



DO WHAT I DO

Many children in Africa, especially in poorer areas, do not have the resources or the money to buy toys. They make their own toys from things they find and recycle, but they also invent many games that can be played without toys. In this game from Zambia, you need nothing more than some other children to play with.

Have the children stand in a circle, with one child in the middle. The child in the middle is the Caller. All the children start to clap out a steady beat. The Caller claps along with them, walking around inside the circle and chanting. The other children copy what he/she says.

Caller: Do what I do!

Other Children: I do, I do!

Caller: Do what I do!

Other Children: I do, I do!

Caller: I do this! (Strikes a pose or performs a dance move)

Other Children: I do this! (They copy the pose/move)

Caller: I do this! (Strikes another pose or performs a dance move)

Other Children: I do this! (They copy the pose/move)

Caller: And the last one! (Does a more elaborate pose/move)

Other Children: And the last one! (They copy last move)

The children continue to clap, and the Caller rejoins the circle. Another child goes into the middle to become the Caller, and the process starts again. Continue until children are tired of playing.

PLASTIC BAG SOCCER BALL

Materials Needed:

Several sheets of newspaper

20-30 plastic bags (don't all have to be the same size)

One colored/patterned bag for the outside

Scissors

String/twine

Instructions:

1. Wad up the newspaper sheets into a tight ball.
2. Put the newspaper ball into the smallest plastic bag.
3. Twist the bag so that it is secure around the top of the newspaper. Flip the remaining part of the bag inside out and wrap it back around the ball. Repeat until you reach the top of the bag.
4. When you reach the top of the bag, tie the handles together in a firm knot.
5. Place this ball inside another plastic bag.
6. Repeat steps 3-5 until the ball has reached the size you want, using the colored bag last. Make sure your knots are in different places—this will help keep the ball round.
7. Tie one end of the string to your last knot. Wind the string tightly around the middle of the ball a couple of times, then thread the end back through the knot.
8. Turn the ball and wrap the string again, dividing the ball into quarters. Do the same to divide it into eighths.
9. Tie the string in a tight knot, then cut it. Twist the loose ends under the rest of the string.
10. To finish, flip the ball and wrap a tight series of strings going across the first layer. Cut and wrap the loose ends underneath. (For a tighter wrap, instead of just going back across the ball with the string, take the string and go under and over alternating strings of the first layer. This will create a tighter hold, but may be too complicated for younger children.)

Note: As the ball is played with and kicked around (especially outside), the outer layers of plastic will tear and fray, creating little 'wings' of plastic that will give the ball a more haggard look.

