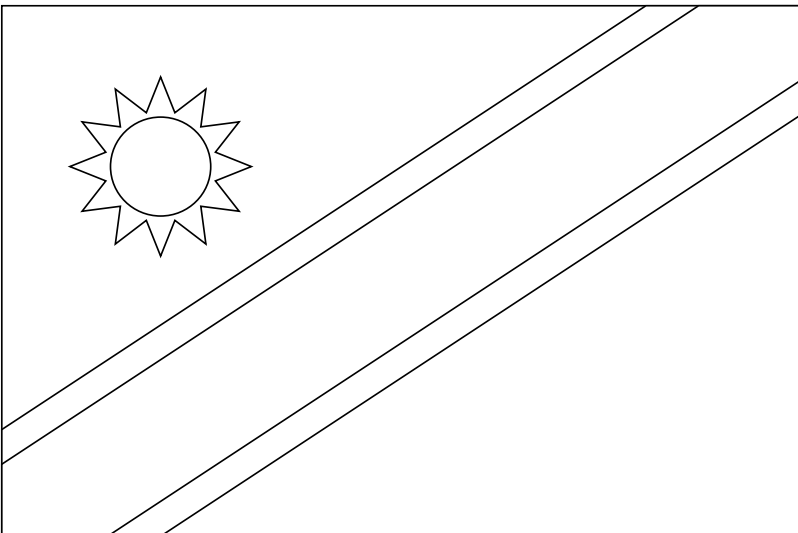
Color The Flag



BOTSWANA

DIRECTIONS:

Color the top and bottom light blue. The middle stripe is black and the narrow stripes above and below are white.

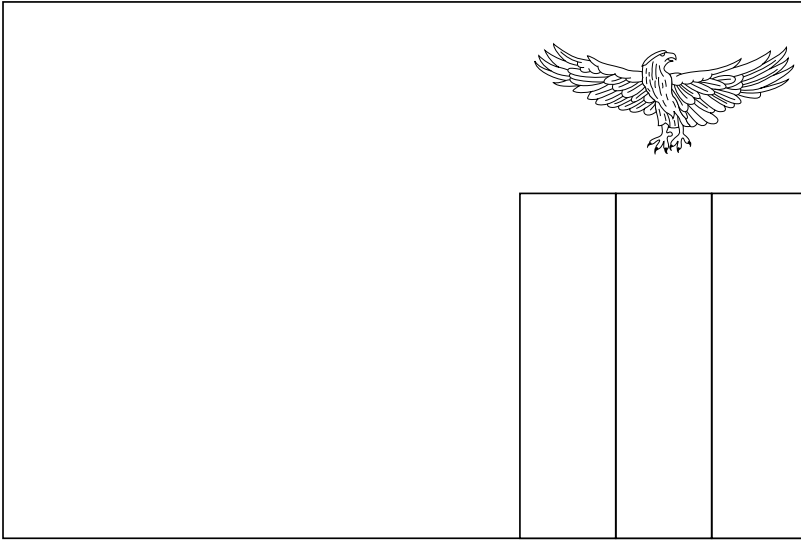


NAMIBIA

DIRECTIONS:

Color the top left corner dark blue. Color the bottom right corner green. Color the wide diagonal stripe in the middle red. Leave the narrow strips on either side of the red strip white. Color the sun yellow.

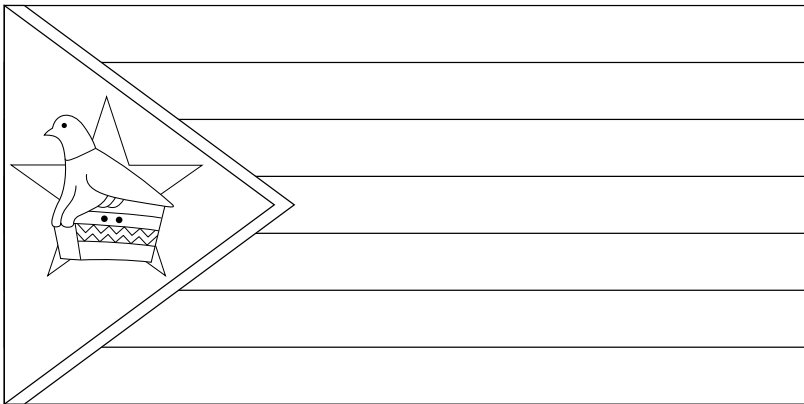
Color The Flag



ZAMBIA

DIRECTIONS:

Color the main part of the flag dark green. Color the eagle gold. Color the stripes at the bottom right, from left to right, red, black, and gold.



ZIMBABWE

DIRECTIONS:

Color the stripes, from top to bottom, dark green, yellow, red, black, red, yellow, and dark green. Leave the triangle on the left white. Color the bird statue yellow and the star red.

Make a Craft

ZAMBIA

“BEADED” HEADBANDS

Art is an important aspect of the culture in south African countries, and traditional crafts include carving, pottery, and jewelry-making. Beading used to distinguish tribal royalty from common tribesmen and is seen across many south African societies.

YOU WILL NEED:

White paper (craft paper will be sturdier)
Scissors
Glue
Colored pencils, markers, or crayons

INSTRUCTIONS:

- Cut the paper into strips 2–3 inches (5–8 cm) wide and long enough to fit around the child’s head, with some overlap.
- Have the children draw small circles all over the headband and then color them in to look like beads. They can all be one color or multiple colors. Older children can make patterns out of the “beads.”
- When they are finished, overlap the ends and glue them together. When the glue is dry, the children can wear their new “beaded” headbands.

Learn a Language

ZAMBIA

USEFUL WORDS

ENGLISH

Hello
Goodbye
How are you?
I am fine
Thank you

BEMBA

Shani
Shalapo pitani
Uli shani?
Ndi bwino
Natotela sana

NYANJA

Bwanji
Bwino
Muli bwanji?
Ndili bwino
Dzikomo kwambili

Let's Cook!

ZIMBABWE

PEANUT BUTTER PORRIDGE (BOTA UNE DOVI)

INGREDIENTS:

4–5 cups (950–1,200 ml) water (divided)
1 cup (150 g) medium or fine white cornmeal
1 pinch salt

1 to 2 tablespoons unsweetened peanut butter

Optional: milk, and sliced fruit (to serve)

Optional: sugar or sweetener (to serve)

INSTRUCTIONS:

Bring 3 cups (710 ml) of water to a boil. Put the cornmeal into a pot. Add 1 cup (240 ml) of cold water and mix to create a paste. Add the boiling water, and then place the pot over high heat.

Bring the mixture to a boil and reduce to low heat to simmer for 15 minutes, stirring regularly. It will thicken quickly. Be careful at this stage as the thickened mixture tends

to bubble and pop and could burn if it hits your skin. Use a lid if possible.

If it is too thick, stir in a few teaspoons of boiling water.

Put the cooked porridge into a bowl and add 1–2 tablespoons of peanut butter, mixing well. You can add sugar or sweetener to taste if desired, and milk and/or sliced fruit are nice additions.

Let's Play a Game!

NAMIBIA

UMA-DOWA

This game is played across Africa, but in Namibia it is called *Uma-dowa*.

In this game, two people stand a few feet apart, and a string or rope is looped around the two of them. They put the rope around their ankles, and a third player (or more) jumps across it.

After each round, the first two players

lift the rope a little higher on their legs, making it a little harder to jump over each time. The winner is the last person who can jump over the rope without touching it.

Then the players holding the rope can switch places with other players and take their turn to jump.