

theme:

cultures from around the country

Special Pack Meeting! Let the Cubs dress up in any South Africa traditional outfit. Start the meeting with a parade so the Cubs can show off their outfits.

Our country is made up of many wonderful and different cultures which are unique to our country and which are experienced by all. This makes us special and we should be proud to be South African.

Games:

1. **Circle:** Mbube, Mbube

Mbube Mbube uses one of the Zulu words for lion. Pronounced "Mboo-bay Mboo-bay". The game is good for groups of six or more. In this game, Cubs help a lion or mbube, locate and capture an impala. Cubs begin the game standing in a circle and two blindfolded Cubs start the game. One Cub is the lion and the other one is the impala. First, both Cubs are spun around. Next, Cubs in the circle begin calling out to the lion, "mbube, mbube!" As the impala gets closer to the lion, the chants get quicker and louder. Conversely, if the lion is far away, the chants decrease and get softer. If the lion fails to catch the impala in a minute, a new lion is chosen, and if the lion catches the impala, a new impala is chosen.

2. **Active:** Mamba

A mamba is a big indigenous South African snake. There are green mambas and black mambas. Both are poisonous. One Cub is chosen as the mamba and an area on the playground is marked off. Everyone must stay within the marked off area.

The object is to stay away from the mamba. At a signal the game begins. The snake tries to catch the Cubs. When a Cub is caught that Cub joins the snake by placing his/her hands on the snake's shoulders or around the waist. Each new "catch" becomes another part of the snake's body, always adding to the snake's tail. As the snake eats, it becomes bigger and bigger! If a Cub leaves the designated area he/she must sit down on the boundary and misses out the rest of the game. Only the 'head' of the snake can catch new people. The snake can use its 'body' to capture other Cubs, as they may not pass between the snake's body parts. The game ends when all but one of the Cubs has been caught. The last Cub caught becomes the next mamba!

3. **Team:** Jukskei

Jukskei was originally a game played by the Voortrekkers. They would place a peg upright in the ground and try to hit this target from a distance with their 'skeis', skittle-shaped pegs used in the ox yoke. So the object of the game is to knock over a peg that is planted in a sandpit over a distance of between 11m and 16m (adapt distance to suit your Cubs). It is played in teams of four members each. Each member has two skeis (and thus two turns). The playing field consists of two pits juxtaposed in opposite directions, so that play can take place in both directions. Each time a team member knocks over the peg, he gets three points. If the peg wasn't knocked out, the team lying closest to the position of the peg scores as many points as they have skeis closer to the peg than their opponent's. The first team to get exactly 23 points first wins the game. Adapt to suit your programme and Pack.

4. **Active:** Soccer tournament

Split the pack in two and play a game of soccer. Set rules and boundaries to suit your Pack.

5. **Quiet:** Mancala

This is a traditional board game which has been played throughout Africa for many hundreds of years! Object of the Game: to finish with the most beans.

- Set the Mancala board on a table so that six cups face you and six cups face your opponent. The cups nearest to you are yours. You can move any of the beans from your side, but you may not move your opponent's. The kalaha on your right is yours as well.
- Flip a coin to see who goes first. Player A scoops all the beans from any one of the cups on his/her side. Moving counterclockwise to the right, he/she goes down the board, dropping one bean into each cup. If he/she reaches his/her kalaha, he/she drops a bean in it as well. If it's his/her last bean, he/she gets another turn. Otherwise, it's Player B's turn.

Playing continues with the following rules:

- A player cannot drop a bean into the opposing player's kalaha.
- When the last bean a player drops falls into an empty cup, that player gets to take that bean and all the beans from the cup directly opposite.
- The game ends when a player runs out of beans in the cups on his/her side. When this happens, the opposing player takes the remaining beans. The winner is the player with the most beans in his/her kalaha.

Make your own board:

What You Need:

- Cardboard egg carton
- Scissors
- Acrylic paints and brush (optional)
- 48 dried beans, pebbles or beads
- 2 small glass jars

What to Do:

1. Carefully tear or cut the lid from the carton. Throw the lid away.
2. If you wish, paint and decorate the carton. Wait for the paint to dry.
3. Place 4 beans in each of the 12 cups. Place a jar at either end of the carton. Called a kalaha, it is where you will store any captured beans. Find a friend and get ready to play.



Although there are many versions on the internet, this version can be found at <http://www.timeforkids.com/news/make-your-own-mancala-board/76371>

Sense training:

1. **Game:** Blind art

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2. **Game:** Living art

Sport has a big influence on our society in South Africa

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We are the Rainbow Nation because we are made up of so many different cultures which make us colourful and unique! This is something we should never forget! The rainbow is also a sign of friendship and hope for tomorrow.

Yarn: Colours of the Rainbow

Give each Cub a long piece of string - or similar - and 7 'Pony beads'. One for each colour of the rainbow. As you tell the story, every time a colour is mentioned, they should thread that colour onto the string. When the story is over, the Cubs can tie a knot in the string to make a rainbow bracelet. This could possibly work better with a length of thin elastic.

Once upon a time the colours of the world started a quarrel: all claimed that they were the best, the most important, the most useful and the favourite.

RED shouted out: "I am the ruler of all of you! I am blood; life's blood! I am the colour of danger and of bravery. I am willing to fight for a cause. I bring fire into the blood. Without me, the earth would be as empty as the moon. I am the colour of passion and of love, the red rose, the poinsettia and the poppy."

ORANGE started next to blow her trumpet: "I am the colour of health and strength. I may be scarce, but I am precious for I serve the needs of human life. I carry the most important vitamins. Think of carrots, pumpkins, oranges, mangos and pawpaws. I don't hang around all the time, but when I fill the sky at sunrise or sunset, my beauty is so striking that no one gives another thought to any of you."

YELLOW chuckled: "You are all so serious. I bring laughter, gaiety and warmth to the world. The sun is yellow, the moon is yellow, the stars are yellow. Every time you look at a sunflower, the whole world starts to smile. Without me there would be no fun."

GREEN said: "Clearly, I am the most important. I am the sign of life and hope. I was chosen for grass, trees and leaves. Without me, all animals would die. Look over the countryside and you will see that I am in the majority."

BLUE interrupted: "You only think about the earth, but consider the sky and the sea. It is the water that is the basis of life and drawn up by the clouds from the deep sea. The sky gives space and peace and serenity. Without my peace, all of you would be nothing."

INDIGO spoke, much more quietly than all the others, but with just as much determination: "Think of me. I am the colour of silence. You hardly notice me, but without me, all of you become superficial. I represent thought and reflection, twilight and deep water. You need me for balance and contrast, for prayer and inner peace."

VIOLET rose to her full height. She was very tall and spoke with great pomp: "I am the colour of loyalty and power. Kings, chiefs and bishops have always chosen me for I am the sign of authority and wisdom. People do not question me; they listen and obey."

And so the colours went on boasting, each convinced of his or her own superiority. Their quarrelling became louder and louder. Suddenly, there was a startling flash of bright lightning! Thunder rolled and boomed! Rain started to pour down relentlessly. The colours crouched down in fear, drawing closer to one another for comfort.

In the midst of the clamour, rain began to speak: "You foolish colours, fighting amongst yourselves, each trying to dominate the rest. Don't you know that you were each made for a special purpose, unique and different? Join hands with one another and come to me."

Doing as they were told, the colours united and joined hands. The rain continued: "From now on, when it rains, each of you will stretch across the sky in a great bow of colour as a reminder that you can all live in peace. The rainbow is a sign of friendship and hope for tomorrow."

And so, whenever the rain washes the world, look up... and as the rainbow appears in the sky, let us all remember our friendships new and old... and that tomorrow is always a new day."

Many different handcrafts form part of our South African culture, so get busy!

Craft/Activity:

1. **Activity:** Face painting

Pair the Cubs up to paint the South African flag on each other's faces. If no face paint is available, make masks using paper plates of the South African flag.



2. **Handcraft:** Thumb piano

Music is a big part of our South African culture with many wonderful sounds being made from some basic instruments. Try this out!

<http://www.alinasadventuresinhomemaking.com/2012/02/making-a-popsicle-stick-thumb-piano.html>

What you need:



- 5 cm thick piece of wood cut into 10cm square
- Acrylic paint and paintbrushes
- 10 push pins
- 4 large, unrigged bobby pins
- 10 popsicle sticks
- 2 rubber bands
- Wire cutters
- White glue

Instructions:

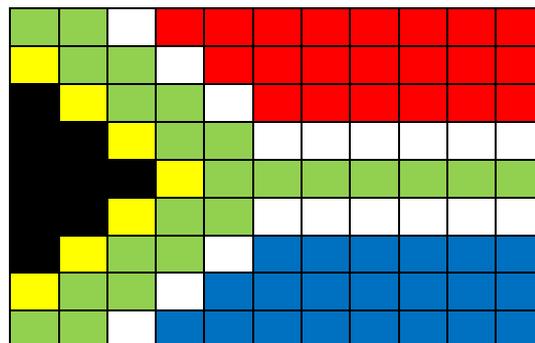
Take two popsicle sticks and glue them side by side across your piece of wood, about an inch down from one of the ends. To secure them as they dry, hold your thumb down in the center of the sticks and stretch your rubber bands across and underneath the wood to wrap around the ends. While the glue dries, it's time to decorate. You can do this however you like using paint, markers or stickers. Once you're done decorating, set everything aside to dry for about 1h.

- 2 For the keys, take your first bobby pin and bend it open. This will be the long key. Measure out enough of the bobby pin so that it touches the popsicle sticks and reaches to the end of the wood without extending over it. With the help of an adult, carefully cut off the excess with your wire cutters.
- 3 Measure out and cut your remaining three keys from the rest of the bobby pins. Each one should be shorter than the one before it so that each key will have a different pitch.
- 4 Space out the keys across the piano and tape the ends to the popsicle sticks to hold them in place.
- 5 Apply glue across the tape and place two more popsicle sticks over the first two to sandwich the keys into place. Wrap rubber bands around the ends of these sticks just like you did in step 2 to hold them down while they dry.
- 6 To make sure everything is really tight and gives a good sound, stick two push pins through the popsicle sticks around either side of each bobby pin key. Set everything aside to dry for another hour.
- 7 Now you're ready to tune your piano. To do that, take each key and bend it back approximately 45 degrees (or half an inch) from the wood. To play, just run your fingers up and down the thumb piano keys. Experiment with different sounds and applying different amounts of pressure.

OR

Handcraft: Beaded Safety Pins

<http://www.crafts-for-all-seasons.com/beaded-safety-pin-craft.html> shows you how to do beaded safety pins step by step. Once you get the hang of it, why not try our South African flag??



Song and dance are a huge part of many cultures in South Africa.

Singing/Play Acting:

1. **Singing:** Vusi Drives the Kombi (*Chant*)

Vusi drives the kombi that takes us all to school.
 We open all the windows so the air blows nice and cool.
 He hoots when he fetches us, he hoots when he goes,
 He hoots at the cows that are standing in the road.
 Vusi drives the kombi that we all love to ride.
 If you want to travel with us, there's lots of room inside!

Singing: Jan Pierewiet

Jan Pierewiet, Jan Pierewiet, Jan Pierewiet staan stil
 Jan Pierewiet, Jan Pierewiet, Jan Pierewiet staan stil
 Goeie môre, my vrou, hier's 'n soentjie vir jou*
 Goeie môre, my man, daar is koffie in die kan.

Singing: Shosholoza

Shosholoza
Kulezo ntaba
Stimela siphume South Africa.
Wen' uyabaleka
Kulezo ntaba
Stimela siphume South Africa.

See: <http://www.mamalisa.com/?p=418&t=ec&c=69> for more songs – there are also recordings of the tunes on this site.

2. **Playacting:** Song and dance

Music and dance is a big part of all South African cultures. Let the Cubs make up a gumboot dance and get them to perform for the Pack. Explain to them that the rhythm is important if they are all going to perform in sync! If it helps, let one of the Cubs beat a drum (coffee tin) to set the rhythm. Wrap cardboard or a few sheets of newspaper around their shins and secure with some masking or packaging tape (or similar) so that when they hit their legs during the dance, it makes a sound similar to hitting the gumboots.

Advancement covered:

Silver Wolf:

Communication: Take part in a cultural activity with your Pack (everything above is a cultural activity!).

Gold Wolf:

Communication: List as many cultural groups, other than your own, living in your community. Choose one and share something interesting about your chosen culture with your Six/Pack.
After this program – ask the older Cubs to go and find out more information and report back at the next meeting.