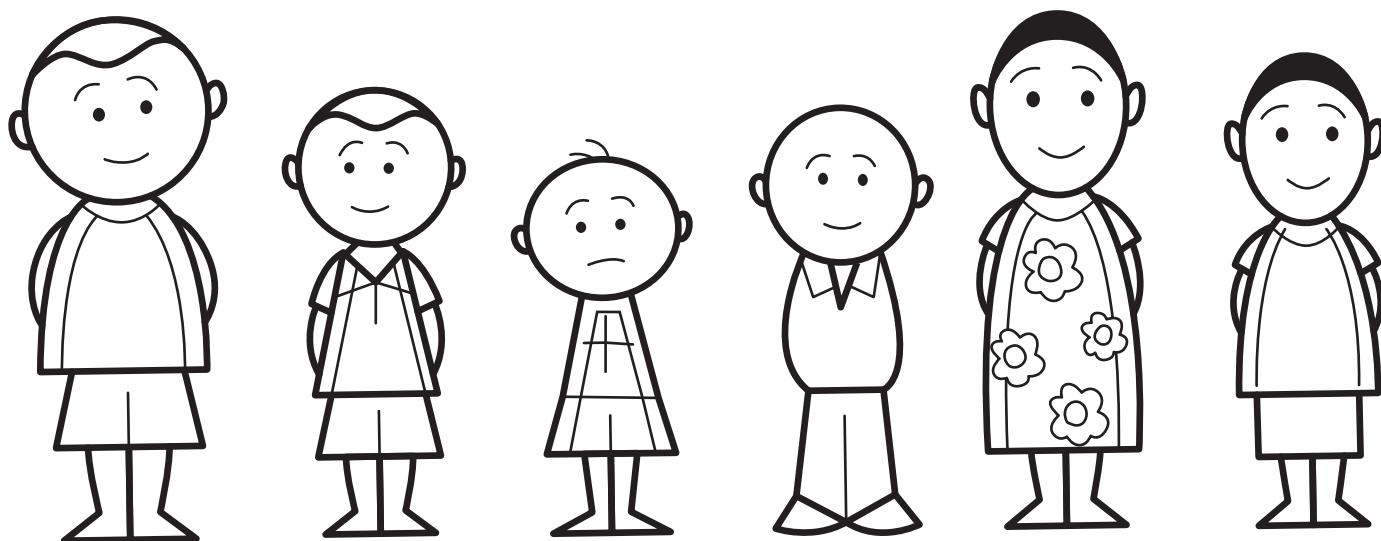
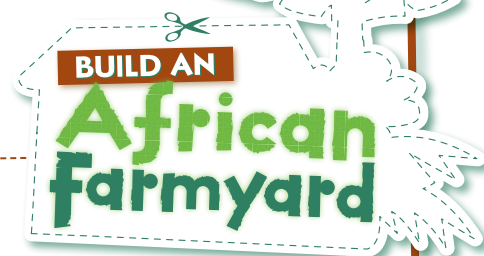


Matia's family



About Matia Growing up with only his brothers and sisters, Matia is part of a family of orphans who have been helped by Send a Cow.

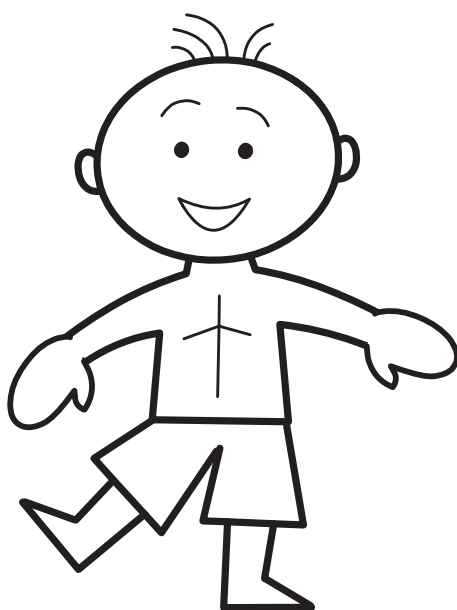
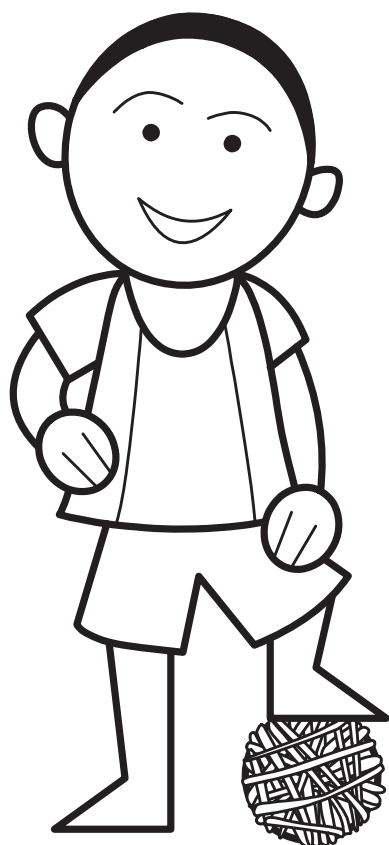
Orphan Fact: There are about fifty million orphans living in Africa - that's about the same as the population of England

Great ideas for your class:

Find out about Matia's story and view a Powerpoint about him. Then take part in the orphans 'tough choice' activity to see how life can be difficult for children like Matia.

find these resources at:
www.cowfiles.com/tag/matia

Bag Football



Footballs African style home-made footballs made from bags, banana stems and string, can be seen being kicked around all over East Africa.

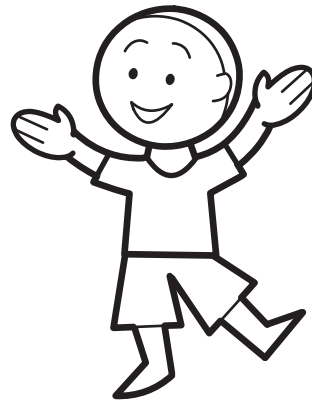
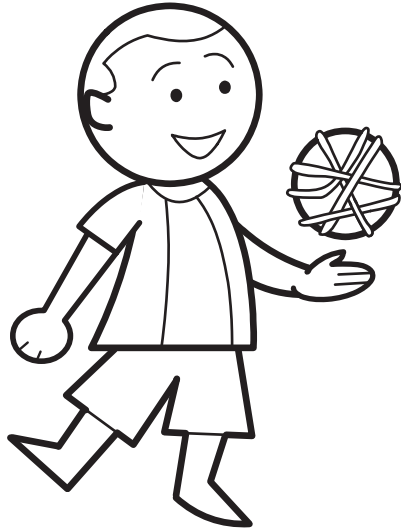
Football Facts: There are over 1000 Africans playing for European clubs - Can you name any? When a game is on, whole African towns can come to a standstill as people flock to TV s to watch!

Great ideas for your class:

Make your own plastic bag footballs using our step by step guide below - and then have an African Football and netball tournament between classes - each one representing a different African nation!

[www.cowfiles.com/
make-an-african-plastic-bag-football](http://www.cowfiles.com/make-an-african-plastic-bag-football)

Dodgeball



Dodgeball is a popular game in many school playgrounds and backyards. The great thing about it is that it can be played with whatever is lying around - tyres, branches, stones - or just marked out on the ground!

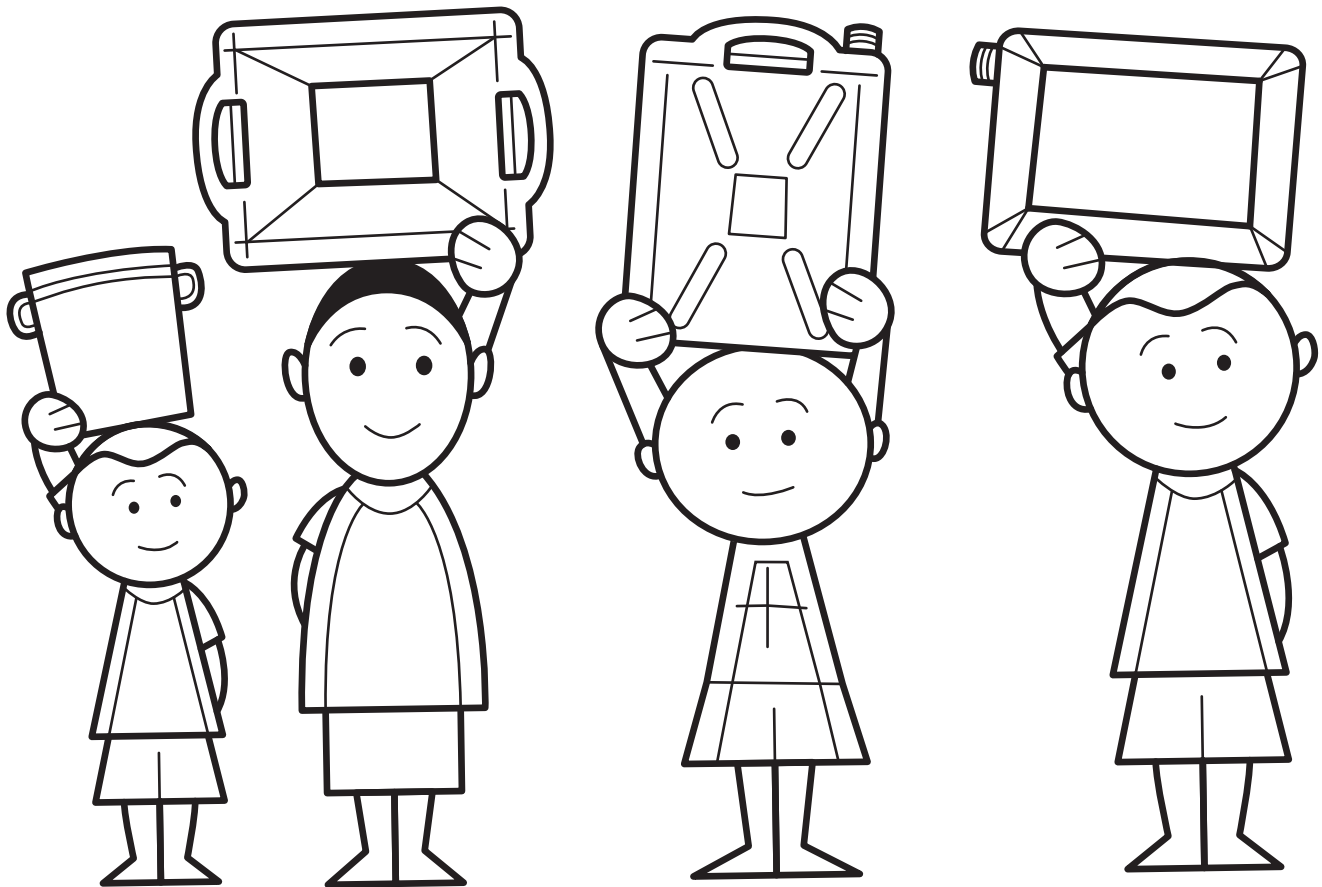
Great ideas for your class:

How do you play dodgeball? Why not have an African breaktime week, where all of the schools' pupils play the different games - like dodgeball - found on our site:

www.cowfiles.com/subjects/pe

Fact to think about: Many children in East African villages play games barefoot and never own shoes. Yet in the UK we throw away 2 MILLION pairs of shoes - every WEEK. What do you think about this?

Water Carrying



Water

Outside of towns and cities, many east Africans have to rely on fetching water from springs and wells rather than being able to turn on a tap. This job is often left to children, and mainly girls!

Great ideas for your class:

Why not have a relay race with a difference? Take some buckets or bowls, fill them with water and balance them on your head! The first one across the line - or the driest! - is the winner!

Water Fact: Women in Africa walk an average of 6km to fetch water. In a day, a person there can use the same amount for washing, cooking and cleaning as we in the UK use to flush the toilet - just once.

Homework

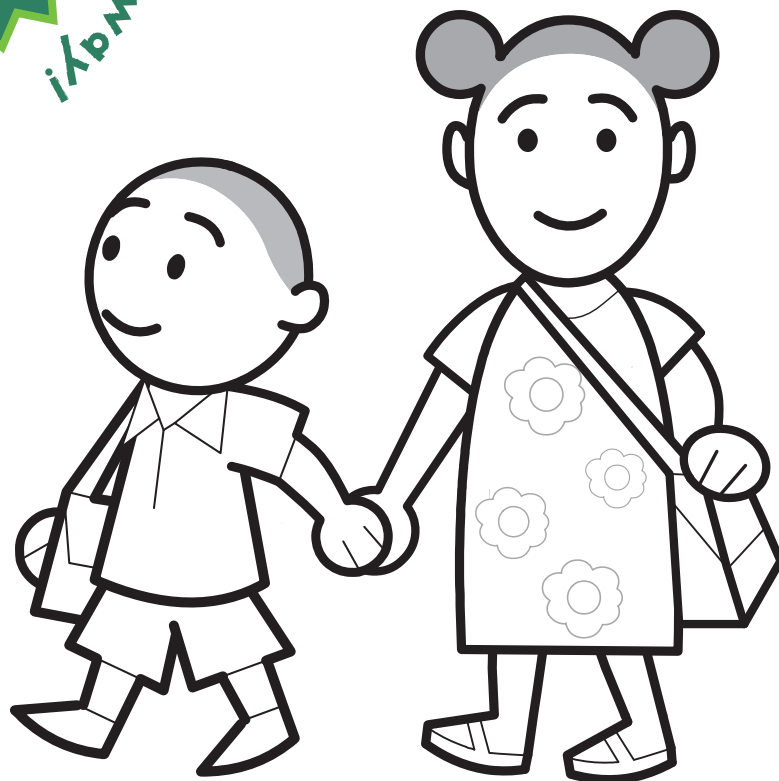


Schoolwork Going to school and doing homework are not seen as a chore for many children in African countries. An education is usually the best hope that a child has of getting out of poverty.

Great ideas for your class:

Write a list of all the things that you need reading, writing and maths skills for during a normal day. Include everything: reading signs, texting, and working out how much pocket money you have left!

Learning Fact: In most East African countries only about 7 out of 10 people have been fortunate enough to go to school and learn how to read and write.



Schoolwork Going to school and doing homework are not seen as a chore for many children in African countries. An education is usually the best hope that a child has of getting out of poverty.

Great ideas for your class:

Have a Walk to School Week where pupils walk or get dropped half a mile (about 800 metres) from school. They could match the distance that an African pupil has to walk, and get sponsored per hundred metres!

Foot Fact: Some children in East Africa have to walk FIVE miles to school and then FIVE miles back again, every day - with no shoes, either.

Maize Pounding



Maize

Maize, or sweetcorn as we know it, is a common food for many people in east Africa. The cobs are pounded and then ground to make a flour that is added to boiling water, making a dough called 'mealie meal', 'ugali' or 'nshima'.

Great ideas for your class:

An EAST AFRICAN LUNCH can be a yummy thing to have as a class or year group. Use the web and recipe books to research some menus using African ingredients like Maize meal, Yams, Okra, Cassava, Sweet Potatoes and Black-eyed Peas!

Maize Facts: Maize grows very fast - within 3 months from the time it is sown it is taller than an adult. And a quarter of what you can buy in an average supermarket uses maize in some way!