

INTERNATIONAL INSTANT MEETING IDEAS

BURKINA FASO

All Branches: Game: Oware

This is a traditional West African game that is played with two players.

Put 6 cups in front of each player with some beans in some of them. Player #1 picks up all the beans from any of the cups. Beginning to the left of the cup she emptied, drop one bean in each cup, going counterclockwise until all the beans are gone. The second player does the same. If a player drops her last bean in a cup with two or more beans in it, she wins all the beans in that cup. Put this to the side. The game continues until no more beans remain and the one with the most beans wins.

From: www.gowestafrica.org/kids/lessons/Burkina-Faso.pdf

Sparks and Brownies: Craft: African Trade Bracelets

African trading beads were made from a variety of natural and processed materials, such as bone, shells, wood, and minerals. Not all trading beads were made in Africa, but Africa was a central trading area for them. The continent was one corner of a triangular shipping route which included Europe, West Africa, and the West Indies.

Materials:

- Glue
- Markers
- Paper Pads
- Scissors
- Beads
- String
- Tape
- Toothpicks

Instructions:

1. Cut very narrow triangles from colored construction paper. The wide end of each triangle will be the size of your bead. Make triangles as long as the paper.
2. Decorate your paper triangles.
3. Beginning with the widest end, wind your paper triangle tightly around a toothpick, keeping the triangle centered as you go. Glue the point of the triangle to the bead with glue. Let the glue air-dry completely.
4. After the glue dries, remove the toothpick. String your beads on brightly colored string or yarn. Use smaller beads as spacers, or knot the string between beads for variety.

From: <http://www.crayola.com/crafts/african-trade-beads-craft/>

Brownies and Guides: Recipe: Crispy Critter Cookies

Combine in a saucepan:

- 2 ½ tablespoons sugar
- 1 tablespoon butter
- ¼ cup cocoa

Add and cook until melted, but don't let boil.

Add in 1 heaping teaspoon corn syrup or honey.

Remove from heat and add in 1 cup corn flakes, Rice Krispies or other cereal.

Drop by spoonful onto greased dish.

Shape into animals and serve.

From: www.gowestafrica.org/kids/lessons/Burkina-Faso.pdf

Guides, Pathfinders and Rangers: Recipe: Bean Cakes

Ingredients:

- 1 small onion, chopped
- 1 can black-eyed peas, drained
- 2 carrots, peeled & chopped
- 1 egg, whisked
- ½ tsp. salt
- ½ tsp. black pepper
- 1 cup flour
- ¼ cup oil
- 2 cups cooked rice

Directions:

Place black-eyed peas in a blender with the onion, carrots, and egg. Blend to a smooth paste and add salt and pepper. If bean mixture has too much liquid to form balls, then add a ¼ cup of flour to thicken. Shape mixture into 2 inch balls and roll in flour. Pat into flat discs and fry in vegetable oil until browned (about 5-7 minutes), turning occasionally. Serve with rice.

From: <http://www.crsricebowl.org/recipes/crs-rice-bowl-recipe-from-burkina-faso-bean-cakes/>

Pathfinders and Rangers: Craft: Build your own loom

Materials:

- THREE 6" by 1/4" dowels
- ONE chopstick or 1/8" round metal rod
- TWO popsicle sticks
- Cotton thread (mercerized preferably) or thin, strong packaging string
- A wooden base (optional)

Instructions:

Make a triangular African children's loom by using the three dowels. Push the dowels into the ground (or wooden base) forming a triangle, two at a distance of 8" for the back of the loom and one centered between these two 12" away. Attach a thinner cross-stick, or metal rod, horizontally close to the tops of the first two vertical dowels. You can do this with string or by making two holes through the dowels.



Wrap thread around the front dowel and bring it up and over the cross stick and back around the front dowel until 15 to 20 threads are laid out at even distances from one another forming a warp.

Make a shuttle using a popsicle stick to hold the cross thread, the weft, which will go over and under the individual warp threads at right angles.

Use a second popsicle stick to separate odd warp threads from even warp threads to prepare an opening (a shed) through which the shuttle holding the weft thread can pass. Pack the new weft thread into the warp with your fingers or a comb. Now separate the opposite set of threads in the warp (odd from even) to create a second opening (shed) to make a new passage for the second weft thread, pack down tightly towards the first weft thread. Continue, by repeating step one, then two.

From:

<http://www.africancraft.com/educ.php?sid=33176836760309161610081049638998&id=lmeyer>