

## *IkuBi-Children Radio Project*

Learning templates



*The SDG2 - NO Hunger and SDG3 Good Health can be discussed with children as following:*

### **SDG-Math ☺**

Here we connect 5 UN SDGs: SDG2+SDG3+ SDG4+SDG15+SDG17 as following:

**SDG2&+SDG3=SDG4+SDG15+SDG17**

Meaning: Quality learning **SDG4** (creative learning opportunities by IkuBi)+ regional natural resources+partnerships **SDG17** will help to learn how to improve the life conditions by care and efficient use of the regional natural resources (SDG15), improve mental health and wellbeing **SDG3** by art practices, sport, creative cooking, and other home activities together with family members, neighbors, church community and friends (SDG4+17)

SDG4- quality education through art practices and creative learning methods empower children and people all ages to widen perspectives, to find their access to knowledge, to improve their skills, to act self-responsibly.

SDG17- Partnerships (such as our educational partnership) are important to succeed, therefore we learn to cooperate, to support eachothers, to unify capacities. **"Share with your next, love your next!"**

### Activities:

1. Talk with children about what day think about health and wellbeing:

Hunger: what they like to eat, how the food can be prepared, shared, how the regional natural resources can be better cultivated and used more efficiently?

Health&Wellbeing: considering the whole body by including the mental health (emotional state, by learning to manage the feelings such as anger, sadness, fear through communicational skills; spiritual health: thematize the practice of faith, create prayers, dance, songs, express hope and trust, forgiveness,

learn to express confessions by admitting wrong steps and asking for forgiveness, express gratitude, talk. About what makes you angry, sad, who might can help, how, ...)

What is needed to be healthy?

Talk about body care such as hygiene, care (hair making, clothes, accessorizes, ...)

Create healthy meals and drinks from regional products, share your receipts with community, children radio, take photo, name your creations, decorate some place in the nature, such as by collecting small stones and surrounding the tree, discover the life in the grass, look for bees , ants, butterflies, .. draw pictures, ...

## **2. SDG15: life on land**

Talk about your region, learn more about nature and life of birds, animals, insects, ... plant tree together if possible, with your community, create, construct some "Senses garden place"- for smelling of flowers, dancing, drawing, ...

Thematize the recycling-how you care about clean street, nature, what happens with garbage

## **3. Creative writing, drawing on:**

"What makes me feel powerful: Powerful Me"

"How I help to my next:"

"My healthy meal-with recipe or description of your creation"

"My prayer for health"

Drawings:

SDG15:

"My landscape"

"My garden"

SDG3: what makes me feel good/happy, healthy, well ... (self-portrait with descriptive words in English ("Healthy and Happy me")+ Kiswahili+ German ("Gesund und Glücklich"))

**!Set priorities, goals together (during the Covid and beyond) to improve life and health conditions:** such as cooking together, dancing, praying, ...solidarity action among children and among local families  
"One by One, manyOnes =NO Hunger.

\*Collect your recipes for healthy meals from regional products, add drawings and send the letter and album to your municipality Major.

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## Activites done by children under the guidance of teachers of the Noah's Ark Academy Maragoli

STUDENT: AMOS WANJALA - 13YRS, STD 5

1. I like to eat ugali together with fish.

### PREPARATION

To prepare this food, I require firewood, cooking pan (sufuria)

### STEP 1;

- i. Set up the fire
- ii. Put on the cooking pan on top of the three cooking stones, then put in water, add firewood.
- iii. Wait until the water bubbles, put in flour. Then stir until the stuff is strong enough.
- iv. Take clean plates then dish with a cooking stick.
- v. Keep them covered
- vi. Wash the fish. Take another clean cooking pan. Then put in cooking Oil. Add salt, onions and tomatoes. Then put in the fish; turn the fish in the pan, add firewood and wait for 16minutes for it to be fully cooked until ready for use.

-Remove from the triple cooking stones, look for clean plates then cut the fish into pieces before dishing out amongst the people to be served.

### NATURAL RESOURCES

#### CULTIVATION

#### [ Trees]

-Indigenous trees need to be well taken care of. This has to be done through;-

-Ensuring that fields are not cleared unnecessarily

-When trees are cut, measures need to be undertaken to ensure replacement.

-Avoid cut and burn system of farming when preparing fields for planting.

-Seed banking need to be practiced to assist in preservation of the endangered species and regeneration.

### MANAGING FEELINGS

-I get annoyed when someone spoils my property and when annoyed or sad, I turn to my friend for help. He does this through counseling and persuading me to cool down.

## FAITH

To me faith means trust in God

## GOOD HEALTH

### To ensure good health, I do the following;

- Washing with clean water with soap.
- Washing my cloth to ensure I am clean
- Ensure clean compound at home and clean house by sweeping the floor of our house. Making the home compound clean by clearing bushes around. Removing stagnant waters to control mosquitoes' breeding.

I AM HAPPY TO PREPARAE "UGALI/FISH" AND SHARE WITH FRIENDS, RELATIVES, MEMBERS OF THE COMMUNITY AND OTHERS.

## STUDENT; ANNE JAREGA 13YRS STD 8

I like a mixture of beans, sweet potatoes and maize. I call it "MUKENYE" in the local maragoli language.

### HOW THE MEAL CAN BE PREPARED

To prepare this food, the following steps will need to be undertaken;-

- wash the potatoes
- cut the potatoes into pieces
- put the beans in the cooking pan and onto the fire for cooking, which takes about 45minutes up to 1hour, then add in the potatoes with salt.

After about 45minutes to 1hour, crush the mixture altogether with a cooking stick to make the stuff.

- then remove the stuff from the triple cooking stones, ready for serving.
- get the bowels and serve the staff accordingly

## CULTIVATION OF NATURAL RESOURCES

### [WATER AS ANATURAL RESOURCE]

Water is precious. We take care of this very important commodity in the following ways;-

-Ensuring that no dirty things are just thrown into water and also avoiding pollution of any kind.

-Water for use in homes is stored in clean containers

-Water for drinking is sometimes cooked and stored and in some cases water treatment drugs are used.

### MANAGING FEELINGS

-When angry I turn to my teachers who guide me through counseling. I also pray to God to guide me through.

### FAITH

-To me, having faith is believing in my creator

### TRUST

-To me trust is to be honest

-I do confess by admitting my wrong deeds and ask for forgiveness

-I do express gratitude especially for favors given

I am always upset when I am refused some favors

### HEALTH

For good health, you need to;-

-Eat balanced diet

-wash with clean water and soap

-making up hair

-wash clothes

### PRODUCTS THAT CAN BE MADE

I AM HAPPY TO PREPARE"MUKENYE" AND SHARE WITH FRIENDS, MEMBERS OF THE COMMUNITY AND OTHERS.

## **STUDENT: CLINTON KAVAI 14 YEARS STD. 8**

I like to eat maize mixed with beans. This meal called “mahengere” in local Kimaragoli language.

### **PREPARATION**

To make this meal, first take maize and put it in a cooking pan with water and then place it on the triple cooking stones.

After, after 45 minutes add in beans. Give this mixture enough time to boil well. When fully boiled, remove it from the triple stones for second round cooking.

### **Round II**

Take cooking oil, onions, tomatoes and other ingredients and get a separate clean cooking pan and place it again on the triple cooking stones. Drop in the cooking oil; cut the onions into small pieces and drop them into the cooking pan again. Once the onions turn brown in color, add in tomatoes together with the other ingredients. After sometime, then finally pour in the mixture of maize and beans. Wait for sometimes again for it to get boiled enough then remove and prepare for use.

### **ROUND III SERVING THE MEAL**

At this stage, get the number of plates depending on the number of people to be served. Then do the dishing using the serving spoon to each one plate. Finally, say a prayer for God to bless the meal before use. “The meal is called Mahengere”

### **REGIONAL NATURAL RESOURCES AND HOW WELL THEY CAN BE CULTIVATED.**

#### **“LAND”**

Land needs to be well taken care of e.g make terraces to curb soil erosion and use organic manure to avoid soil acidity and for healthy soil.

### **MANAGING FEELINGS LIKE ANGER, SADNESS ; FEAR E.T.C THROUGH COMMUNICATION SKILLS**

I do not like someone insulting me. In most cases, this makes me angry and sad.

At such times, I always turn to my mother for help. My mother talks to me well and counsels me to cool down to forgive, forget and move on.

I am someone who is always ready to confess and admit wrong and ask for forgiveness. I am also thankful person when good things are done to me.

### **TRUST**

To me trust is believing in something or someone so long as I am convinced that someone or something is reliable.

## HEALTH

For good health, the following things are needed:-

- Clean environment
- Washing the body with water and soap
- Eat balanced diet for a strong body

I AM HAPPY TO PREPARE “MAHENGERE” AND SHARE WITH FRIENDS, MEMBERS OF THE COMMUNITY AND OTHERS.

## STUDENT; HUDSON UMBURA 11YRS STD 6

-My favorite food is rice. We call it “WALI” in Kiswahili.

Preparation

To prepare this meal, one needs to do the following:—

- boil water and put in salt
- then put in cooking oil
- then finally put in rice and leave it to cook for 15 minutes before it is fully cooked and ready for use.

## DISHING

- once fully cooked, I put it on a bowl
- then find for small bowls for each one of our family members

## NATURAL RESOURCE

[Cultivating the sweet potatoes as our natural resource and food crop]

In cultivating this natural resource, we do the following:-

- dig the land first round and conduct second round by turning the soil again.
- then dig trenches
- find for the stems then plant them in lines.
- after 3 months the sweet potatoes should be ready for use

-once ready for use we harvest them bit by bit either for sale and sometimes for home consumption

### MANAGING FEELING

I get easily annoyed or sad when someone takes my property. When I find myself in this condition, my friend is the one who normally assist me out by talking to me and advices me to forget, forgive and move on.

### FAITH

-To me faith is believing in the lord

-I am always ready to admit wrong and ask for forgiveness

### HEALTH

To maintain good health, then one needs to;-

-Eat balanced diet

-wash clothes

-Wash with clean water and soap

-wash fruits well before use

I AM HAPPY TO PREPARE “RICE” AND SHARE WITH FRIENDS, RELATIVES, MEMBERS OF THE COMMUNITY AND OTHES.

STUDENT; LILIAN NYONGESA- 15YRS, STD 7

1. I like ugali taken together with cabbage

### PREPARATION

To prepare this meal, the following is needed.

-Wash the cooking pan and lite up the fire. Put water in the cooking pan and then,

-Put the cooking pan on to the triple cooking stones.

- Wait for the water to hit until bubbles
- Put in flour then stir until the water completely mixes with flour to make the needed stuff.
- Let the food well hit up until when satisfied before dishing out.

### **DISHING OUT**

- Look for clean plates then dish out accordingly in pieces, cover them up for a while.
- Cut the cabbage into pieces and wash it. Then prepare the fire again. Then put up the cooking pan on the triple coking stones. Put oil on the cooking pan together with the onions and tomatoes. After 3 minutes then put in the vegetables/sliced cabbages. Stir it ,then cover it well so it is able to cook well.
- Once fully covered and after about 3 minutes then remove the pan from the fire ready for dishing out.
- Get clean bowels then dish out with a spoon depending on the number of family members present.

### **CULTIVATION OF MAIZE**

#### **For cultivation of maize we do the following activities.**

- Dig the land first round then second round.
  - Organize for the seeds and fertilizer ready for planting
  - Dig lines ready for sewing
- Then drop in fertilizer. Then followed by seeds. After which cover the soil. Then give them time to germinate.
- After sometimes conduct the first weeding.
  - After some 6weeks do the second weeding and carry out top dressing
  - then give them time to grow up again up to maturity and when fully ready for harvesting, cut them down into stacks
  - finally harvest them and dry them well before storing
  - then store them in a clean dry room
- After which we take bit by bit for home consumption.

## MANAGING FEEDINGS

-I am always annoyed when someone misbehaves, like nose picking especially when I am having my meal.

etc.

-when annoyed, I can always turn to my friend, who consoles me and talks to me to let it go and forgive and when in fear, I Do self-consolation and encouragement to move on.

## FAITH

-To me faith is being prayerful to my God

## TRUST

-Trust to me is believing in the lord

## CONFESSION

-I do not confess and I only ask for forgiveness when punished

## GRATITUDE

-Sometimes I express gratitude and sometimes not, depending on the circumstances of the time

## HEALTH

To me, in order to ensure good health we need to;-

- Eat balance diet
- Do exercising
- Wash with clean water with soap.
- Wash my hair then apply oil on the head
- Wash clothes

I AM HAPPY TO PREPARE “UGALI/CABBAGE” AND SHARE WITH FRIENDS, RELATIVES, MEMBERS OF THE COMMUNITY AND OTHERS.

## STUDENT; MIRIAM MMBONE 12 YRS STD. 6

I like to eat cooked banana mixed with rice.

## PREPARATION

-To prepare this meal, start by peeling the banana to remove the outer coat. After which, cut it into pieces.

-Wash the rice in readiness for cooking and to remove the unwanted small particles of stones etc

-Cut the onions into small pieces. Get the cooking oil into the cooking pan. After 3 minutes add in tomatoes and other ingredients. Then add in the sliced banana and rice and put in salt. After some 30 or 50 minutes the meal should be ready. The meal is called “EMERE” in local kimaragoli language.

### **SERVING**

-Once ready for use, take clean plates depending on the number of people available at the time to be served.

-Get a serving spoon and use it for scooping and dishing out the meal for each one of the persons present.

### **REGIONAL NATURAL RESOURCES AND HOW WELL THEY CAN BE CULTIVATED**

Maize as our staple crop;

#### **“MAIZE CROP”-TO CULTIVATE MAIZE PROPERLY**

- Land need to be prepared well by first digging it for at least two times before planting
- Once the land is well ready, dig the holes in straight line in preparation for sowing of seeds, get the dried cow dung and mix with chicken droppings and go round dropping the manure into the holes together with maize seeds. Then cover the holes with sand.
- After 3 weeks the maize should be germinated ready for weeding for the first time, after 3 weeks again do the second weeding as well as adding sand to the roots to make them move steady
- After 3 weeks again do top dressing to induce flowering and after sometime the plants will start producing seeds
- After 3 weeks again conduct final round of weeding to help the maize mature for harvesting
- Once mature enough, the maize is harvested and well dried before storage. After which, the grain is stored in a clean dry room. Which can now be put to use accordingly, either for home use or for sale?

### **MANAGING FEELINGS LIKE ANGER, SADNESS, FEAR E.T.C**

I do not like to be beaten. When beaten, then I become angry, I turn to my friend who helps me to cool down, and forgive.

### **FAITH**

To me faith is believing in God.

### **CONFESSION**

I am open to confession and always willing ready to admit wrong and ask for forgiveness.

### **GRATITUDE**

It is a good thing to express gratitude, especially when you receive good favors. I believe this way GOD will bless you even more.

### **HEALTH**

For one to have good health, then the following are important;

- Eat clean meals as well as balanced diet
- You need piece of mind
- Wash your body
- Wash your clothes
- Get good air for breathing.

I AM HAPPY TO PREPARE “EMERE” AND SHARE WITH FIENDS, MEMBERS OF THE COMMUNITY AND OTHERS.

## *IkuBi-Children Radio Project*

Learning templates



*The first SDG1 - NO Poverty can be discussed with children as following:*

### ***Power vs. Poverty through EmPOWERment***

Here we connect 3 UN SDGs: SDG1+SDG4+SDG17 as following: **SDG4+SDG17=SDG1**

This is my SDG-Math ☺

Meaning: Quality learning **SDG4** (creative learning opportunities by IkuBi)+partnerships **SDG17** will help to end poverty **SDG1**

#### Activities:

Talk with children about what day think about poverty: what does it mean, how can such condition be improved, their suggestions. What makes people powerful?

Empowerment: Maria Montessori, Italian pedagogue used to say "Help me to do by my own" (That is the way how I use to mentor my scholars and teachers- to discover and to use their own resources, capacities).

SDG4- quality education through art practices and creative learning methods empower children and people all ages to widen perspectives, to find their access to knowledge, to improve their skills, to act self-responsibly.

SDG17- Partnerships (such as our educational partnership) are important to succeed, therefore we learn to cooperate, to support eachothers, to unify capacities. **"Share with your next, love your next!"**

Creative writing on "What makes me feel powerful"

"How I help to my next:"

Drawings:

SDG1 + Powerful me (self-portrait with words on your attributes- what makes you powerful, such as: kindness, some talent (constructing, drawing, dancing, cooking, ..) in Kiswahili, English+ in German: Armut (Poverty)- we change it into ArMUT (Mut-means brave) ...

Set priorities, goals together (during the Covid and beyond) to end poverty: such as learning together, solidarity action among children and among local families “One by One, manyOnes =NO Poverty. Formulate your motto- among children/families and add it to SDG1 working template.

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NOAH’S ARK ACADEMY

CHILDREN TALK SESSION

WEEK 27 – 31 JULY 2020

PARTICIPATING CHILDREN: EMMANUEL AND HAWKINS

TOPIC: UN SDG1= SDG4+SDG17 “end-POVERTY; Empowerment through Quality Education and Partnerships”

STUDENT: HAWKINS



1. Poverty is the state of having no material wealth. / *think about social wealth (friends, family, school...), emotional wealth (kindness, joy, mental health...), spiritual wealth (God, church community), physical wealth (health)*
2. In order for poverty to be improved one must:
  - Be a hardworking person / *what does it mean, how to work "hard"?*
  - Be educated and well mannered (intelligent) / *what kind of education? What is important for you to learn, what do you like to learn? From who you learn -family, teachers, church, friends, nature, ...)*
  - Be a good and responsible leader to the community, etc. / *explain how? (example: show responsibility, loyalty, build trust, hold promises, support, share, be kind, ...)*
  - Invest in other businesses and add to what we have. *Partnerships, cooperation-friendship: what can you do best way? (constructing, writing, art, cooking, math, ...) Think about your talents and resources- at home and in your community- how to connect them and support each others wellbeing?*
3. Things that make people powerful :-  
To be powerful, one needs;-
  - To be understanding – *How? (to be patient by listening, kind and attentive by telling, talking, show respect by avoiding any form of harm and violence ...)*
  - To have ability / *as above: add more what abilities you think are good and useful?*
  - Not losing hope / *what can help? (pray together, create songs and prayers with family, friends, stay active, keep faith, ...)*
  - Being courageous / *show curiosity, ask for informations, advices, exchange worries, ideas ,...)*
  - To think /. *Think about how to make it possible, who might be helpful, how to use what you have in a more appropriate way, ...)*

### **SDG-math-exercise:**

Please create some example from your life, ideas, how you can have better life conditions by

1. learning (what would you need to learn more, to develop your best talent?) and

2. by partnership with friends, community (church, municipality, school,...)

Empowerment-means helping to do by self. Welth can be understood in various manners, not always connected to trends such as cars, designer clothes, ...

**It is about value.** What one values can differ from trends on TV, other media, .. Think on education in the church. What are your important values, how to learn to value who we are and what we have?

*Some Examples: A dress or jacquet made-by mum, aunt, grandmother... is highly valued for me as it was made by someone who I love. ...; If I cannot afford expensive car or bicycle, I might be able to run, or create a car-sharing community ☺*

*Enjoy playful learning, creative thinking and keep well! Tatjana*

NOAH'S ARK ACADEMY

CHILDREN TALK SESSION

WEEK 27 – 31 JULY 2020

PARTICIPATING CHILDREN: EMMANUEL AND HAWKINS

TOPIC: POVERTY

STUDENT 2 : EMMANUEL



1. My name is Emmanuel from Noah's Ark. I am 12 years old in class 6. Poverty is the state of not having adequate money to cater for one's needs, like cars, house, food, clothing and others.
2. Poverty can be overcome by working very hard in what one does.
3. To be powerful, then one needs to believe in God, work hard in school and gain more knowledge and others.