



**Enlightened**  
kids africa

# Colours Of Me

(Stories of Unlocking Your Potential)

**Discussion and Activity Guide**





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## A Note to Parents and Educators

*This "Discussion and Activity Guide" is designed to be a helpful tool, providing key lessons and thought-provoking questions to facilitate meaningful conversations, deeper understanding and enhance the impact of the stories in "Colours of Me."*

*Please remember, these are only meant as guiding points. There are countless other lessons and questions waiting to be discovered within each story. I encourage you to explore them further, adapting them to your own experiences and the unique needs of the children you're guiding. With the understanding that time and resources can be limited, this guide is designed to make these valuable lessons accessible to everyone.*

*-Author-*

### **I will, Because I Can**

#### **Lessons:**

1. **Believe in Yourself:** The core message is that self-belief is crucial for achieving your goals. Both Kofi and Ama faced doubts, but they overcame them by trusting in their abilities. It is easier for the world to support your dreams when you show up with confidence.
2. **Focus on Your Own Journey:** Comparing yourself to others can be discouraging. Instead, focus on your own progress and strive to be the best version of yourself.

3. **Embrace Your Unique Strengths:** Kofi's art was unique because it reflected his own experiences. Ama's writing was powerful because it came from her heart. Everyone has something special to offer.
4. **Overcome Doubt with Action:** Instead of letting doubt paralyze them, Kofi and Ama took action. They started drawing and writing, even when they felt unsure.
5. **Persistence Pays Off:** Both characters continued to work on their skills and pursue their passions, even after facing challenges. This led to their eventual success.

### Discussion Questions

1. **Question:** Why did Kofi and Ama doubt themselves before the competition?
  - **Potential Answer:** They saw other talented students and worried they weren't good enough. They were also afraid of not meeting expectations.
2. **Question:** How did Nana Efua and Mama Kemi help Kofi and Ama?
  - **Potential Answer:** They gave them words of encouragement and reminded them to believe in themselves. They emphasized the importance of being true to themselves and focusing on their own strengths.
3. **Question:** What did Kofi and Ama do to overcome their doubts during the competition?
  - **Potential Answer:** Kofi visualized his memories and started drawing, focusing on his unique perspective. Ama wrote a story that was meaningful to her, drawing on her own experiences. They both recalled the advice given to them by their grandmothers.
4. **Question:** What does the phrase "I will, because I can" mean to you?
  - **Potential Answer:** It means having confidence in your abilities and believing that you can achieve your goals. It's about taking action and not letting fear hold you back.
5. **Question:** Why was it important for Kofi and Ama to focus on being the "best of themselves" instead of being "better than anyone else"?
  - **Potential Answer:** Focusing on being the best of themselves allowed them to appreciate their unique talents and strengths. Comparing themselves to others would have made them feel inadequate and discouraged. It's more important to focus on personal growth and improvement.



## The Rose

### Lessons:

1. **Fear is Normal, but Don't Let it Stop You:** Everyone experiences fear, but it's important not to let it prevent you from pursuing your goals. The rosebud felt fear, but it chose to bloom anyway.
2. **Positive Self-Talk Builds Confidence:** The rosebud repeated positive affirmations ("I am strong, I am brave, and I can grow"). This helped it overcome its fear and find the courage to bloom.
3. **Focus on Your Strengths, Not Your Obstacles:** The rose focused on reaching the sunlight instead of dwelling on the thorns and vines. By concentrating on its goal, it was able to overcome the challenges.
4. **Inspiration Inspires Others:** The rose's success encouraged the other buds to bloom. Your own courage and determination can inspire those around you.
5. **Belief in Oneself is Powerful:** The story highlights that believing in oneself can lead to success, even when faced with seemingly insurmountable obstacles.

### Discussion Questions

1. **Question:** Why was Tayo so nervous about his presentation?
  - **Potential Answer:** He saw the smaller cat win against the larger cat, which made him doubt his own abilities. He was afraid of forgetting his part and being laughed at.
2. **Question:** How did Ms. Nia's story about the rose help Tayo, Amina, and Omari?
  - **Potential Answer:** It showed them that even when faced with obstacles and fear, they could overcome them by believing in themselves and using positive self-talk. It gave them a metaphor for blooming.
3. **Question:** What were the "thorns and vines" that the rosebud had to overcome?
  - **Potential Answer:** The thorns and vines represented the challenges and fears that the rosebud faced, such as the fear of getting hurt or not being able to grow. They represented the obstacles that appear in our lives.
4. **Question:** How did the rose inspire the other buds to bloom?

- **Potential Answer:** By showing them that it was possible to overcome their fears and bloom, the rose gave them the courage to try. They realized that if the rose could do it, they could too.

5. **Question:** What can you do when you feel nervous or afraid of something?

- **Potential Answer:** You can use positive self-talk, focus on your strengths, remember that everyone feels fear, and try to learn from your fears. You can also remember stories like this one.

### The Garden of 'I am'

#### Lessons:

1. **Words Have Power:**

- What you say about yourself can influence how you feel and what you can do. Positive words can help you believe in yourself.

2. **Believe in Yourself:**

- Don't let others tell you what you can or can't do. You are capable of more than you think.

3. **Try New Things:**

- Don't be afraid to try something new, even if you think you might fail. Trying is how you learn and grow.

4. **Overcome Negative Thoughts:**

- We all have negative thoughts sometimes, but we can change them into positive ones.

5. **Your Actions Matter:**

- Saying positive things is important, but you also have to act on those words.

#### Discussion Questions:

1. **Why do you think the garden was called "The Garden of 'I Am'?"**

- **Potential Answer:** Encourage children to think about how the garden helped them understand the power of saying "I am."

2. **What was your favourite "I am" statement from the story, and why?**
  - **Potential Answer:** This helps children identify with the characters and understand the different ways to use affirmations.
3. **Have you ever felt like someone told you that you couldn't do something? What did you do?**
  - **Potential Answer:** This encourages children to share their own experiences and relate to the characters.
4. **How did the children change the negative stones in the garden?**
  - **Potential Answer:** This question reinforces the idea of transforming negative thoughts into positive ones.
5. **How can you use "I am" statements in your own life?**
  - **Potential Answer:** This helps children apply the lesson to their own experiences and think about how they can use affirmations to achieve their goals.

### **Voices in My Head**

#### **Lessons:**

1. **Everyone Has Inner Voices:** We all have different thoughts and feelings that guide us, represented by Nyambura's inner voices.
2. **Inner Voices Serve Different Purposes:** Each voice plays a role, like Fear, Courage, Joy, and Peace, offering different perspectives and guiding actions.
3. **Fear Is Not Always Bad:** Fear can be a protective mechanism, but it shouldn't always dictate our choices. We can acknowledge it and choose to act courageously.
4. **Listen to the Voices That Guide You Well:** It's important to learn to discern which voices are helpful and align with our values and intuition.
5. **Inner Strength Comes from Balance:** Understanding and balancing our inner voices helps us make better decisions and live more fulfilling lives.

#### **Discussion Questions**

1. **Question:** Why did Nyambura feel confused when her teacher asked about obedience?

- **Potential Answer:** She felt torn between following what others expected and listening to her own inner feelings. She was starting to realize she had her own internal compass.
2. **Question:** What did Nyambura learn about Fear?
    - **Potential Answer:** She learned that Fear is trying to protect her, but it can be overprotective. She also learned that she can acknowledge Fear without letting it control her actions.
  3. **Question:** How did Nyambura use her inner voices to help Baraka?
    - **Potential Answer:** She listened to Courage to stand up for Baraka, Peace to calm her nerves, and Gratitude to remember how she would want to be treated. She used the guidance of her internal voices to make a good choice.
  4. **Question:** Why is it important to listen to different inner voices?
    - **Potential Answer:** Different voices offer different perspectives and help us make balanced decisions. They help us understand ourselves better and navigate complex situations.
  5. **Question:** Which of Nyambura's inner voices do you relate to the most, and why?
    - **Potential Answer:** (Encourage children to reflect on their own experiences and identify with a voice, such as) "I relate to Joy because I love to laugh and play "or" I relate to Peace because I like to feel calm.

## Africa as I Know It

### Lessons:

1. **Challenge Stereotypes:** Baraka's speech and the children's presentations directly confront common misconceptions about Africa.
2. **Take Ownership of Your Narrative:** The children emphasize the importance of Africans telling their own stories and showcasing their achievements.
3. **Innovation and Tradition Can Coexist:** The story highlights how Africa blends ancient traditions with modern technology and innovation.
4. **Cultural Diversity is a Strength:** The different names for geographical features and the variety of products showcase the richness and diversity of African cultures.

5. **Africa is a Continent of Potential:** The children demonstrate that Africa is not just a place of challenges but also a hub of creativity, innovation, and future potential.

### Discussions Questions

1. **Question:** What were some of the stereotypes about Africa that Baraka addressed in his speech?
  - **Potential Answer:** That Africa is a single village that everyone is poor and starving, that there is no technology, and that people live in primitive conditions.
2. **Question:** Why was it important for the children to showcase their own creations and tell their own stories?
  - **Potential Answer:** To show the world the true diversity and innovation of Africa, and to challenge the inaccurate and often negative portrayals in the media.
3. **Question:** How did the children show that Africa is a place of both tradition and innovation?
  - **Potential Answer:** By showcasing products that blended traditional craftsmanship (like Zahara's leather bags and Baraka's jewellery) with modern technology (like Ture's solar-powered lamps and Imani's gadgets).
4. **Question:** Why did Zahara say that Africa's rivers, mountains, and deserts have so many names?
  - **Potential Answer:** Because each culture and language has its own way of connecting with the land, and these names carry the wisdom and stories of their ancestors.
5. **Question:** What can you do to help change the way people think about Africa?
  - **Potential Answer:** Learn about different African cultures, share positive stories about Africa, challenge stereotypes, and support African businesses and initiatives.

### Murugi's Secret

### Lessons:



1. **You Are Worthy of the Best:** Murugi's mother's lesson is the core message: believe you rightfully deserve good things.
2. **Confidence Attracts Opportunities:** Murugi's boldness and confidence opened doors for her, where others hesitated.
3. **Don't Let Doubt Hold You Back:** Murugi didn't let others' opinions or perceived limitations stop her from asking for what she wanted.
4. **Belief Can Make Things Happen:** Murugi's unwavering belief in her worthiness influenced her actions and outcomes.
5. **Inner Belief is More Powerful than Luck:** The story emphasizes that Murugi's success wasn't just luck, but a result of her strong self-belief.

### Discussion Questions

1. **Question:** Why did Murugi always get what she wanted?
  - **Potential Answer:** Because she believed she deserved it and asked for it confidently. She didn't let doubt hold her back.
2. **Question:** How did Murugi's mother's lesson help her?
  - **Potential Answer:** It taught her to believe in her own worth and to confidently ask for what she desired, shaping her mind-set and actions.
3. **Question:** Why were the other children surprised by Murugi's actions?
  - **Potential Answer:** Because they were often shy or hesitant to ask for things, while Murugi was bold and confident. They were used to seeing people hesitate.
4. **Question:** What does it mean to "deserve the best"?
  - **Potential Answer:** It means recognizing your own value and believing that you are worthy of good things, opportunities, and happiness.
5. **Question:** How can you practice believing in yourself like Murugi?
  - **Potential Answer:** By using positive self-talk, setting goals, celebrating your achievements, and reminding yourself that you are worthy of good things.

### Nyakio and the Forest Stranger

#### Lessons:

1. **Trust Your Instincts:** Nyakio's trust in her gut feeling when she sensed danger in the forest helped her escape and alerted the village to the threat.
2. **The Importance of Bravery:** Nyakio's courage in facing her fear and reporting the incident to the village saved the kidnapped children.
3. **The Power of Observation:** Nyakio's keen observations of the man's movements and the forest surroundings were crucial in finding his hidden camp.
4. **Compassion and Forgiveness:** The villagers, instead of solely focusing on punishment, chose to understand the man's plight and offer him rehabilitation.
5. **Community Strength:** The villagers worked together to rescue the children and help the man, demonstrating the power of collective action and compassion.

### Discussion Questions

1. **Why was it important for Nyakio to trust her instincts when she felt uneasy in the forest?**
  - **Potential Answer:** Because her instincts were warning her of potential danger. Trusting her gut feeling helped her escape the dangerous situation.
2. **What would you have done if you were in Nyakio's situation?**
  - **Potential Answer:** This is an open-ended question to encourage children to think about their own responses to fear and danger.
3. **How did the villagers show compassion and understanding towards the man?**
  - **Potential Answer:** Instead of immediately punishing him, they tried to understand why he acted the way he did and offered him help and support.
4. **Why is it important to listen to and support each other in a community?**
  - **Potential Answer:** A strong community helps everyone feel safe and supported. By working together and helping each other, we can overcome challenges and create a better future for everyone.
5. **How can you use your own observations to help others or solve problems?**
  - **Potential Answer:** By paying attention to your surroundings, noticing details, and using your senses, you can identify potential problems or help others in need.

**Molly the Mole and Bella the Bunny**

## Lessons

1. **Overcoming Jealousy:** Molly learns that jealousy can lead to harmful actions and that appreciating others' talents is more fulfilling than trying to bring them down.
2. **The Importance of Self-Worth:** Molly discovers that her unique skills and contributions are valuable and appreciated by the community.
3. **The Power of Kindness and Forgiveness:** Bella's kindness and forgiveness help Molly understand the consequences of her actions and encourages her to grow.
4. **Celebrating Individuality:** The forest community learns to appreciate each other's unique talents and contributions, fostering a sense of belonging and unity.
5. **The Importance of Apology and Growth:** Molly takes responsibility for her actions, apologizes to Bella and Poppy, and learns from her mistake.

## Discussion Questions

1. **Why did Molly feel jealous of Bella?**
  - **Potential Answer:** Molly felt jealous because she felt overlooked and undervalued compared to Bella, who was admired for her beauty and style.
2. **What were the consequences of Molly's jealousy?**
  - **Potential Answer:** Molly's jealousy led her to set a trap for Bella, which caused harm to Poppy. Her actions also damaged her friendship with Bella.
3. **How did Bella respond to Molly's actions?**
  - **Potential Answer:** Bella responded with kindness and forgiveness, helping Poppy and showing Molly that her actions had hurt others.
4. **Why is it important to appreciate the unique talents and contributions of others?**
  - **Potential Answer:** Appreciating others helps build strong relationships, fosters a sense of community, and creates a more positive and supportive environment.
5. **How can you overcome feelings of jealousy?**
  - **Potential Answer:** By focusing on your own strengths and talents, celebrating the successes of others, and practicing gratitude for what you have.

**Oliech the Soccer Star and Nasieku the Weaver Bird**

## Lessons

1. **Overcoming Doubt:** Both Nasieku and Oliech faced scepticism from their families and community about pursuing their passions. This story teaches children the importance of believing in themselves and overcoming doubts to achieve their goals.
2. **The Value of Perseverance:** Nasieku and Oliech both faced challenges and setbacks but persevered in their pursuits, demonstrating the importance of hard work and dedication.
3. **The Importance of Parental Support:** While initial reservations existed, the parents eventually supported their children's dreams, highlighting the crucial role of parental encouragement in a child's success.
4. **Finding Fulfilment Through Passion:** The story emphasizes that pursuing one's passions, whether in arts, sports, or any other field, can lead to a fulfilling and rewarding life.
5. **Giving Back to the Community:** Nasieku and Oliech used their success to give back to their community, inspiring and mentoring younger generations, demonstrating the importance of using their talents to make a positive impact.

## Discussion Questions

1. **Why did Nasieku and Oliech face doubts from their families and community?**
  - **Potential Answer:** Many people in their community believed that traditional careers like medicine or law were more secure and respected than pursuing careers in art or sports.
2. **How did Nasieku and Oliech overcome these doubts?**
  - **Potential Answer:** They believed in themselves and their talents. They worked hard, demonstrated their dedication, and eventually convinced their families to support their dreams.
3. **How did Nasieku and Oliech use their success to help others?**
  - **Potential Answer:** Nasieku opened an art academy to teach young artists, while Oliech founded a youth soccer foundation to support aspiring players, both giving back to their community.
4. **What are some things you can do to pursue your own passions and overcome any doubts you may face?**

- **Potential Answer:** Children can brainstorm ways to develop their talents, practice consistently, seek guidance from mentors, and believe in themselves.
5. **Why is it important to support and encourage others in pursuing their dreams?**
- **Potential Answer:** Encouragement and support can make a big difference in helping others achieve their goals and build self-confidence. By supporting each other, we can create a more supportive and encouraging environment for everyone.

### Nuggets of the Countryside

#### Lessons:

1. **Appreciation for Nature and Simple Living:** The story highlights the importance of appreciating the beauty of nature and the simple joys of life, away from the hustle and bustle of the city.
2. **The Value of Family and Togetherness:** The story emphasizes the importance of family bonds, spending quality time with loved ones, and cherishing shared experiences.
3. **The Importance of Hard Work and Collaboration:** The children learn the value of hard work and the importance of helping each other, whether it's caring for the animals or sharing household chores.
4. **Appreciating Different Ways of Life:** The story introduces the children to a different lifestyle and helps them appreciate the diversity of human experience.
5. **Cherishing Memories and Traditions:** The children learn to cherish the memories they create with their grandparents and the traditions they share, even though they live in different environments.

#### Discussion Questions

1. **Why did Chuchu and Kato enjoy their visits to the farm so much?**
  - **Potential Answer:** They enjoyed the fresh air, the open spaces, the farm animals, and spending quality time with their grandparents.
2. **What did Chuchu and Kato learn about hard work and helping others during their visit?**



- **Potential Answer:** They learned the importance of pitching in and helping with chores, and that everyone has a role to play in making a household function smoothly.
3. **How did Grandpa's cooking surprise Chuchu and Kato?**
- **Potential Answer:** They were surprised because Grandpa usually worked on the farm and rarely cooked, so seeing him in the kitchen was a special treat.
4. **Why do you think it's important to spend time with family and learn from them?**
- **Potential Answer:** Spending time with family creates lasting memories, strengthens bonds, and helps us learn valuable life lessons from our elders.
5. **How can you incorporate some of the things you learned on the farm into your own life?**
- **Potential Answer:** Children can think about ways to help their families at home, appreciate the importance of hard work, and find ways to connect with nature in their own neighbourhoods.

## My Big Family Tree

### Lessons

1. **Redefining Family:** The story beautifully illustrates that family is not just about blood relations, but about love, support, and belonging. The community comes together to show the children that they are all part of a larger family.
2. **Overcoming Feelings of Incompleteness:** Nato and Tulia initially feel that their families are incomplete due to missing parents or siblings. The story helps them understand that their families are unique and valuable, and that they are loved and supported.
3. **The Power of Community:** The Family Fun Day highlights the importance of community support and how it can positively impact children's lives. The villagers come together to provide a sense of belonging and support for every child.

4. **The Importance of Kindness and Inclusion:** The story emphasizes the importance of kindness, empathy, and inclusion. The villagers actively reach out to children who may feel isolated or different, making them feel valued and accepted.
5. **Celebrating Diversity:** The story celebrates the diversity of family structures and encourages children to appreciate the unique aspects of their own families.

### Discussion Questions

1. **Why did some children feel unsure about drawing their family trees?**
  - **Potential Answer:** Some children might have felt unsure because their families didn't fit the traditional image of a family with two parents and multiple siblings. They might have worried that their families were different or incomplete.
2. **How did the Family Fun Day help the children feel better about their families?**
  - **Potential Answer:** The day helped them understand that family is about love and support, not just blood relations. They saw how the community cared for them and made them feel included, which boosted their self-esteem.
3. **What are some ways that you can show kindness and support to others in your community?**
  - **Potential Answer:** Children can brainstorm ways to be kind, such as helping a classmate, sharing their toys, or volunteering to help others in need.
4. **How can you make sure that everyone feels included and welcome in your class or school?**
  - **Potential Answer:** Children can think about ways to be inclusive, such as welcoming new students, being kind to everyone, and celebrating diversity.
5. **What does the "umbrella tree mural" symbolize in the story?**
  - **Potential Answer:** The mural symbolizes the interconnectedness of the community. Each child's handprint represents a unique individual, and together, they form a strong and supportive community, like the branches of a tree.

### The Tale of Grumpy Guinea and the Wise Owl

## Lessons

1. **Overcoming Jealousy:** The story highlights the importance of overcoming jealousy and embracing individuality. Guinea learns to appreciate her unique qualities instead of feeling inferior to others.
2. **The Power of Self-Reflection:** Wise Owl helps Guinea understand that her grumpiness stems from past hurts and encourages her to reflect on her emotions and behaviours.
3. **Forgiveness and Letting Go:** Guinea learns to forgive past hurts and let go of negative emotions, which allows her to feel lighter and happier.
4. **The Importance of Self-Acceptance:** Guinea learns to accept and appreciate her unique appearance and talents.
5. **The Power of Kindness and Friendship:** As Guinea becomes more positive, she builds stronger friendships with other animals in the forest, demonstrating the importance of kindness and understanding in fostering positive relationships.

## Discussion Questions

1. **Why was Guinea feeling grumpy?**
  - **Potential Answer:** Guinea felt grumpy because she was constantly teased about her unique appearance and felt excluded from the group. She was also carrying a lot of negative emotions from past experiences.
2. **What advice did Wise Owl give Guinea?**
  - **Potential Answer:** Wise Owl suggested that Guinea was carrying a "backpack" of negative emotions from past experiences. He encouraged her to let go of these emotions, one by one, and focus on the positive aspects of her life.
3. **How did Guinea learn to overcome her grumpiness?**
  - **Potential Answer:** Guinea started by reflecting on her past experiences, identifying the sources of her unhappiness, and consciously choosing to focus on positive thoughts and experiences. She also started to appreciate her unique qualities.
4. **Why is it important to forgive and let go of past hurts?**

- **Potential Answer:** Holding onto negative emotions can make us feel unhappy and prevent us from enjoying the present moment. Forgiving others and letting go of past hurts allows us to feel lighter and happier.

5. **How can you apply the lessons from this story to your own life?**

- **Potential Answer:** Children can think about situations where they might be feeling grumpy or upset. They can then try to identify the source of their emotions and find ways to let go of negative feelings, such as focusing on positive thoughts, practicing gratitude, or talking to a trusted friend.

## The Circle of Kindness

### Lessons

1. **The Circle of Kindness:** The story emphasizes that acts of kindness create a ripple effect, returning to the giver and benefiting the entire community.
2. **The Importance of Empathy:** Taji's actions demonstrate the value of empathy and compassion in helping those in need.
3. **Wisdom and Guidance:** Baba Zibo's role highlights the importance of wisdom and guidance from elders in shaping young lives.
4. **Rewards of Kindness:** Taji's rewards (the book and necklace) symbolize the intrinsic and community-based rewards of kindness.
5. **Community Responsibility:** The story shows that everyone has a role in caring for and supporting each other, creating a strong and caring community.

### Discussion Questions

1. **Why did Ayana and Baba Zibo say that good deeds "circle back"?**
  - **Potential Answer:** They meant that when you do kind things for others, those acts of kindness often lead to positive things happening to you or your community. It's like a cycle where kindness spreads.
2. **How did Taji show kindness to Mama Mosi?**
  - **Potential Answer:** Taji showed kindness by noticing Mama Mosi was lost, offering to help her, and taking her to Baba Zibo to find her family.
3. **What were the rewards Taji received, and what did they symbolize?**

- **Potential Answer:** Taji received a book of wisdom and a necklace with a family crest. The book symbolized the importance of learning and knowledge, while the necklace symbolized honour and belonging to the community.
4. **Why is it important for a community to have people who are kind and helpful?**
    - **Potential Answer:** Kind and helpful people create a safe and supportive environment where everyone feels cared for. It makes the community a happier and stronger place to live.
  5. **How can you create a "circle of kindness" in your own life?**
    - **Potential Answer:** Children can brainstorm ways to be kind, such as helping a friend with their homework, volunteering to help clean up the classroom, or being respectful to their elders. They can also focus on small acts of kindness like smiling at someone or saying thank you.

### Harmony Festival in Nyanda

#### Lessons

1. **Unity in Diversity:** The festival demonstrates how celebrating diverse cultures can foster unity and understanding within a nation.
2. **Breaking Down Barriers:** The shared experience of music and dance helps to break down prejudices and stereotypes, allowing people to connect on a human level.
3. **The Power of Shared Experiences:** Participating in shared activities, like dancing and celebrating, creates a sense of belonging and community.
4. **Leadership by Example:** President Wazi's participation in the festival, especially his dancing in traditional regalia, shows the power of leadership in promoting unity.
5. **The Universal Language of Art:** The story highlights how music and dance can transcend cultural differences and serve as a powerful tool for communication and connection.

#### Discussion Questions

1. **Why did President Wazi organize the Harmony Festival?**



- **Potential Answer:** He organized the festival to address the growing divisions and tensions between different tribes in Nyanda and to promote unity and understanding.
- 2. **How did music and dance help people from different tribes connect at the festival?**
  - **Potential Answer:** Music and dance provided a shared experience that allowed people to connect on a human level, regardless of their cultural background. They were able to participate together, learn from each other, and appreciate each other's cultures.
- 3. **What did President Wazi's dancing in traditional regalia symbolize?**
  - **Potential Answer:** It symbolized his connection to his own cultural heritage and his willingness to embrace and celebrate the diversity of Nyanda. It also showed that he was one of the people, not just a leader.
- 4. **Why is it important for people from different cultures to understand and appreciate each other?**
  - **Potential Answer:** Understanding and appreciation help to build bridges, reduce prejudice, and create a more harmonious and inclusive society. It allows us to learn from each other and celebrate the richness of human diversity.
- 5. **How can we promote harmony and unity in our own communities or schools?**
  - **Potential Answer:** Children can brainstorm ideas such as organizing cultural events, participating in inclusive activities, being respectful of differences, and learning about different cultures. They can emphasize the importance of kindness and empathy.

## **The Song of Unity**

### **Lessons**

1. **Kindness Creates Harmony:** The story emphasizes that acts of kindness and unity create a harmonious environment, symbolized by the "Song of Unity."

2. **Community Connection:** The song's appearance when people work together highlights the importance of community and interconnectedness.
3. **The Power of Positive Actions:** The children learn that their actions can directly influence the well-being of their community.
4. **Resolving Conflict Peacefully:** The story demonstrates how peaceful resolution of conflict contributes to overall harmony.
5. **The Enduring Nature of Kindness:** Mama Zawadi's words emphasize that kindness is a continuous practice that sustains peace and harmony.

### Discussion Questions

1. **What did Amina and Kwame learn about the "Song of Unity"?**
  - **Potential Answer:** They learned that the song plays when people are kind and work together, and it symbolizes the harmony and unity of their village.
2. **How did the golden butterfly help Amina and Kwame understand the song?**
  - **Potential Answer:** The butterfly's melody was the actual manifestation of the song, showing them what it sounded like and how it was connected to nature and kindness.
3. **Why did the song not play when the villagers were arguing?**
  - **Potential Answer:** The song is a symbol of unity and kindness, and arguments represent discord and a lack of those qualities.
4. **How did Amina and Kwame help the villagers resolve their disagreement?**
  - **Potential Answer:** They used gentle words to remind the villagers of the importance of listening to each other, helping them to find common ground and reconcile.
5. **What can you do to create "harmony" in your own community or school?**
  - **Potential Answer:** Children can discuss ideas such as: being kind to classmates, helping those in need, resolving conflicts peacefully, and participating in community projects. They can also discuss how to spread positive messages and encourage others to be inclusive.

### The Lazy Jackal

## Lessons

1. **Consequences of Laziness:** The story highlights that laziness and disregard for community rules can have serious consequences for everyone.
2. **Importance of Integrity:** Jino learns that integrity means doing the right thing even when no one is watching, and that actions have a ripple effect.
3. **Community Responsibility:** The animals demonstrate the importance of working together to solve problems and maintain a healthy environment.
4. **Environmental Awareness:** The story emphasizes the importance of proper waste disposal and its impact on the environment and community health.
5. **Redemption and Second Chances:** Jino's punishment and subsequent change show that people can learn from their mistakes and earn back trust.

## Discussion Questions

1. **Why did Jino dump his trash in the old well?**
  - **Potential Answer:** Jino was lazy and didn't want to walk to the community compost pit. He thought he was being clever by taking a shortcut.
2. **What were the consequences of Jino's actions?**
  - **Potential Answer:** Jino's actions polluted the community's water source, causing the animals to become sick.
3. **How did the animals work together to solve the problem?**
  - **Potential Answer:** They held a community meeting, discussed the problem, formed a plan to monitor the stream, and set a trap to catch the culprit.
4. **What did Jino learn about integrity?**
  - **Potential Answer:** Jino learned that integrity means doing the right thing even when no one is watching, and that his actions affected the entire community.
5. **Why did the animals give Jino a second chance?**
  - **Potential Answer:** Ngozi reminded the community that everyone makes mistakes and that it's how we learn from them that matters. They believed Jino deserved a chance to redeem himself.

## Lessons

1. **Environmental Responsibility:** The story highlights the importance of taking care of the environment and the consequences of neglecting it.
2. **Interconnectedness of Nature:** It emphasizes how all elements of nature (river, fish, trees, and birds) are interconnected and how damage to one affects the others.
3. **Community Action:** The story shows how a community can come together to solve a problem and make a positive impact.
4. **Listening to Nature:** Kwame's connection to the river and the sunbird's song teaches the importance of being attentive to nature's signals.
5. **Restoration and Hope:** It conveys a message of hope and the possibility of restoring damaged environments through collective effort.

## Discussion Questions

1. **Why was the Maji Mazuri River important to the villagers?**
  - **Potential Answer:** The river was their lifeblood, providing water, food, and a spiritual connection to nature.
2. **What changes did Kwame and his father notice about the river?**
  - **Potential Answer:** They noticed the water was murky, polluted with trash, and the fish were gone. The environment surrounding the river was also negatively affected.
3. **How did Kwame convince the villagers to help clean the river?**
  - **Potential Answer:** He used his connection to the river and the sunbird to convey the river's distress, and he emphasized their shared responsibility to care for it.
4. **What did the villagers learn about their actions and their impact on the environment?**
  - **Potential Answer:** They learned that their actions had consequences and that they had a responsibility to protect their environment.
5. **How can we apply the lessons of this story to our own lives and communities?**
  - **Potential Answer:** Children can discuss ways to reduce waste, recycle, participate in community clean-ups, and be mindful of their impact on the environment. They can also discuss how to encourage others to do the same.

## The Baobab Code

### Lessons

1. **Listening to Nature:** Amani learns that nature has its own way of communicating, and by being quiet and attentive, she can understand its messages.
2. **Hidden Connections:** The story emphasizes that there are hidden connections in nature and within communities, and understanding these connections is key to resolving conflicts.
3. **Unity and Cooperation:** The ants' example highlights the importance of unity and cooperation, showing that working together is essential for strength and success.
4. **Adaptability and Flow:** The stream's lesson teaches the importance of being adaptable and finding the easiest path, mirroring the need to navigate around obstacles in life.
5. **Inner Wisdom:** Amani discovers that the answers she seeks are not just external but also within her, and she learns to trust her intuition and inner wisdom.

### Discussion Questions

1. **How did Amani learn to understand the Baobab Code?**
  - **Potential Answer:** Amani learned to understand the code by listening to nature, observing the behaviour of animals, and reflecting on their lessons. She also learned to listen to her inner voice.
2. **What did the tortoise, the stream, and the ants teach Amani?**
  - **Potential Answer:** The tortoise taught her about hidden connections, the stream taught her about adaptability, and the ants taught her about unity and cooperation.
3. **Why was it important for the villagers to understand the Baobab Code?**
  - **Potential Answer:** Understanding the code helped the villagers resolve conflicts and build a stronger, more harmonious community.
4. **How can we learn to listen to nature in our own lives?**



- **Potential Answer:** Children can discuss ideas such as: spending time outdoors, observing animals and plants, paying attention to sounds and smells, and reflecting on their experiences in nature.

5. **What does it mean to be adaptable, and why is it important?**

- **Potential Answer:** Being adaptable means being able to adjust to changes and find solutions to problems. It is important because it helps us navigate challenges and build resilience.

### ACTIVITY SUGGESTIONS

#### (DRAWING, WRITING PROMPTS, ROLE-PLAYING)

#### Harmony Festival in Nyanda

- **Drawing:**
  - "My Cultural Celebration": Have children draw a picture of their own cultural celebration or a celebration they would like to create.
  - Who would be there, what would they be wearing?
- **Writing:**
  - "Festival Invitation": Create an invitation card to a cultural celebration.
- **Role-Playing:**
  - "Cultural Exchange": Role-play a cultural exchange between children from different backgrounds. With food, attire, songs, languages etc.

#### Nuggets of the Countryside

- **Drawing:**
  - "The Farm Feast": Draw a picture of a farm activity you would enjoy
- **Writing:**
  - "A Letter to Grandpa/Grandma": Write a letter to their grandparents about their visit to the farm.
- **Role-Playing:**
  - "Sharing Farm Stories": Share stories about their own experiences on a farm or in nature.

#### My Big Family Tree

- **Drawing:**
  - "My Family Portrait": Draw a portrait of their family, including extended family members and everyone else they consider family.
- **Writing:**
  - "My Family Story": Write a short story about their favourite family memory.
- **Role-Playing:**
  - "Sharing Family Traditions": Share and explain family traditions with their classmates.

### The Tale of Grumpy Guinea and the Wise Owl

- **Drawing:**
  - "Guinea's Emotions": Draw pictures representing Guinea's different emotions (grumpy, sad, and happy).
- **Writing:**
  - "A Letter to Myself": Write a letter to themselves about overcoming negative emotions.
- **Role-Playing:**
  - "The Grumpy Guinea": Role-play Guinea's grumpy behaviour.
  - "The Wise Owl's Guidance": Role-play a conversation between Guinea and the Wise Owl.

### The Circle of Kindness

- **Drawing:**
  - "Acts of Kindness": Draw pictures of different acts of kindness.
  - "Taji's Rewards": draw a picture of Taji's rewards.
- **Writing:**
  - "My Kindness Journal": Write down acts of kindness they have performed or witnessed.
- **Role-Playing:**
  - "Helping Hands": Role-play different scenarios where they can help others.
  - "The Circle of Kindness": Role-play a chain of kindness, where one act leads to another.

## I Will, Because I Can

- **Drawing:**
  - "My Unique Strengths": Have children draw a picture of themselves doing something they are good at. Encourage them to add details that highlight their unique strengths.
  - "Visualizing Success": Ask them to draw what their dreams or goals look like.
- **Writing:**
  - "My 'I Can' Journal": Start a journal where children write down their goals and affirmations. Encourage them to use the phrase "I will, because I can."
  - "Story Extension": Ask them to write a short story about a time they overcame doubt.
- **Role-Playing:**
  - "Encouragement Circle": Have children role-play giving and receiving encouragement, like Nana Efua and Mama Kemi did for Kofi and Ama.
  - "Competition Day": role-play a competition, and have the children act out the characters overcoming their fears.

## The Rose

- **Drawing:**
  - "My Blooming Rose": Have children draw a rosebud and then a fully bloomed rose, symbolizing their own growth and overcoming fears.
  - "Thorns and Vines": list, or draw pictures of things that represent their fears, and then draw ways to overcome them. Examples are heights, water, fire,
- **Writing:**
  - "Positive Self-Talk Script": Ask children to write down positive affirmations they can use when they feel nervous or afraid.
  - "Rose's Diary": write a diary entry from the rose's point of view.
- **Role-Playing:**
  - "Presentation Practice": Have children role-play giving a presentation, practicing positive self-talk and confidence.
  - "The blooming garden": have kids act out the rose blooming, and the other buds following.

## The Garden of 'I Am'

- **Drawing:**
  - "My 'I Am' Garden": Have children draw their own "I Am" garden, with plants and stones representing their positive affirmations.
  - "My glowing stone": Draw a stone with their own personal "I am" affirmation.
- **Writing:**
  - "My 'I Am' Song": Encourage children to write their own "I Am" song or poem.
  - "Affirmation Journal": Keep a journal of "I am" statements.
- **Role-Playing:**
  - "Stone Rewriting": Have children role-play rewriting negative statements on stones with positive affirmations.
  - "The Talking Garden": Role-play the plants and stones speaking to the children.

## Voices in My Head

- **Drawing:**
  - "My Inner Voices": Have children draw pictures of their own inner voices, giving them unique appearances and personalities.
  - "Emotional Faces": draw faces that represent different emotions.
- **Writing:**
  - "Voice Dialogue": Have children write a dialogue between their different inner voices.
  - "How I Felt Today": Write about the emotions that they felt during the day.
- **Role-Playing:**
  - "Voice Acting": Have children role-play different inner voices, acting out how each voice might respond in various situations.
  - "Helping a friend": Role-play a scenario where they use their inner voices to help a friend.

## Africa as I Know It

- **Drawing:**

- "My African Innovation": Have children draw their own inventions inspired by African culture and technology.
- "My Favorite African Landmark": draw a picture of a famous landmark from the african continent.
- **Writing:**
  - "My African Story": Encourage children to write their own stories about Africa, showcasing its diversity and beauty.
  - "My African fact page": write a page of interesting facts about an African country.
- **Role-Playing:**
  - "Presentation Day": Have children role-play giving presentations about different aspects of African culture.

### Murugi's Secret

- **Drawing:**
  - "My Worthy Self": draw a picture of them feeling good about everything about them, whether happy or sad, as we must remind ourselves that everything passes with time, so we should not be stuck in our big feelings. Children must know they are all worthy and perfect at every circumstance.
- **Writing:**
  - "My 'I Deserve' List": write a list of positive things that they deserve.
  - "Murugi's Advice Column": write advice that Murugi would give to others.
- **Role-Playing:**
  - "Asking confidently": role play asking for something that they want.
  - "The confident classroom": role-play a classroom where every student is confident.

### Nyakio and the Forest Stranger

- **Drawing:**
  - "The Forest Path": draw a map of the forest, showing Nyakio's path.
- **Writing:**
  - "Nyakio's Journal": write a journal entry from Nyakio's perspective.
  - "Community Plan": write a plan for how the community can help the man.



- **Role-Playing:**
  - "Trusting My Instincts": role play scenarios where they must trust their instincts.
  - "The Village Meeting": role-play a village meeting where they discuss how to help the man.

### **Molly the Mole and Bella the Bunny**

- **Drawing:**
  - "The Forest Community": draw a picture of any member of the forest community, showing their unique talents.
  - "Apology Card": draw a card that Molly could give to Bella and Poppy.
- **Writing:**
  - "Molly's Apology Letter": write a letter from Molly to Bella and Poppy.
  - "My Talents List": write a list of their unique talents.
- **Role-Playing:**
  - "The Forgiveness Scene": role-play the scene where Molly apologizes.
  - "Talent Show": role-play a talent show where everyone celebrates their unique abilities.

### **Oliech the Soccer Star and Nasieku the Weaver Bird**

- **Drawing:**
  - "My Passion Project": draw a picture of a project they are passionate about.
- **Writing:**
  - "My Dream Journal": write about their dreams and how they plan to achieve them.
  - "Letter to my younger self": write a letter to their younger selves, giving them advice.
- **Role-Playing:**
  - "Overcoming Doubt": role play a scenario where they must overcome doubt.
  - "Mentoring Session": role play a mentoring session, where they help a younger child.

### **Nuggets of the Countryside**

- **Drawing:**
  - "My Favourite Farm Memory": draw a picture of their favourite farm memory.
  - "The Farm Animals": draw pictures of the farm animals.
- **Writing:**
  - "My Farm Adventure": write a story about their farm adventure.
  - "Grandpa's Recipe": write a recipe for one of Grandpa's meals.
- **Role-Playing:**
  - "Farm Chores": role-play doing farm chores.
  - "Family Dinner": role-play a family dinner at the farm.

### My Big Family Tree

- **Drawing:**
  - "My Unique Family Tree": draw their unique family tree.
- **Writing:**
  - "Kindness Pledge": write a pledge to be kind and inclusive.
- **Role-Playing:**
  - "Family Fun Day": role-play a family fun day.
  - "Welcoming Newcomers": role play welcoming new people to the community.

**AND SINCE EVERY TIME IS LEARNING TIME, HERE IS A GLOSSARY OF WORDS TO HELP YOU FURTHER!**

- **Abilities:** The qualities of being able to do something; talents, skills, or power.
- **Accessible:** Easy to approach, reach, or use.
- **Adapt:** To adjust or modify something to suit different conditions or uses.
- **Affirmations:** Positive statements used as encouragement or to reinforce a belief.
- **Appreciate:** To recognize the full worth of something.
- **Barriers:** Obstacles that prevent access or progress.
- **Belonging:** An affinity for a place or situation.
- **Bloom:** To mature or flourish; to open or develop.
- **Boldness:** The quality of being confident and courageous.

- **Challenges:** Difficulties or obstacles.
- **Cherishing:** Protecting and caring for someone or something lovingly.
- **Collaboration:** The action of working with someone to produce or create something.
- **Compassion:** Sympathetic pity and concern for the sufferings or misfortunes of others.
- **Confidence:** The feeling or belief that one can rely on someone or something; firm trust.
- **Consequences:** A result or effect of an action or condition.
- **Core:** The central or most important part of something.
- **Crucial:** Decisive or critical, especially in the success or failure of something.
- **Cultural Diversity:** The existence of a variety of cultural or ethnic groups within a society.
- **Dedication:** The quality of being dedicated or committed to a task or purpose.
- **Demonstrated:** Clearly displayed or shown.
- **Deserve:** To do something or have or show qualities worthy of.
- **Discouraging:** Causing someone to lose confidence or enthusiasm.
- **Diversity:** The state of being diverse; variety.
- **Doubt:** A feeling of uncertainty or lack of conviction.
- **Dwelling:** Thinking or speaking at length about a particular subject, especially one that is a source of unhappiness.
- **Embrace:** To accept or support something willingly and enthusiastically.
- **Empathy:** The ability to understand and share the feelings of another.
- **Emphasized:** Give special importance or prominence to (something).
- **Encouragement:** The action of giving someone support, confidence, or hope.
- **Enhance:** To improve the quality, amount, or strength of something.
- **Eventual:** Occurring at the end of a process or period of time.
- **Expectations:** A strong belief that something will happen or be the case in the future.
- **Explore:** To investigate or examine thoroughly.
- **Faced:** Encountered or dealt with (difficulties).
- **Facilitate:** Make (an action or process) easy or easier.
- **Fostering:** Encourage or promote the development of (something, typically something regarded as good).
- **Fostering:** Encouraging or promoting the development of something.

- **Fulfillment:** Satisfaction or happiness as a result of fully developing one's abilities or character.
- **Gratitude:** The quality of being thankful; readiness to show appreciation for and to return kindness.
- **Guidance:** Advice or information aimed at resolving a problem or difficulty, or at providing assistance.
- **Hesitated:** Paused or delayed before saying or doing something, especially through uncertainty.
- **Highlight:** To give prominence or emphasis to.
- **Impact:** The effect or influence of one thing on another.
- **Inadequate:** Not good enough; insufficient.
- **Inclusion:** The practice or policy of providing equal access to opportunities and resources for people who might otherwise be excluded or marginalized.
- **Individuality:** The quality or character of a particular person or thing that distinguishes them from others of the same kind. (what makes you differently outstanding)
- **Innovation:** The action or process of innovating.
- **Inspire:** To fill someone with the urge or ability to do or feel something, especially to do something creative.
- **Instincts:** An innate (natural) or intuitive way of acting or thinking.
- **Insurmountable:** Too great to be overcome.
- **Intuition:** The ability to understand something immediately, without the need for conscious reasoning.
- **Limitations:** A limiting rule or circumstance; a restriction.
- **Mechanism:** A system of parts or processes that performs a particular function.
- **Mentoring:** Advising or training someone, especially a younger colleague.
- **Misconceptions:** A view or opinion that is incorrect because it is based on faulty thinking or information.
- **Narrative:** A spoken or written account of connected events; a story.
- **Nervous:** Easily agitated or alarmed; tending to be anxious.
- **Observation:** The action or process of observing something or someone carefully or in order to gain information.
- **Obstacles:** A thing that blocks one's way or prevents or hinders progress.

- **Overcome:** Succeed in dealing with (a problem or difficulty).
- **Paralyze:** Cause (a person or part of the body) to become partly or wholly incapable of movement.
- **Parental:** Relating to parents.
- **Passions:** Strong and barely controllable emotions.
- **Perseverance:** Persistence in doing something despite difficulty or delay in achieving success.
- **Perspective:** A particular attitude toward or way of regarding something; a point of view.
- **Portrayals:** A depiction of someone or something, especially in a work of art or literature.
- **Potential:** Having or showing the capacity to become or develop into something in the future.
- **Prejudices:** Preconceived opinions that are not based on reason or actual experience.
- **Progress:** Forward or onward movement toward a destination.
- **Pursue:** Follow or chase (someone or something).
- **Redefining:** Define again or differently.
- **Reflecting:** Think deeply or carefully about.
- **Rehabilitation:** The action of restoring someone to health or normal life through training and therapy after imprisonment, addiction, or illness.
- **Represented:** Serve as a symbol or embodiment of.
- **Reservations:** An arrangement to have something (such as a seat, table, or room) held for future use.
- **Resources:** A stock or supply of money, materials, staff, and other assets that can be drawn on by a person or organization in order to function effectively.
- **Showcasing:** Display or exhibit (something) to advantage.
- **Skepticism:** Doubt as to the truth of something.
- **Skepticism:** Doubt as to the truth of something.
- **Stereotypes:** A widely held but fixed and oversimplified image or idea of a particular type of person or thing.
- **Strive:** Make great efforts to achieve or obtain something.
- **Traditions:** The transmission of customs or beliefs from generation to generation, or the fact of being passed on in this way.
- **Unwavering:** Steady or resolute; not wavering.

- **Visualize:** Form a mental image of (something); imagine.
- **Worthy:** Having or showing the qualities or abilities that merit recognition.