



BANYOKA

This is a game from Zambia, played by people in the Bemba tribe. Banyoka means “the snakes”.

How to Play

1. Choose a play area that is a bit of an obstacle course, with bushes and large rocks. For younger players, it’s probably best to have the starting point be on top of a hill. You can also create an obstacle course indoors using toys, pillows, boxes, and cartons.
2. The players divide into two groups, ideally with at least six players in each group.
3. Each group becomes a “Snake”—the players sit one behind the other on the ground with their hands around one another’s waists.
4. Each snake moves forward by the players scooting forward on the ground.
5. The object of the snake is to reach a designated finish line first. But the real fun of the game is to maneuver around bushes, rocks, and/ or other objects—to “slither” around and over them while remaining connected to each other.
6. The game can also be played with one snake. The competitive aspect is gone, replaced by a follow-the-leader quality. The “head” of the snake decides the direction, turning one way then another and choosing which obstacles to go across or around. If the line is long enough, it’s fun for players farther behind are still coping with the previous one.

BOTTLE CAP SNAKE

Materials

Plastic bottle caps
String
Green paint
Markers

Prep Work

Before starting, use a hammer and nail to punch a hole in each of the bottle caps

Instructions

1. Paint bottle caps green. Allow to dry.
2. Tie a knot at one end of the string, thread through holes in bottle caps. (Make sure the caps are all facing the same way!)
3. Tie a knot over the other end.
4. Draw face on front bottle cap.

