

# Kwanzaa Challenge



**An annual celebration of African-American culture!**

Based on African harvest festival traditions from across West and Southeast Africa, it's a celebration full of symbolism and community.

For even more programme ideas check out our 'Kwanzaa' board over on [www.Pinterest.com/PawprintFamily](https://www.Pinterest.com/PawprintFamily)

**#AdventureForAll**  
[www.PawprintFamily.com](https://www.PawprintFamily.com)

# Meet the FAMILY

Hi there! We're Charlotte & Jamie, the husband and wife team behind the Pawprint Family and we believe in #AdventureForAll.

It's our mission to help leaders, teachers and parents save time by providing ideas and opportunities to help them deliver everyday adventure and skills for life. We do this through our family of brands; find out more below and head to the website for your next adventure!



## PAWPRINT BADGES

Pawprint Badges provides thousands of free activity ideas and resources to help leaders, teachers and parents deliver fun and adventure.

Every activity helps you share skills for life and is linked to one of our pawesome embroidered badges. Build your collection and celebrate adventures, new skills and knowledge gained.

## PAWPRINT TRAILS

Pawprint Trails are treasure-hunt style walks around locations in the UK. Solve puzzles, track down the answers and explore everything our great country has to offer.

From historical sights to popular culture discover something new or rediscover a love for where you live then collect the badge to remember your adventures!

Whether you're looking for the perfect addition to your next family holiday or a few hours of fun with friends; each trail can be completed in a few hours or extended with our activity suggestions in to a weekend or a week's worth of fun!

## PAWPRINT TALES

Pawprint Tales are fully illustrated stories that can be enjoyed by the whole family. Join Alfie (our fox-red Labrador) on his adventures around the UK – solving puzzles, turning detective and making new friends. With twists and turns, every tale is an opportunity to discover new places, people and history without needing to leave the comfort of your own home.

Enjoy Pawprint Tales alongside your Pawprint Trails or as a standalone adventure!

## PAWPRINT TRUST

Every brand in the Pawprint Family supports the Pawprint Trust with a percentage of profits from every sale providing grants to young people. We're passionate about enabling young people to access life changing adventures.

Share your adventures and join us over on our social channels for even more adventures and a nosy behind the scenes at Pawprint HQ!



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# PAWPRINT BADGES

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# Craft

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- ▶ Create your own Kinara from recycled materials. The word 'kinara' is a Swahili word that means candle holder. Why not head out into the garden and gather some natural materials or use recyclable materials such as plastic bottles or cardboard boxes for a Kinara that will help the environment too!
- ▶ Your Kinara will need some candles! Make 7 candles (yellow tissue paper makes a great flame!) Traditionally there are 3 red, 1 black and 3 green. The black candle is placed in the middle with 3 red candles to the left and 3 green candles to the right.

## Why?

Red, green, and black are the symbolic colours of the holiday. The seven candles represent the Seven Principles of Kwanzaa: unity, self determination, collective work and responsibility, cooperative economics, purpose, creativity and faith. Each principle of Kwanzaa has a dedicated day during the celebration week, and a new candle is lit on the kinara each day.

- ▶ Decorate a unity cup and why not make some Kwanzaa decorations too!
- ▶ Create your own kente cloth pattern by either drawing or, if you're up for a challenge, weaving your own! Each kente cloth has meaning, which is shown through its colours, patterns and symbols. You could research the meanings of these or make up your own.
- ▶ Design your very own Happy Kwanzaa or Joyous Kwanzaa card to send to a friend! Hallmark's first Kwanzaa greetings card was created in 1992.
- ▶ Paint or create a piece of African art, celebrating African culture.
- ▶ Design a stamp for Kwanzaa. In 1997 the US postal service issued the first Kwanzaa design, created by Synthia Saint James.
- ▶ Draw or paint a still life of with the 7 symbols of Kwanzaa and discuss what each of them signify.
- ▶ Make a bracelet with beads of candle colours. Use ready made beads or create your own by painting uncooked pasta/rolling paper beads.
- ▶ A mkeka is a traditional straw or woven textile mat, and is one of the seven symbols of Kwanzaa on which the other six symbols are placed. Celebrations include a communal feast on 31st December called Karamu. Weave placemats from paper and laminate or stitch cloth spirals to use at your Karamu meal.



# Food

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- ▶ Gather together for a feast on December 31st called a Karamu. Use your placemats made from the last activity in the craft section!
- ▶ Cook a traditional African dish.

## What?

Ultimately, a traditional Kwanzaa meal is whatever you would like it to be! Traditional foods are influenced from African, Caribbean, South American and Southern cuisines. Need some ideas? Here are some popular foods that are perfect for Kwanzaa: collard greens, candied yams, vegan jollof rice, fried plantains, African peanut stew, southern peach cobbler, cornbread, southern fried okra, southern hush puppies, sweet potato pie, southern fried whiting, mashed sweet potatoes, macaroni and cheese, southern hoppin' john, sausage and chicken gumbo, Dutch oven fried chicken, Jamaican sweet potato pudding, jerk chicken, epi and mofongo.

- ▶ The name Kwanzaa comes from 'matunda ya kwanza' which means 'first fruits of the harvest' in Swahili. Prepare your own fruit dish.
- ▶ Grow your own fruit and vegetables. Have a look at those traditionally used and grown in Africa.
- ▶ Benne cakes are made using sesame seeds, a symbol of good fortune and a family favourite. Give good luck to everyone at your Kwanzaa celebration by making these simple cakes!
- ▶ Try making some candle-shaped biscuits and ice using the 7 principles of Kwanzaa on them in Swahili.

## What?

These are the 7 principles of Kwanzaa, listed in Swahili (English): Umoja (Unity), Kujichagulia (Self-Determination), Ujima (Collective Work and Responsibility), Ujamaa (Cooperative Economics), Nia (Purpose), Kuumba (Creativity), and Imani (Faith). Try searching online for how to pronounce these and see if you can learn them as you ice your biscuits. Then another time before you eat each one!

- ▶ Cook a dish from your culture to add to your Karamu to show everyone what food is traditional to you.
- ▶ Family is central to Kwanzaa celebrations, make a family favourite dish for your Kwanzaa celebrations.
- ▶ Make edible versions of each of the 7 symbols of Kwanzaa.



# Games

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- ▶ Have a go at creating a game based on the 7 principles of Kwanzaa.

## What?

Kwanzaa is a time of learning, family and celebration. These symbols are traditionally on display during this time. The 7 symbols of Kwanzaa are; Mazao (the harvest crops), Mkeka (the mat), Kinara (the candle holder), Muhindi (the corn), Kikombe cha Umoja (the unity cup), Mishumaa Saba (the seven candles) and Zawadi (the gifts).

- ▶ Play a game of Kwanzaa bingo using words associated with the holiday. This could also be adapted with the caller describing a principle/symbol of Kwanzaa/an associated word and then players matching the definition to the word and crossing it off in their grid.
- ▶ Complete a Kwanzaa crossword or word search or create your own for someone else to try, sharing what you now know about Kwanzaa.
- ▶ Togetherness is an important part of Kwanzaa. Families and communities come together to celebrate African and African American culture. Make a puzzle jigsaw with a copy of a family photo or with an image that celebrates African culture.
- ▶ Go on a Kwanzaa scavenger hunt to find the 7 symbols.

## How?

You can do this however you like but here are a couple of suggestions to get you started: Have someone hide 7 candles and go scavenging to see who can find the most. Gather similar items to the 7 symbols (listed in the box at the top of this page), or draw them out on separate pieces of paper and hide them. You could simply go searching for them or create clues that lead to where each symbol is hidden.

- ▶ Make your own Kwanzaa snap to play. Draw out 7 rectangles of the same size. Draw each of the 7 symbols in separate rectangles so you have one in each. Photocopy them to have two of each symbol. Cut them out. (Make sure to cut each one the same so that it doesn't give it away). Then have fun playing your new game!
- ▶ Play a cooperative trading game to understand the Ujamaa principle of cooperative economics. You could make and trade items like paper bags made from newspaper or try setting up an enterprise for real.
- ▶ Harvest the crops; race to gather as many crops as you can in a set amount of time. This could be pieces of corn/dried foods or pictures of crops.



# Other

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- ▶ Play some African music using a drum. You could make a drum or find something around the house. Sauce pans and wooden spoons are a classic! Try playing music as a group with friends and family and take turns to perform solos.
- ▶ Kwanzaa encourages and celebrates creativity. Gifts are made during the festival to be given to loved ones on January 1st. So why not create your own gift for a loved one too!
- ▶ Find out who Dr Maulana Karenga is and why he's so important to Kwanzaa. He has some amazing quotes to inspire you.
- ▶ Learn a traditional African dance. YouTube is a great place to find these and to watch them performed. Take inspiration and have a go at creating your own dance or performance.
- ▶ Host your own candle lighting ritual. Find out the order of lighting the Kinara and practice it using your own candles.
- ▶ Take time each day of the Kwanzaa festival (26th December - 1st January) to discuss each of the 7 principles of Kwanzaa and their meaning to you.
- ▶ Habari Gani means "How are you?" in Swahili. Try learning it as a greeting for each day of Kwanzaa and discover how to greet people in other African languages.
- ▶ Watch performances from The Spirit of Kwanzaa an annual celebration held at the John F. Kennedy Centre for Performing Arts.
- ▶ Watch 'The Black Candle', a 2008 documentary by Maya Angelou. It follows the growth of Kwanzaa from the Black Power Movement in the 1960s and celebrates African American achievements, culture, and community.
- ▶ In 1997, Bill Clinton gave the first presidential declaration to mark the holiday of Kwanzaa. Have a go at writing and giving your own speech to celebrate and mark the holiday and share what you've learned.
- ▶ Using the 7 letters for the 7 principles, write an acrostic poem.
- ▶ Read a Kwanzaa story. This could be a true Kwanzaa story or stories with themes of the 7 principles.
- ▶ Sing a Kwanzaa song, why not write your own words to a traditional tune?



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