CHILDREN’ S GAMES

Many of the games that children play in East Africa are about things in their everyday lives: food, family and homemaking. Children play them in school fields, at home or on un-used land in their neighbourhood.

These games are from a group of children near Iganga, Uganda. Before Send a Cow helped their families, many of these children were malnourished, only ate one meal a day and had very little energy to play. Through training in natural farming with their families, the children are now able to enjoy their childhoods and grow up healthily – having enough nutritious food for three meals a day and having the skills to grow food for the rest of their lives. You can see where their school is in Uganda using this Google Map link: http://g.co/maps/xhx2t

Some ideas of how to use this resource:

- Get your pupils into teams. Each team learns a game, practices it and then make any changes to the rules. The teams then teach the rest of their class their game.
- After mastering each game, make an instructional video for the rest of the school (or the world!) to see – don’t forget to mention how Send a Cow has helped these children.
- Hold team tournaments for some of the games, with winners presented with pineapples!
- Make up your own versions of the songs to sing when you are playing the games.
- Incorporate one or two of the games into your school sports day.

Now try the games out for yourself and then please consider raising money for Send a Cow to help more children have healthy food and great fun.

Thank you.

To support us, please go to our website at:
www.sendacow.org.uk
Kakopi Kakopi or Chicken Legs

This game is based on luck rather than skill. Players sitting down have to hope that the stick doesn’t land on their leg when the rhyme stops!

How to play:

• One player is chosen as the cook, who (gently!) uses a long stick as a wooden spoon to ‘stir the food’.

• All the other players sit in a row on the floor with their legs straight out in front of them. Their legs are the chicken bones and they are being cooked in a soup for dinner!

• The cook taps their legs one by one from one end of the line to the other whilst the children sing the ‘Kakopi’ song. The song is about not overcooking the food, but a bit too difficult to learn. You can make your own version, or sing ‘Food glorious food’.

• When the rhyme ends, the leg that the stick lands on is a burnt chicken leg, and so that child must tuck that leg under him/her.

• When both chicken legs are burnt, he or she is out.

• The winner is the last child to remain in the game, and they are titled the ‘night dancer’!
Prisoner!

This game is great if you have two groups of children, such as two classes and you want to encourage them to cheer on their friends. It can get quite rough, so you may wish to adapt it or use crash mats!

How to play:

• *Children stand in two straight lines facing each other. A length of rope is used to mark a line between the two teams. Each side represents a Ugandan village.*

• *The children march forward and back from the rope in turn singing, ‘We have come to take a prisoner from your village and his name is…’*

• *A person from each side is chosen by their team. Teams try to pick two players who roughly match each other in size and strength.*

• *Standing opposite each other, the chosen pupils must try to pull the other one over the line whilst all the children count to 10. If a pupil is pulled over the line then they are a prisoner and they have to join the opposite side.*

• *This continues until there is only one player left in a village or a certain number of pupils is reached on either side.*
This game is all about rowing to safety against stormy waters. The name Jonah comes from the Biblical story of Jonah and the whale.

**How to play:**

- **Several children sit on the floor behind each other in two rows with their legs in a V shape - as if on a rowing boat.**

- **Pupils sway forward and backward, rowing against the waves of the sea. This is like the boat being moved up and down.**

- **They sing a rhyme about Jonah and when the rhyme ends they start to sway from side to side, as if the boat is going into a storm.**

- **The swaying becomes stronger until pupils start to lose their balance and fall out of the side.**

- **Those who fall out or lose their balance are in the water have to swim to safety and are out.**

- **The winning team is the boat with the most rowers after an allotted time.**
Bolingo

Family life is often sung about in Ugandan songs and this game nicely shows children’s perceptions of home life.

How to play:

• Several children stand in a circle holding hands.

• They sing a rhyme called ‘Bolingo ya ya’ ending in a child’s name. When a child hears their name they have to sit down. You will need to make up your own rhyme as a class for this.

• The rhyme is about being at home while mummy cooks food. Once everyone is finally sitting down nicely, this means daddy is coming home.

• Everyone now stands up and holds hands running around in a circle as fast as they can - they are no longer good children but are naughty children!

• The children like this because they make each other fall over – it’s a really silly game. Make sure you play this game in a wide open space and on some soft grass!