

Uganda 2019

Activity Pack



We are a group of 12 Rangers and 3 leaders from Girlguiding London and South East Region. In August 2019 we are venturing on an expedition to Uganda. We are partnering with the Quicken Trust, a charity that has for 20 years run a development project in the village of Kabubbu. We are fundraising for this expedition so that we have the opportunity to volunteer at their project and then explore the country on excursions to the capital, Kampala, the source of the River Nile and Queen Elizabeth National Park.

This activity pack is suitable for Rainbows through to Rangers.

This Badge consists of 10 different activities, labelled as suitable for different sections. Our recommendation is:

- 2-3 challenges for Rainbows
- 3-4 challenges for Brownies
- 4-5 challenges for Guides
- 5-6 challenges for Rangers

Activity 1: Pin the crane on the flag

This activity is suitable for: Rainbows, Brownies, Guides and Rangers

What to do

Print the picture of the crane and the flag (In appendix). The aim of the game is to pin the crane into the middle of the flag in the correct place. Once the activity is completed talk with unit about the flag.

Information about the flag

The flag of Uganda was created on 9 October 1962, the date that Uganda became independent from the United Kingdom.

The three colours represent: African people (black), Africa's sunshine (yellow), and African brotherhood (red being the colour of blood). The grey crowned crane is known for its gentle nature and was also the military badge of Ugandan soldiers during British rule. The raised leg of the crane symbolises the forward movement of the country.

Activity 2: Ugandan flag biscuits

This activity is suitable for: Rainbows, Brownies, Guides and Rangers

For this you will need:

- Pre-made cookies/ biscuits
- Piping icing in red, black, yellow and white.
- Plates

What to do:

Place your biscuits on plates and let your group decorate their biscuit as the Ugandan flag or they can create their own flag. Let set for 10 mins and eat!

It is the leader's responsibility to check with girls/parents (depending on age) that there are no allergies regarding any of the ingredients.

Activity 3: Uganda flag or map

This activity is suitable for: Brownies, Guides

What to do:

Use some recycled materials such as plastic bottles and newspaper to create a giant map or flag of Uganda. Point out different features of the map or flag and discuss as a group.

Take it further: Take a photo of your flags and share them. You can even share them with our team @Uganda2019

Activity 4: Safari silhouettes

This activity is suitable for: *Rainbows, Brownies, Guides*

What you need:

- Sheets of tissue paper
- Paints/pencils
- Animal stencils

What to do:

Paint a safari setting with a silhouette of an animal of your choice



<https://i.pinimg.com/originals/74/ce/5e/74ce5e750808acfe232dd4fdf201f4d9.jpg>

On a covered table stick your tissue paper onto your paper, you can set it out as a sunset as in the example. Then use your stencil to draw out an animal silhouette. You can then paint your silhouette.

Take it further:

Make it into a sun catcher by hanging it on your window!

Activity 5: Help a Village

This activity is suitable for: *Guides and Rangers*

What to do:

Divide your unit into groups. Explain that each group will be 'given' £100 to help a village in Uganda. They may want to do some research on what the issues are in Uganda, there are some links to websites below. This could be done over 1 meeting, we suggest giving them 30 minutes to decide. After the set time, bring the groups back together to share and discuss how they would help the village.

This is similar to how the village of Kabbubu was set up with just a small amount of money being put to use to help those living in the village.

Take it further:

Design a nursery or school using catalogues from different retailers. Collage your ideas and keep within a set budget.

Useful Websites:

<https://www.bbc.co.uk/news/business-25304848>

<https://cotni.org/news/uganda/2013/03/13/day-life-ugandan-child>

<http://www.quickentrust.com/>

Activity 6: Drum cups

This activity is suitable for: *Rainbows, Brownies, Guides*

What you need:

- Plastic cups (2 per person)
- Paints
- Balloons and/or greaseproof paper
- Glue
- String (for decoration)
- Scissors

What to do:

Paint the outside of your cups with bright tribal designs, allowing them to dry. Then glue them together (bottoms together).

Take your balloon, cut the tail off. Now place the balloon tightly over the top of the cup to create the drum. You can secure this by tying string around the edge. Alternatively, you can use the greaseproof paper to create the drum. To do this cut out a circle slightly bigger than the cup. Place this over the top of the cup, wrapping the edges in and then securing with string and glue.

You can then decorate your drum with string.

Example:



<https://www.pinterest.co.uk/pin/97179304439556276/?lp=true>

Activity 7: Mandazi- African Doughnuts

This activity is suitable for: *Guides and Rangers*

Ingredients

3 cups all purpose flour
1/2 cup coconut milk
1/2 cup sugar
1 egg
1 tsp active dry yeast
1/2 cup warm water
1 tbsp vegetable oil
1/2 tsp salt
1 tsp cardamom
1 tsp cinnamon
vegetable oil for frying
Icing sugar for dusting



Instructions:

- In a small bowl mix the yeast and warm water and stir. Let sit for 5 minutes until yeast dissolves.
- In another bowl, add flour, salt, cardamom, and cinnamon and mix. Add the vegetable oil, egg, coconut milk, sugar and yeast mixture.
- Using your hands (or a hook mixer) mix everything until the dough is not too sticky and it does no longer stick to the side of the bowl, add additional flour as needed.
- Place the dough in an oiled bowl and cover with plastic wrap. Let it rest for about an hour until the dough rises a bit.
- Heat oil in a frying pan (or a wok works well for this). Cut the dough in about 6 pieces to make it easier to roll and cut. Roll each piece so that the dough is about 1 cm (less than 1/2 inch) in thickness. Cut into triangles and place in hot oil. Fry on both sides. Place donuts on paper towels to soak up the oil. Repeat with remaining dough.
- Sprinkle with icing sugar and enjoy.

Recipe courtesy of Jo Cooks <https://www.jocooks.com/baking/pastries/mandazi-african-donuts/>

It is the leader's responsibility to check before cooking with girls/parents (depending on age) that there are no allergies regarding any of the ingredients.

Activity 8: Design Ugandan clothing

This activity is suitable for: *Rainbows*, *Brownies*, *Guides*

What you need:

- Coloured pens/pencils
- Template (in appendix)
- Glue and scissors

What to do:

Design your own traditional African outfit using the design template (for inspiration look at the pictures below).

Take it further:

Try and make it 3D or bring your designs to life and have a newspaper fashion show

Inspiration:



<http://www.ugandandiasporanews.com/2013/07/14/radio-uganda-boston-holds-its-3rd-annual-summer-splash-at-the-waltham-common/>



<https://www.pinterest.co.uk/pin/443182419556982749/?lp=true>

Activity 9: Masks

This activity is suitable for: *Rainbows, Brownies*

1. Choose from the animal masks in the appendix or find an outline online.
2. Colour in or paint your masks as any safari animal you would like, perhaps an elephant or a zebra!
3. Add wool for whiskers or a mane or glitter for a glamorous animal.
4. Cut the eyes out and hole punch the sides so that you can attach elastic.
5. Try on your mask!
6. Have an animal parade.



https://www.worldartsme.com/animal-mask-clipart.html#gal_post_40296_animal-mask-clipart-1.jpg

<https://www.ebay.co.uk/itm/White-Card-Jungle-Animal-Masks-20x22cm-Elastic-Kids-Craft-Activity-Pack-16-Ass-/282580914811>

Activity 10: 5 facts

This activity is suitable for: *Brownies, Guides and Rangers*

What to do:

In groups find out 5 interesting facts about Uganda and share your findings with unit.

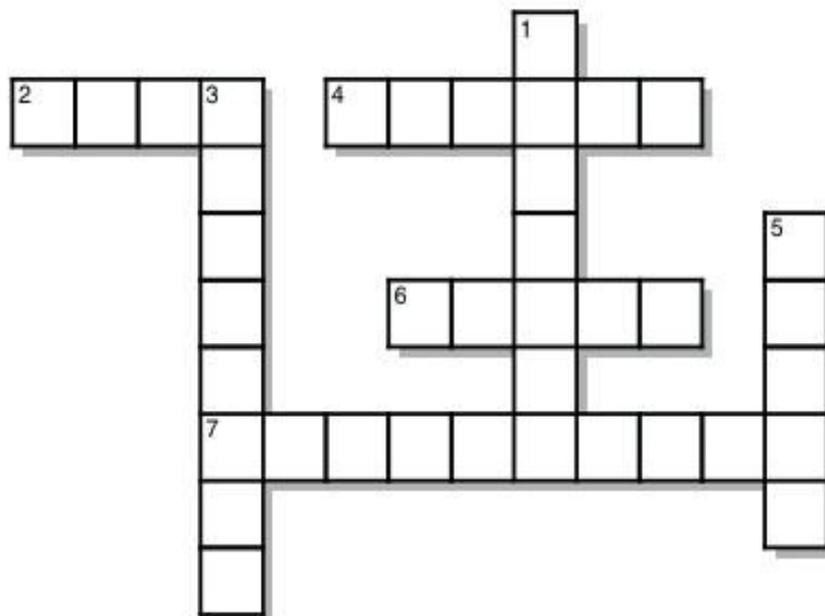
Take it further:

Compare the differences of your life in the UK to what you found out about Uganda.

Activity 11: Crossword

This activity is suitable for: *Brownies*, *Guides* and *Rangers*
<https://www.puzzle-maker.com/CW>

Uganda



ACROSS

- 2 A river in Egypt and Uganda
- 4 A commonly known word in English, also in a language in Uganda
- 6 What is the first colour on the Uganda flag?
- 7 What does the colour yellow represent on the flag ?

DOWN

- 1 What is the capital city of Uganda?
- 3 The biggest mammal in Uganda
- 5 What is the bird in the middle of the Ugandan flag?

Activity 12: Wordsearch

This activity is suitable for: *Rainbows*, *Brownies*, *Guides* and *Rangers*
Hard:

MAKE YOUR OWN WORKSHEETS ONLINE @ WWW.ATOZTEACHERSTUFF.COM

NAME: _____ DATE: _____



www.AtoZTeacherStuff.com

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

ELEPHANT
ANTELOPE
CRANE
BUFFALO
CHIMPANZEE
HIPPOPOTAMUS
LEOPARD
LION
GORILLA
MONKEY
CROCODILE
GIRAFFE
HYENA
WARTHOGS

Easy:

<http://tools.atozteacherstuff.com/word-search-maker/wordsearch.php>

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

ELEPHANT
ANTELOPE
CRANE
BUFFALO
CHIMPANZEE
LEOPARD
LION
GORILLA
CROCODILE
GIRAFFE
HYENA
WARTHOG
HIPPO

Activity 13: Colouring

This activity is suitable for: Rainbows

What to do:

Print out the colouring sheets and enjoy colouring 😊 You can find these at the back of the pack.

Activity 14: Emergency!

This activity is suitable for: Guides and Rangers

What to do:

Find out about the different emergency numbers that you may need if something was to happen to you in Uganda. Say what you would do in an example emergency (fire, hurricane, earthquake and flood) and how as a group you would overcome the problem.

Take it further: Create an emergency evacuation advise sheet, this would be to educate people on how to respond in different emergencies.

Activity 15: True or False

This activity is suitable for: Rainbows, Brownies, Guides and Rangers

What to do:

Have one side of the hall as true and one as false and get your unit to go to whatever side they agree with.

Uganda True or False Quiz

1. Uganda is home to 10% of the world's bird population.
True
2. Vehicles drive on the right-hand side in Uganda.
False
3. Uganda has the smallest church in the world
False -although the Bethel Church is one of the smallest at only 2.3 metres wide.
4. Uganda is the 2nd largest landlocked country.
True - The population is made up of over 34 million people, the largest is Ethiopia.
5. Uganda has the largest volcano base in the world.
True- Its 50km by 80km
6. In Uganda, a Rolex is a dish, not a watch!
True- It's an omelette wrapped in a Chapatti

7. 50% of the population in less than 14 years old

True

8. Uganda is home to 5,000 chimpanzees

True- Uganda is also home to half of the world's mountain gorilla population.

9. Ugandan pounds are the currency of Uganda

False- The Ugandan currency is the Ugandan Shilling

10. Uganda is the largest producer of Bananas in the world.

False- It's the second largest, the largest is India. Uganda produces 11 million tonnes of bananas per year.

Activity 16: Paper basket weaving

This activity is suitable for: [Guides](#) and [Rangers](#)

When we are in Kabbubu we are going to learn Basket Weaving from some of the local villagers. Have a go for yourselves.

What to do:

Follow the link on how to make a simple paper basket weaving

<https://www.wikihow.com/Make-a-Paper-Basket>

What you need:

- Paper (different colours work best)
- Pencils
- Scissors



Activity 17: Lake Victoria

*This activity is suitable for: **Rainbows***

Lake Victoria is the largest lake in Africa, it is bordered by three countries, Uganda, Kenya and Tanzania. The lake was named after Queen Victoria but is also called Lake Nyanza.

What to do:

Design a creature that could live in Lake Victoria. Talk about your creatures after you have designed them.

Appendices:

Activity 1:

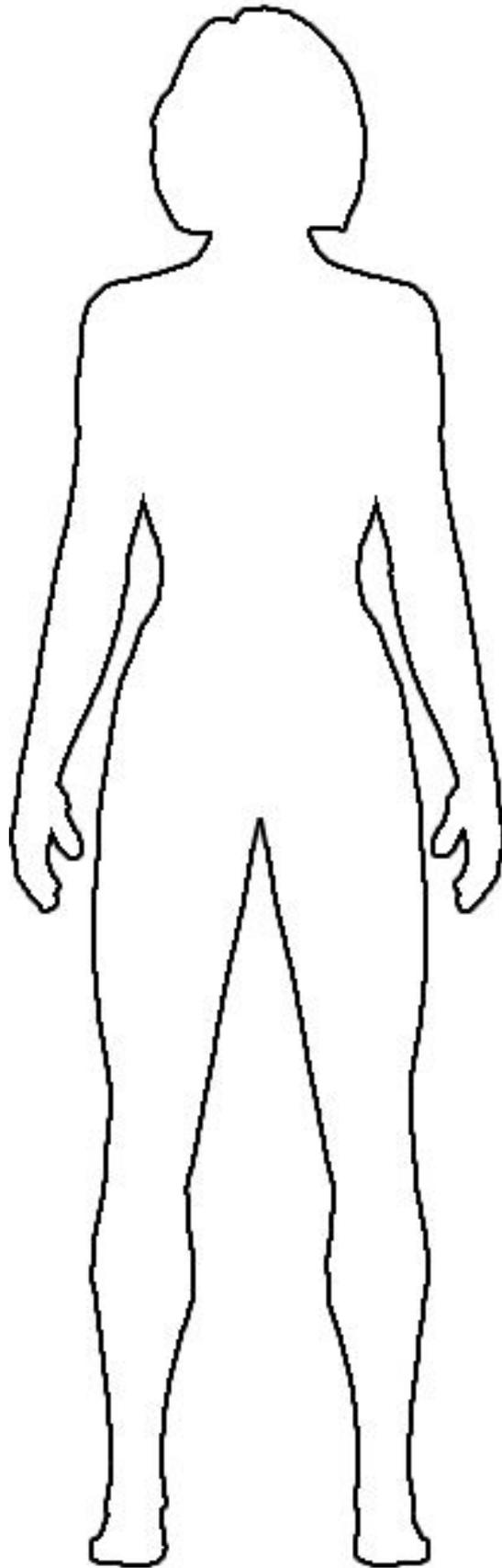


Found at:

<https://us.123rf.com/450wm/viktorijareut/viktorijareut1803/viktorijareut180300260/103218868-raster-illustration-heraldic-rooster-isolated-on-white-background-uganda-flag.jpg?ver=6>

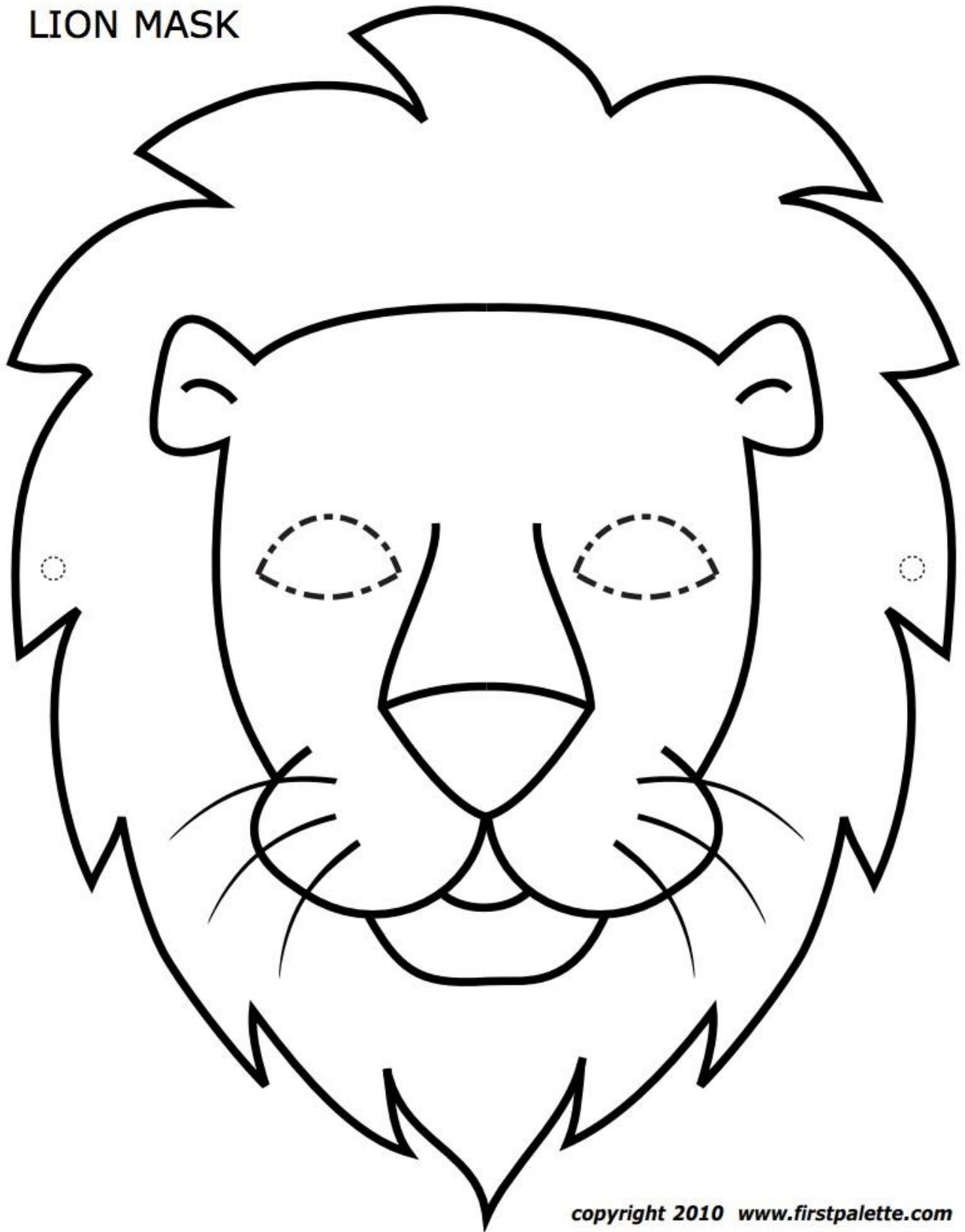
<https://www.etsy.com/listing/226072088/pink-pink-stripes-12-knit-cotton-lycra-1>

Activity 8:



Activity 9:

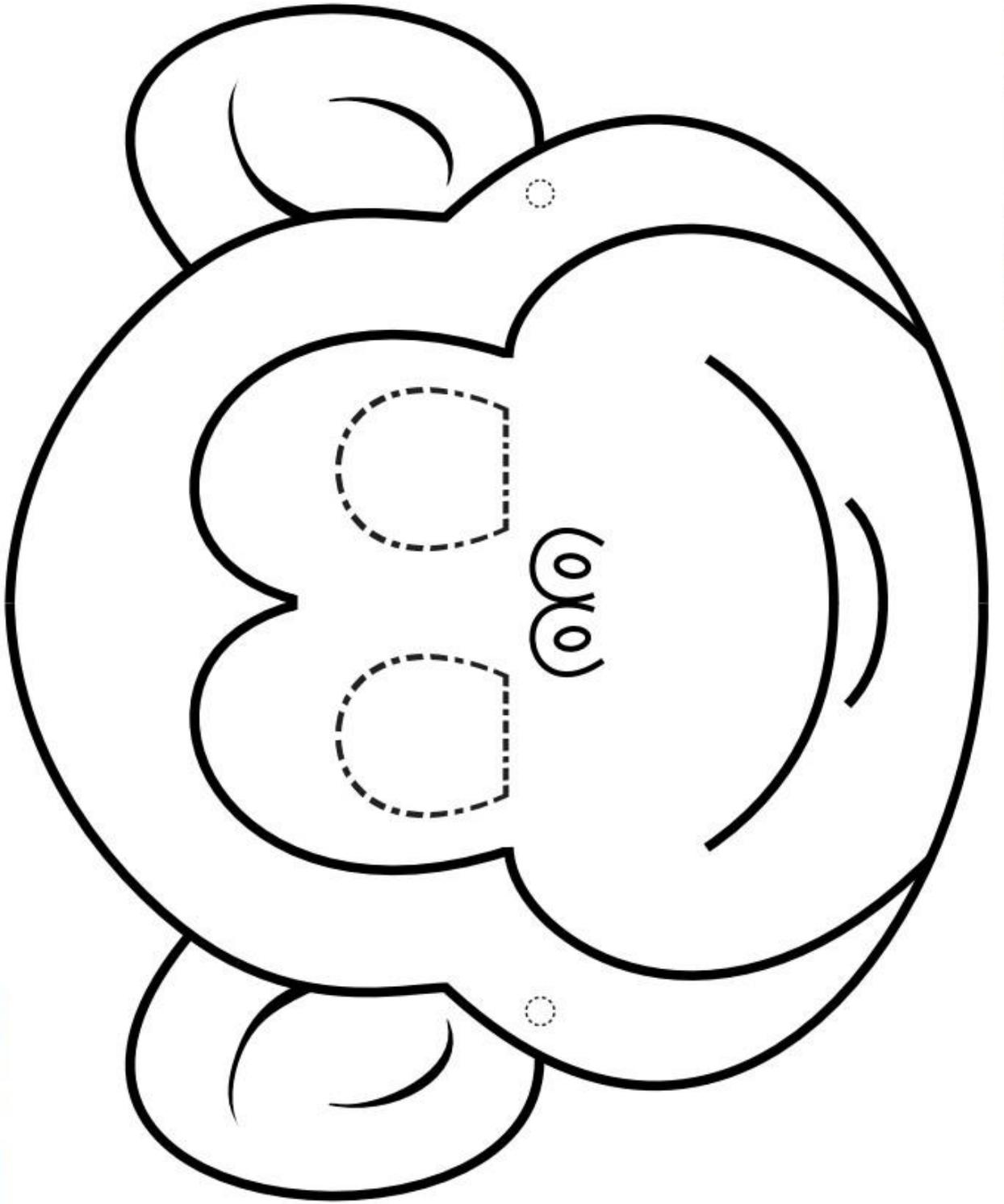
LION MASK

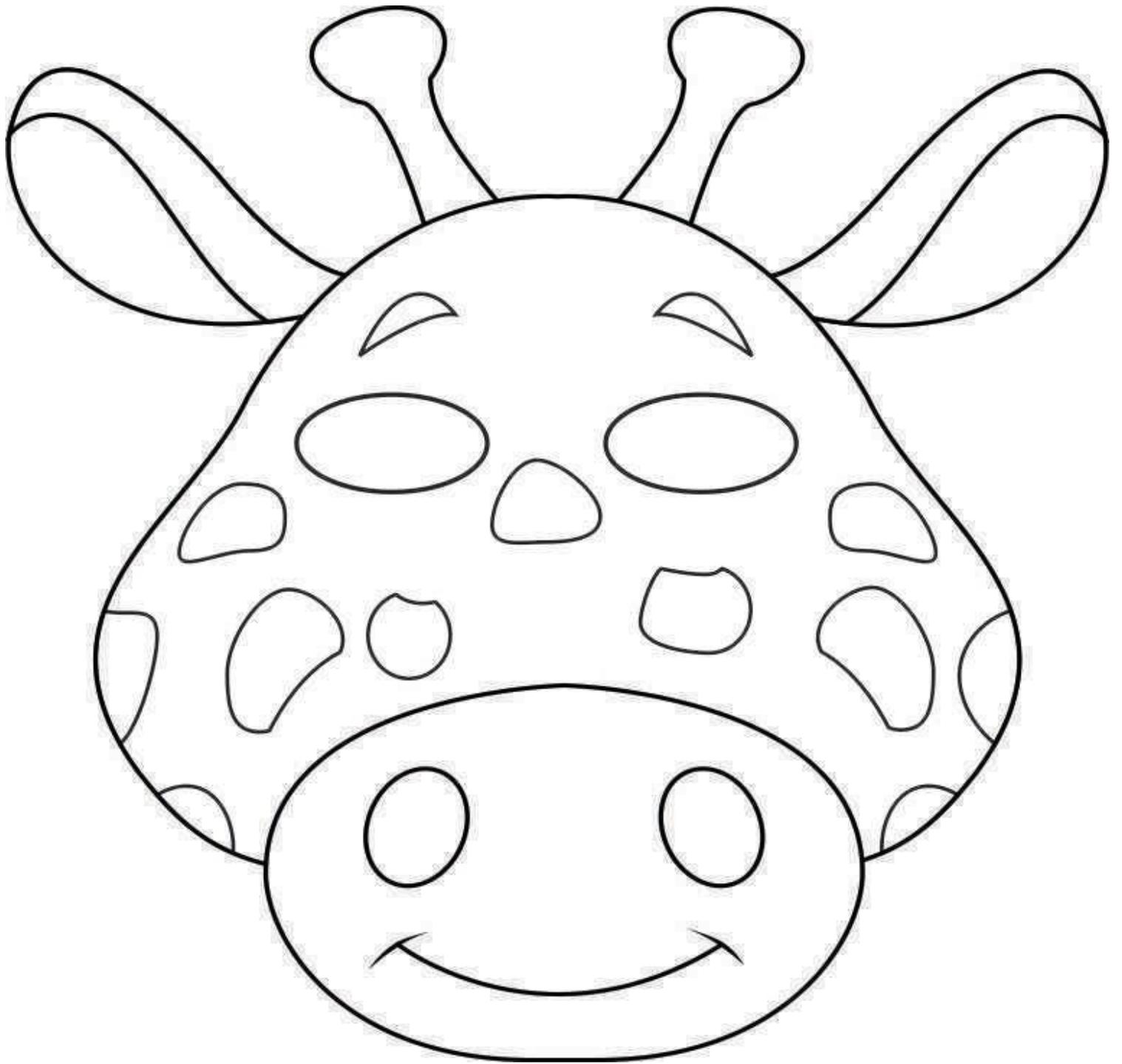


copyright 2010 www.firstpalette.com

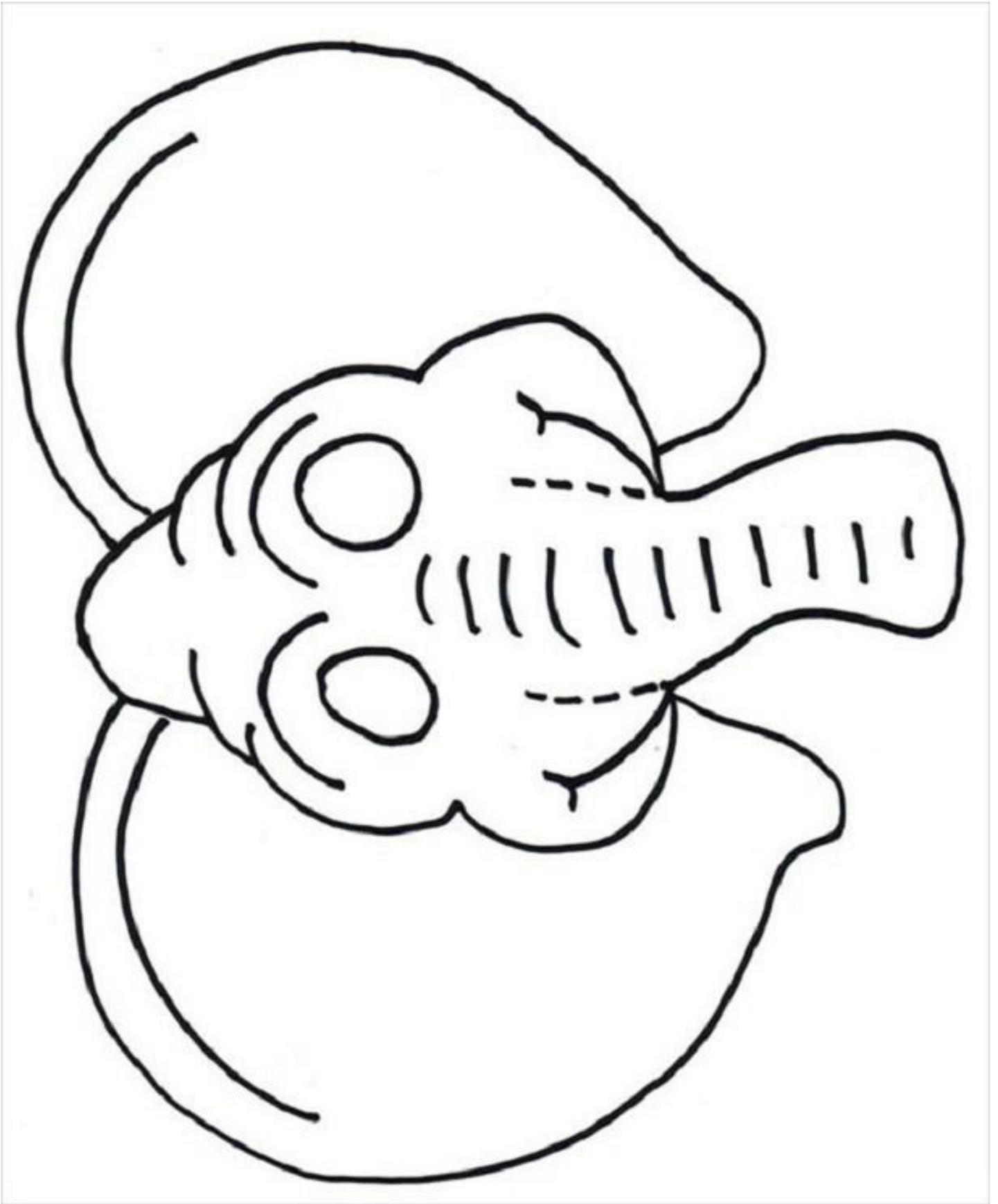
https://www.firstpalette.com/Craft_themes/Animals/animalmasks/animalmask.html

MONKEY MASK



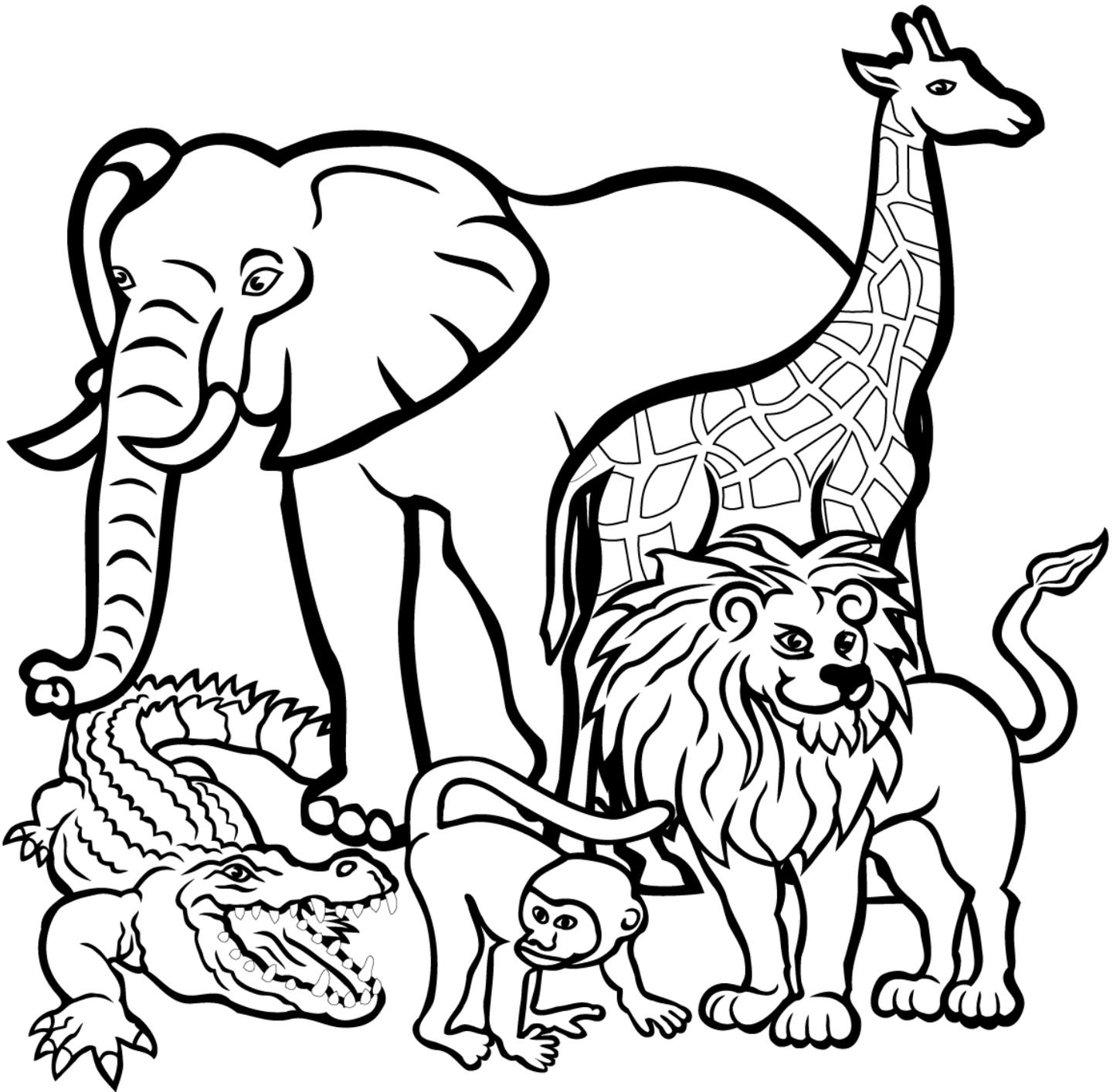






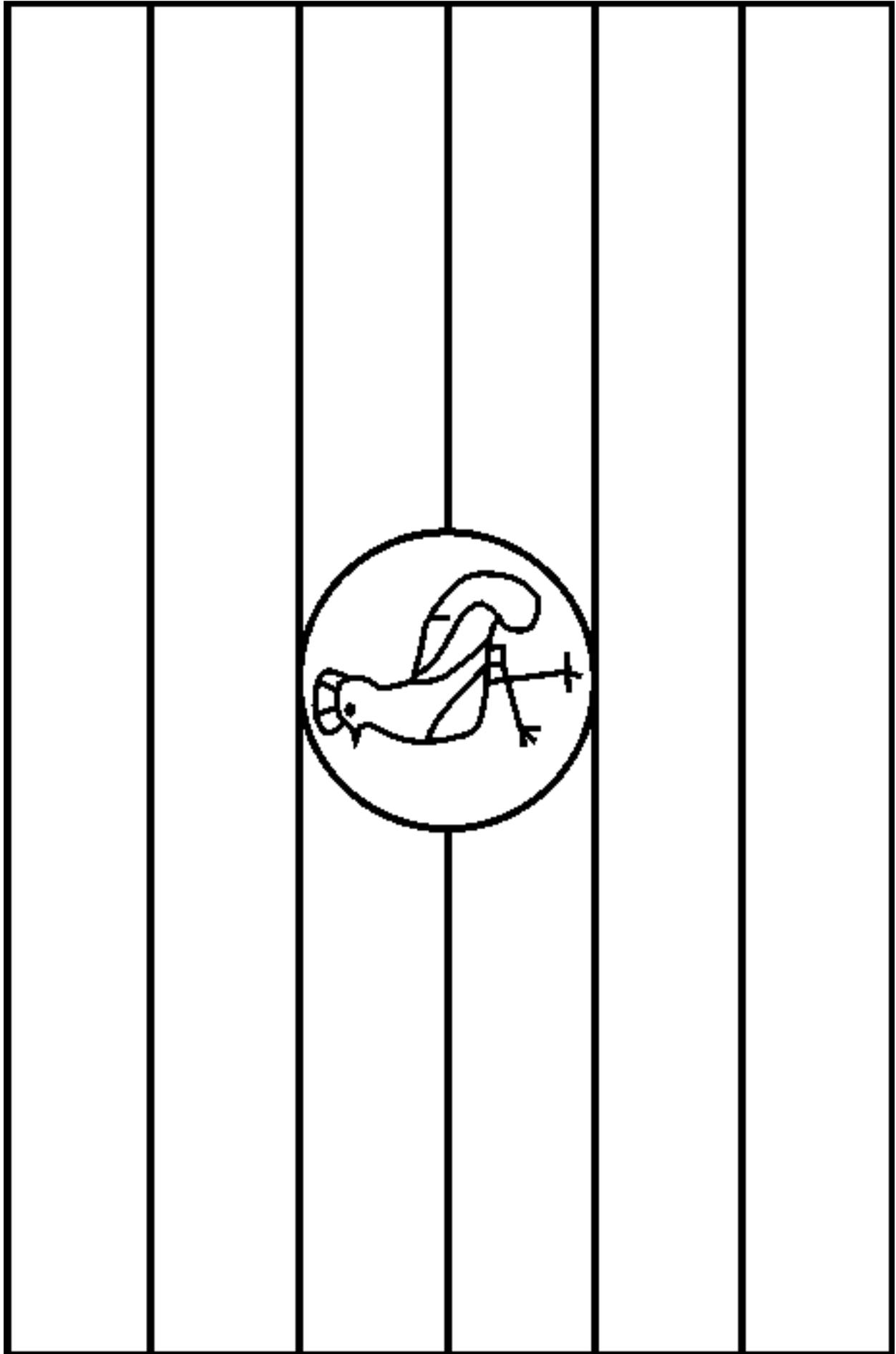
Activity 13:

<http://www.supercoloring.com/coloring-pages/african-animals?tag=57074>





<https://www.coloringpagebook.com/uganda-flag-coloring-page/>



Badge Order Form

Badges cost £1.50 each, postage is variable on the number of badges ordered, please see below.

To avoid disappointment, we recommend contacting us in advance of starting the badge. Please email uganda.laser19@gmail.com to reserve your badges.

Name:		
Unit:		
Address:		
Phone number:		
Email:		
	Sub-total	Total Cost
Number of Badges	@£1.50	
Postage and Packaging	1-20 Badges £1.00 21-50 Badges £1.50 51-100 Badges £2.00	
Total amount payable by bank transfer:		

Please email the order form to uganda.laser19@gmail.com and send your payment via bank transfer c/o Lauren Newell, LaSER Uganda Team. Use your unit or name as the reference on online banking please.

Account number: 68184601 Sort code: 04-00-04

Cheques can be made payable to 'Girlguiding London and South East England'. This can then be posted to:

Sarah Brown
LaSER Uganda Team
6 Eridge Drive
Crowborough
East Sussex
TN6 2TJ

Badges will be dispatched once payment has cleared. We regret we are unable to refund any unused badges.

Funds raised will be for the Girlguiding LaSER Expedition to Uganda 2019.