

# Kenya Challenge Badge



We have put together this fun Challenge Badge to assist our 33 members of Girl Guiding South West England who are travelling to Kenya in July/August of 2017 to volunteer.

We suggest:

**Rainbows** do 1 activity from each unit,

**Brownies** complete 1 from each unit plus 2 more from any unit

**Guides** and **Senior Section** do 2 from each of the units.

## Unit 1 - TRAVEL

- 1) Make a passport and decorate a stamp for it. Know why you need a passport or a visa to visit other countries.
- 2) Send and receive a postcard from a friend or relative, or even as a pack find another unit and send and receive a postcards from them.
- 3) Draw a picture of a Rainbow, Brownie or Guide uniform from another country. Compare what is the same, and what is different from your own.
- 4) Make up a game that could be played whilst travelling (remember not too many small bits!).
- 5) Know how to protect yourself against the sun rays.
- 6) Pack a case and take a picture or make a list of all the clothes you would need for Kenyan travel, remember nights can be chilly.

## Unit 2 - ANIMALS

1. Make an animal mask. Play games with an animal theme.
2. Find out what animals, birds and reptiles can be found in a national park in Kenya. Discuss with your Unit which is your favourite, or make a model of it in any material.
3. Find out all you can about an endangered animal and make a poster or leaflet about it.
4. Visit a zoo or adopt an animal.
5. Hold a pets evening and raise money for an animal charity of your choice.

## Unit 3 - WATER

1. Speak to your local water board and do their badge work - for example Thames Water have a badge in connection with Girl Guiding South West, take a look here: <http://www.girlguidingsouthwest.org.uk/H2O4Life.html>
2. Keep a record for a week of the water you use and list ways of using less.
3. Know how to keep safe when near rivers canals and the sea and what to do in an emergency.
4. Know how to clean your teeth and wash hands correctly and why clean water is important.
5. What is Water Aid? Find out what they are doing in Kenya and have a fund raising evening to support it. <http://www.wateraid.org/uk>

## Unit 4 - KENYA

1. Draw the Kenyan National Flag, find out what the colours and the symbol on the flag mean and when was the Kenyan flag adopted.
2. Find out about the history of Guiding in Kenya and see if you can find the Guiding Promise and see how it differs from yours.
3. Find out about the culture and hold a Kenyan evening and taste food from Kenya.
4. Find out about Fair Trade, know the problems of transporting food from a distance, and make a list of food products from Kenya that can be found in our shops.
5. Make a Fair Trade cake or biscuits.
6. Learn how to say 5 words in Swahili, see the list below or try some longer phrases.

## Unit 5 – JUST FOR FUN

1. Decorate your meeting place with the bunting (below) use the circles for creativity.
2. Women in Kenya traditionally wear brightly coloured materials and jewellery. Many women also wear a kanga, find out about the Kanga, and see if you can dress up in traditional clothing. Or decorate a paper doll in Kenyan style clothes. Template below.
3. The Kenyan people import tea, coffee and flowers – make some flowers or use a press to dry flowers and decorate a card.
4. The Masai people tell stories from long ago passing them down to the younger people in the tribe, read Fadhila's story and see if you can see the hidden meaning. A little like our Aesops fables.
6. Complete the animal word search.

# Kenyan Animals Word Search

M L W D X E J B S E M U L Q T M Q R R A  
E F F A R I G E F B L U O O O X X Z R Q  
A W G J A K D W X Y V D O U H O E B B Q  
A P H F R H J J V X P U S I Y F E T E Z  
R E R P R A J D F B C K H V L Z A W E R  
D W U E X T R C S Y U G I F G O B S N O  
W G X P K E U I U X E Q P U I S O S L Y  
O H N O S E S V K K E D P Q B O F Z S S  
L X Y L D H S E M L L Q O U G L R X Z W  
F J X E C C N T L W G S P N H K R N O G  
Y P X T N T V O A L T W O B M O Y E M Y  
R B D N H A M V Y H I M T U U J R I O E  
A M A A M N R N Y L X O A F N S X Y P W  
U H R B O F O G D X U L M F H B B S K A  
L X G T H O S M Z S K S U A D L Y O R R  
I C A I B S O Q J C E B S L S E T R A T  
O X T A E N U S U L R J F O D S Z E V H  
N T B P K I L B L I A P T O E Q D C D O  
K N X E W X R E Z C R F M E R A H O R G  
A A Y H M E Z F K A B R B C H S J N A P  
J H Y S T A J A X N B E E R K C M I A L  
X P O A G A L D C I D X X L G I E H Y F  
N E W P Y O Z Y Z L V D U Y S E I R V O  
S L T A L A P M I B J X L Z H W D O G G  
L E O P A R D W U T D Y O R Y X N C A S

AARDVARK  
AARDWOLF  
ANTELOPE  
BABOON  
BUFFALO  
BUSHBABY  
CHEETAH  
CIVET  
ELEPHANT  
FOX

GAZELLE  
GIRAFFE  
HARE  
HIPPOPOTAMUS  
HYENA  
IMPALA  
JACKAL  
KUDU  
LEOPARD  
LION

MONGOOSE  
MONKEY  
ORYX  
RHINOCEROS  
SQUIRREL  
WARTHOG  
WATERBUCK  
WILD DOG  
WILDEBEEST  
ZEBRA

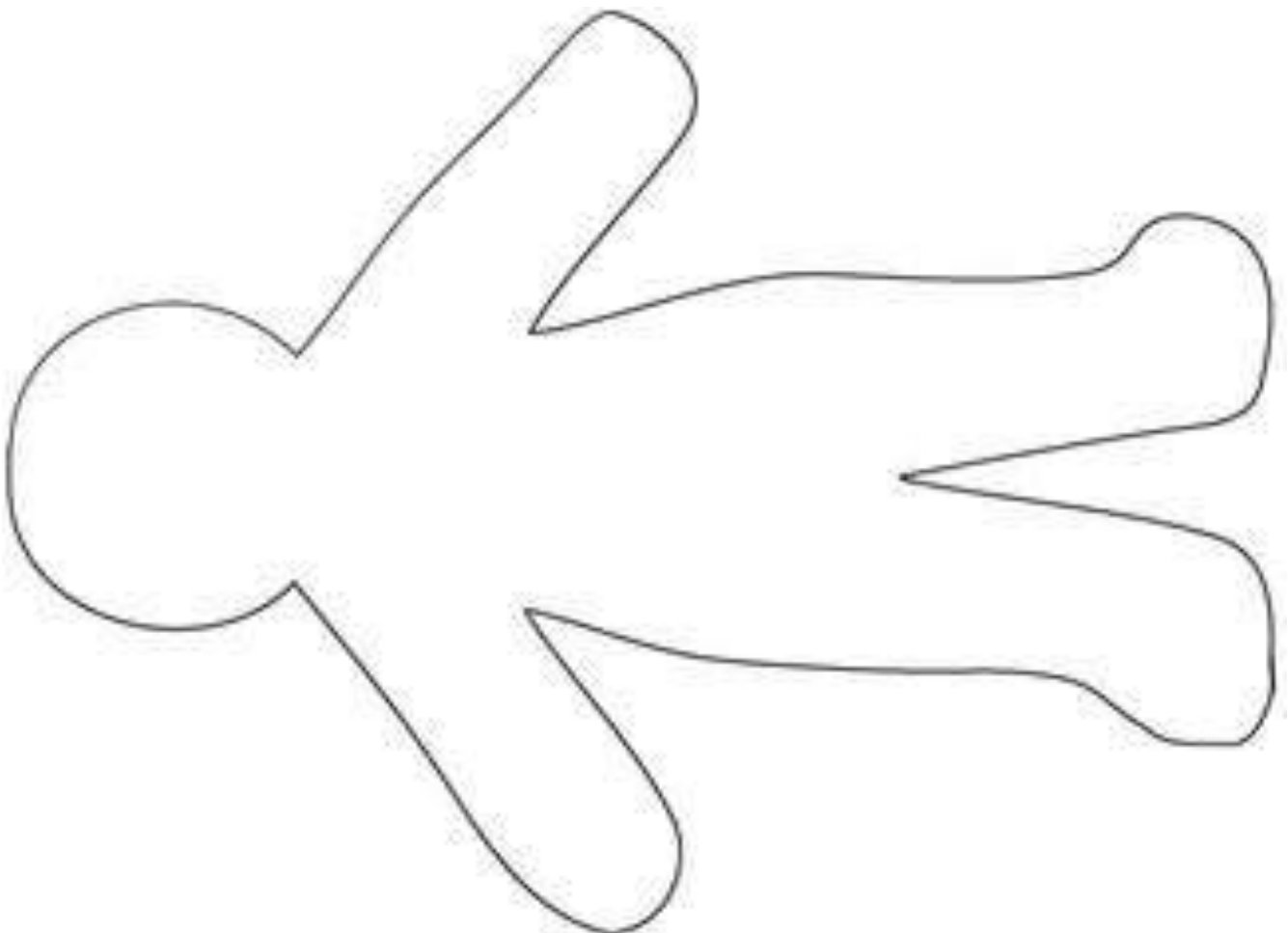
## Learn to speak Swahili

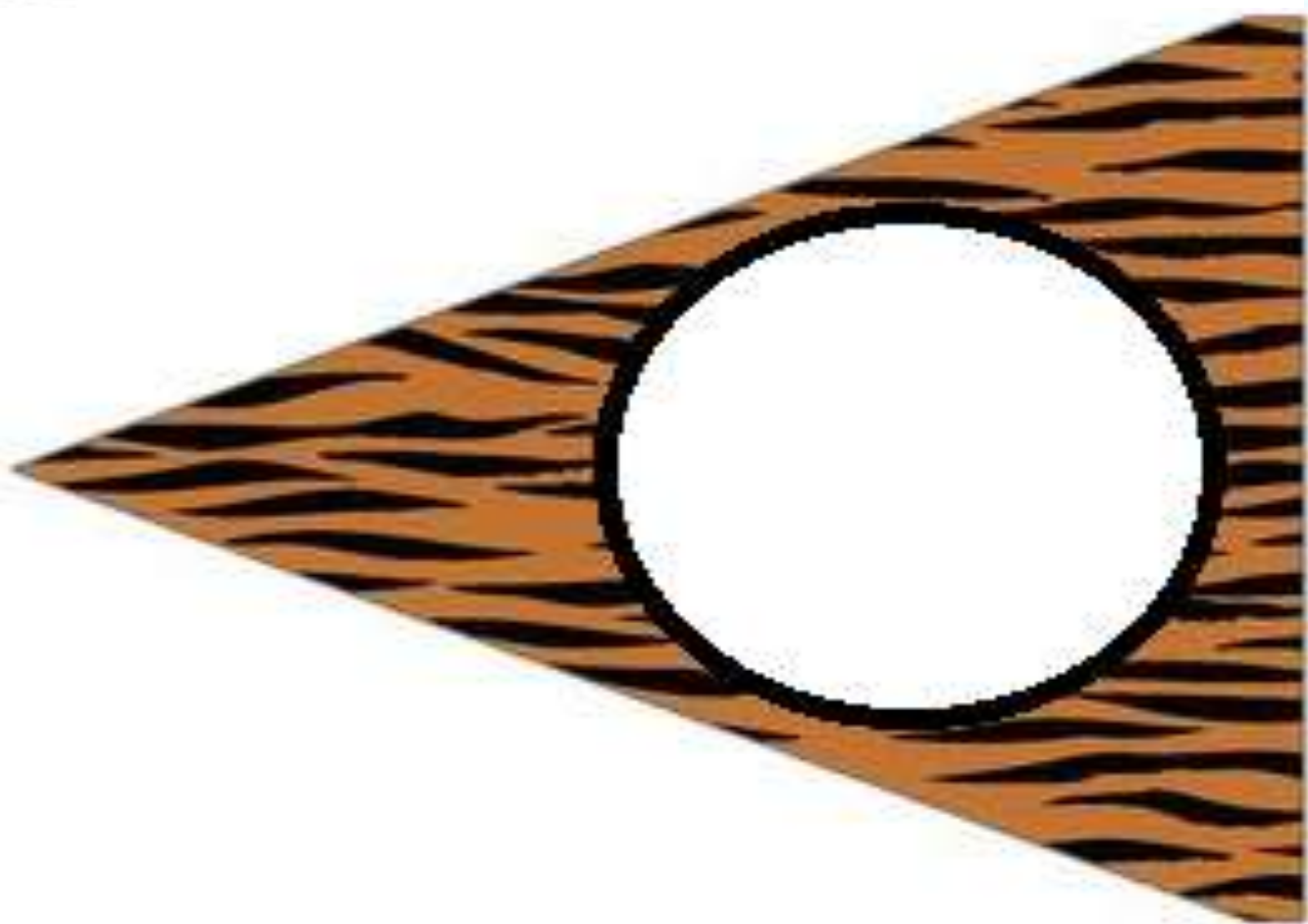
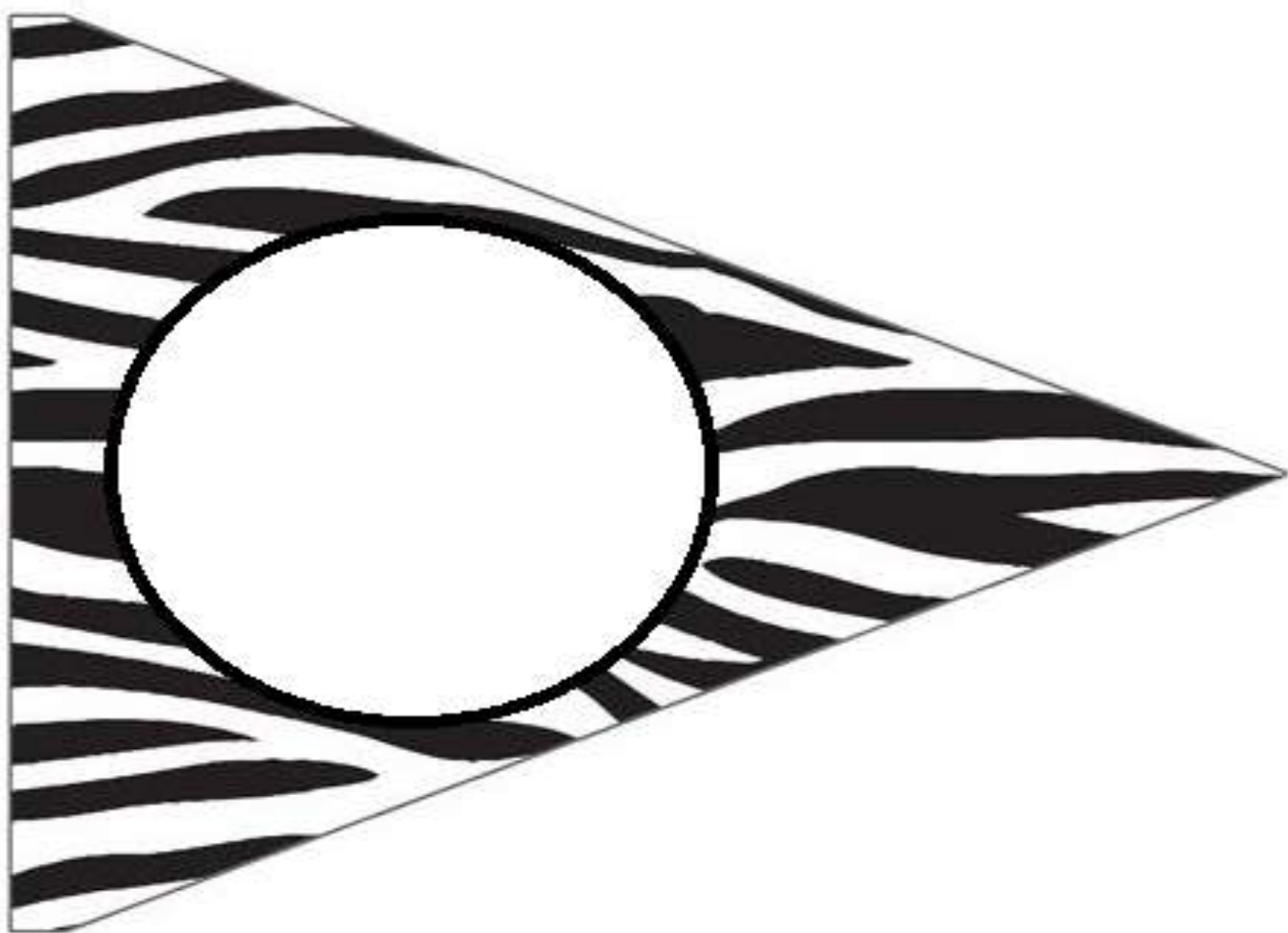
English	Swahili
Bicycle	Baiskeli
Car	Gari
Excuse me	Samahani
Friend	Rafiki
Good	Nzuri
Goodbye	Kwaheri
Here	Hapa
Hot	Moto
Motorcycle	Pikipiki
No	Hapana
OK	Sawa
Please	Tafadhali
Sorry	Samahani
Thank you	Asante
Thank you very much	Asante sana
Welcome	Karibu
Yes	Ndio
Help me, please	Nisaidie, tafadhali
I can speak Swahili.	Ninaweza kusema Kiswahili
I can't speak Swahili.	Siwezi kusema Kiswahili
I am angry.	Nimekasirika
I am traveling.	Ninasafiri
I am happy.	Nimefurahi
I love you!	Ninakupenda
Where are you going to?	Unakwenda wapi?

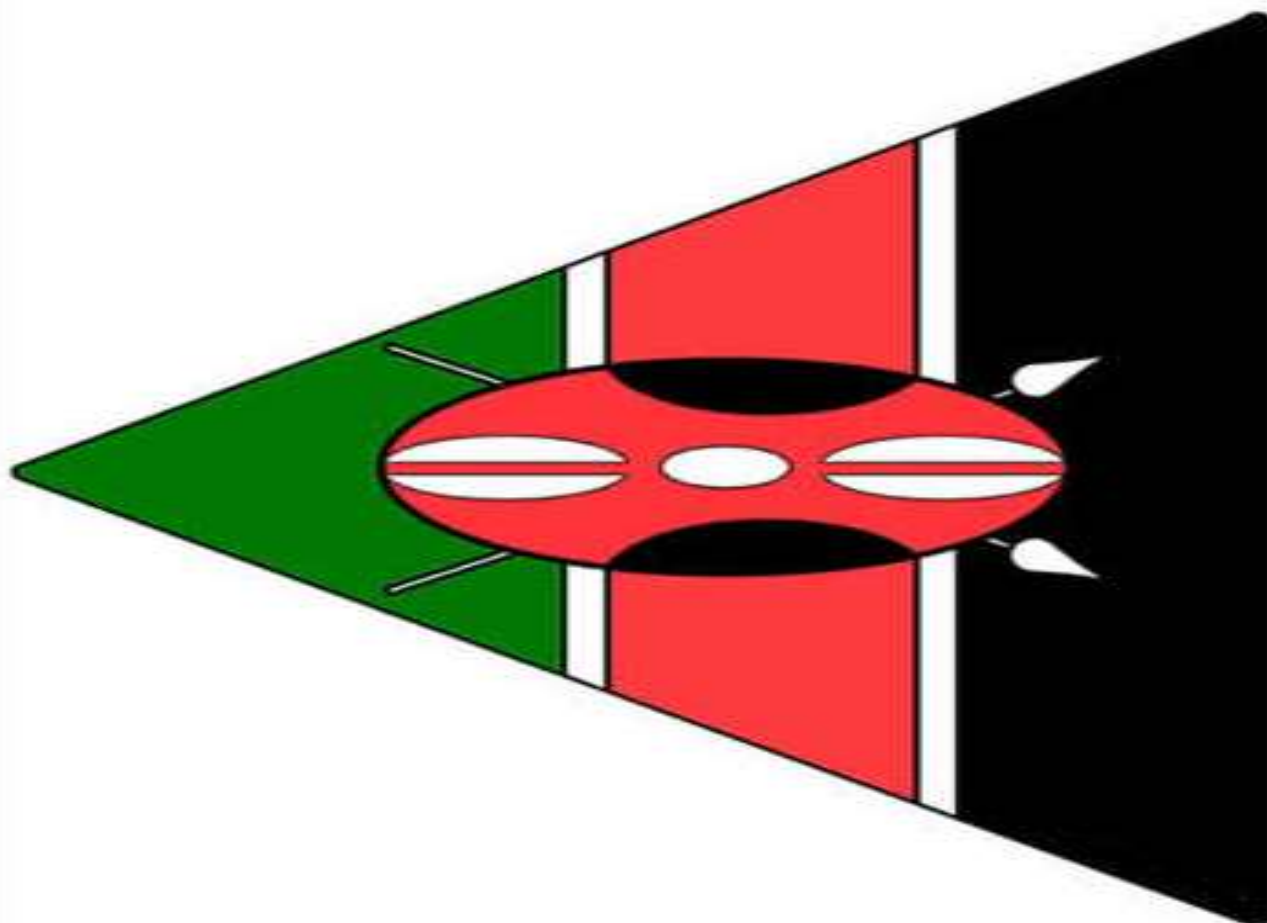
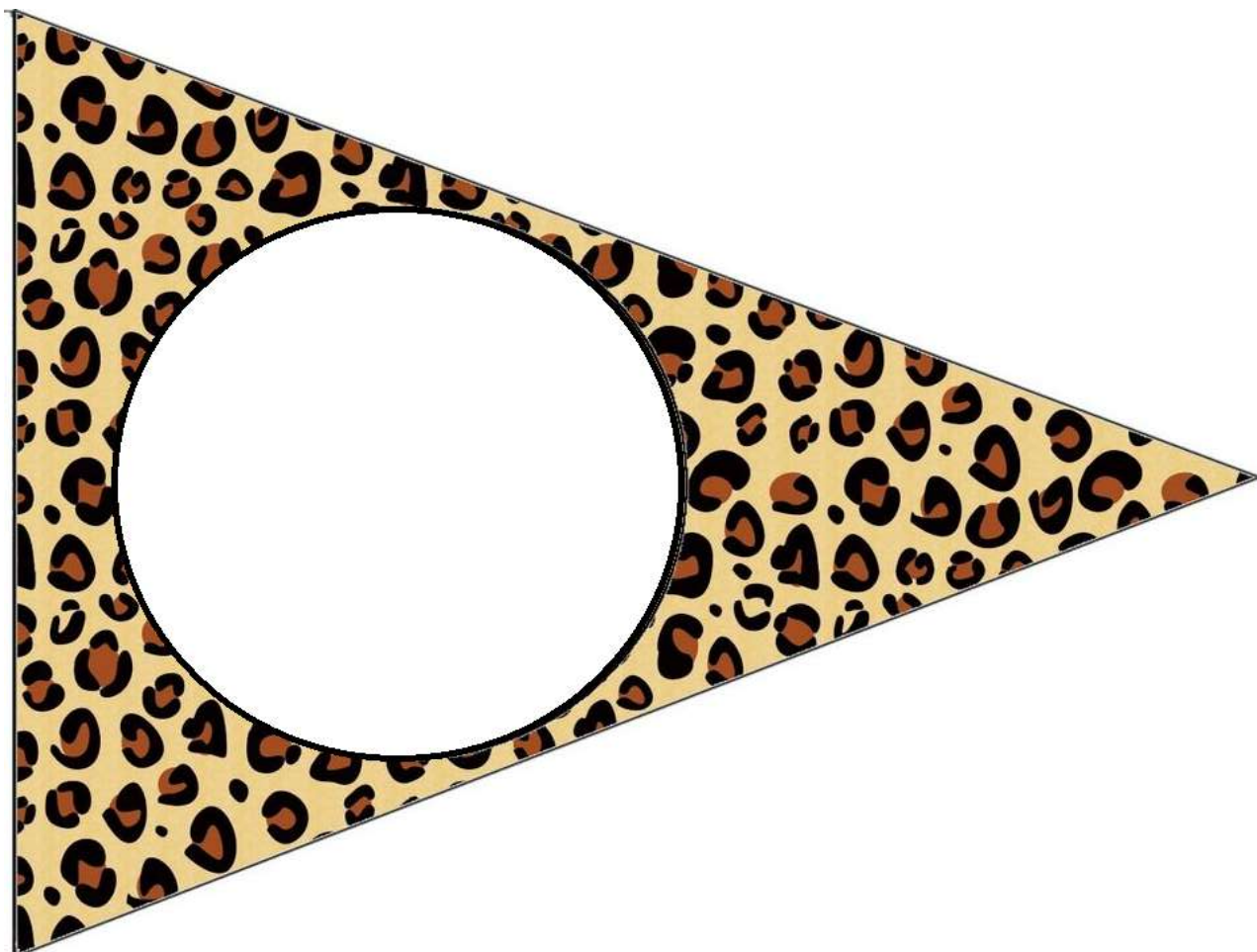
## Kenyan flag



**Kenya's flag** was adopted on 12<sup>th</sup> December 1963. The black represents the people of **Kenya**, the red represents blood, the green represents natural wealth, and the white represents peace. The Masai shield and spears represents the defence of freedom.







## Fadhila's Story

Once upon a time, a young girl named Fadhila lived in a tiny village on the coast of Kenya. Fadhila had a special talent for picking the most marvellous fruits. Whenever Fadhila picked an orange, it was the juiciest orange; whenever she picked a banana, it was richer and denser than anyone else's bananas. This was true of every fruit she picked.

The people of Fadhila's village wondered how she found such delicious fruit, but nobody asked her to reveal her secret. It was understood that everyone has a skill, a special talent, and this was Fadhila's.

And then one day, as Fadhila was walking past Spider's house, he called out to her. You see, Spider was terribly lazy. He didn't like to work for himself, and he had heard tales of Fadhila's fruits. Spider had a special talent, too. He was a trickster, and this time he thought he could trick Fadhila into sharing her talents with him.

And so, using his sweetest voice, he called out, "Fadhila, good day to you. How are you feeling this beautiful morning?"

"I'm well," Fadhila answered, and she smiled, but right away she thought Spider must be up to something. "What about you, Spider? Are you feeling well?"

"Ah," Spider sighed, "well, yes ... but I am very hungry. I wonder if I might accompany you into the bush to find some food."

Fadhila thought a moment, and she looked Spider up and down. "You know, I am sure, no one has ever come with me."

"Ah, yes," Spider said cheerfully, "I do know that. And I would consider it a special honour to be the first one to be your companion in the lonely bush."

"Well," Fadhila said, eyeing him carefully, "if you come along, you must promise you won't tell anyone my secrets."

"of course!" Spider said. He smiled as he felt his stomach grumbling with anticipation.

"Promise me," Fadhila said.

"I promise," he replied. "On my heart, you can trust me!"

Fadhila smiled. "Well, OK then."

And Spider hurried to her side.

As they walked into the bush, Fadhila asked, "What kind of food do you like to eat, Spider?"

"Well," Spider said, careful to keep time with the girl, "I like bananas and melons and pineapples, of course. And I like coconuts. And I love honey!"



"Honey!" Fadhila said, and if Spider had noticed, he might have seen the gleam in her eye. "Wonderful, I think I can help you."

On they walked, Fadhila leading the way down into parts of the bush where few people ventured. Spider clicked his heels with happiness, for he knew he was about to find the special place in the bush, the place that held Fadhila's secrets. And if he discovered this, he would never again have to work too hard for food. He could offer his secret to anyone who would go into the bush for him.

Fadhila pointed to a tree and exclaimed, "This is the best peach tree! It does not have that many peaches, but each one is the sweetest in the world!"

Spider was a greedy fellow, and as soon as he saw the secret peach tree, his mouth began to water. It was time to act, so he pushed Fadhila into the bushes and quickly climbed the tree. When he was up, he began to eat until he had eaten every last peach. He didn't leave a single one for Fadhila.

When he was finished, he rubbed his belly and sighed, and he thought this must be the finest day he had ever spent. He looked down and to his delight and amazement, Fadhila said, "Do you want to see my special bananas?"

"a fine idea!" Spider said, and he hurried down the tree. They walked a little farther on, and Fadhila showed him a patch of bananas, and once again, as soon as he saw the spot, he pushed her into the bushes and ate every single ripe banana he could find.

Now Spider's belly was so full that he thought he had never been happier, but this made him still greedier, and he wanted to know every secret of the bush. So he smiled at Fadhila and to his great joy, she said, "Are you too full, or would you like me to show you the honey?"

"Oh, yes!" Spider said, and he followed Fadhila along the path, still deeper into the bush. And when they had reached a tree so deep in the bush that no one had ever seen it, Fadhila said, "Here, this is a very special tree. Deep inside is a hole with the world's best honey."

Spider's eyes grew wide, and his greed greater, and once again, he shoved Fadhila into the bushes. He climbed the tree and when he found the little hole, he squeezed himself inside, and once again, he began to eat and eat and eat, and once again, he saved nothing for anyone else. And once again, he did not say thank you.

When he was full, he began to climb out of the tree, but he discovered that he had grown too fat to squeeze through the hole.

"Help, Fadhila!" he cried. "I cannot get out."

But Fadhila was not the fool Spider had thought. She only smiled. "If you had not been so greedy," she said, "you would not be stuck."

"I'm sorry!" Spider cried. "I'm so sorry. Please, call for help!"

"I'm no fool," Fadhila said, "though you think I am. But I'm a kind girl, too."

And with that, Fadhila began to cry for help, but she cried as softly as she could.

Naturally, nobody heard Fadhila's whispers, and nobody could hear Spider, for he was trapped inside a tree, deep in the bush. And so Fadhila finally said, "Well, I think it's time for me to go home," and she waved to him, and then she turned and walked back home.

And after that, whenever anyone heard the story of Spider stuck in the honey tree, they knew they would never ask Fadhila to give away her secret. Obviously, it was for her alone to know.