



Here are three fun ways that you can teach Sunbeams about Ghana. Use this meeting plan, adapt it to meet the needs of your Sunbeams, or select another country in which your Sunbeams are interested.





The following activities partially complete the requirements for the Country Fun award.

ACTIVITY

1

Sansa Kroma (Sansa the Hawk)

15
MINUTES



MATERIALS NEEDED

- Lyrics to “Sansa Kroma” (Sansa the Hawk); available online (search “Sansa Kroma” on [YouTube.com](https://www.youtube.com) or at [sheetmusicplus.com](https://www.sheetmusicplus.com))
- Map or globe
- Hard plastic cups, one per child

Want to learn about a different country? Go to [Mamalisa.com](https://www.mamalisa.com) for children’s songs and games from around the world or search the library for books like *The Kids Multicultural Art Book: Art and Craft Experiences from Around the World* by Alexandra M. Terzian (Williamson, 1993).

WHAT YOU DO

“Sansa Kroma” is a Ghanaian children’s song and game, so begin by showing the children Ghana on a map or globe. Also, show them some pictures of children from Ghana playing Sansa Kroma (go to [YouTube.com](https://www.youtube.com) and type “Sansa Kroma passing game” in the search box).

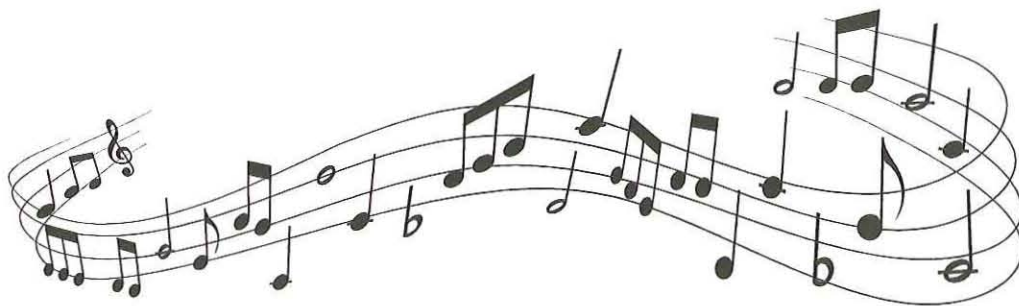
Words to Sansa Kroma

Ghanaian: Sansa kroma ne na wuo che che akokoba (sah-sah kroh-mah nee nay woo aw-chay chay koh-koh mah) (repeat several times)

English: Sansa the hawk, his mother died, capture, capture, chicks.

Listen to “Sansa Kroma” at the Listeninglab at listeninglab.stantons.com/title/sansa-kroma/453945/

First, have the children sit on the floor in a circle and teach them the words to “Sansa Kroma.” This song may be easier for the Sunbeams to learn as a call and response, with the leader singing the song and the children joining in on the words “Sansa kroma ne.” After the children have sung the song three to five times, add the passing game. Give each child a plastic cup. As they sing, they will tap the cup twice in unison and then slide the cup along the floor to the person next to them. Tap, tap, and pass. Tap, tap, and pass. Start slow and then speed it up as the children become more comfortable. This was originally a stone passing game. You can place a small stone under one of the cups and see where it ends up at the end of the song.





Ghanaian Paper Weaving

15
MINUTES

2 ACTIVITY

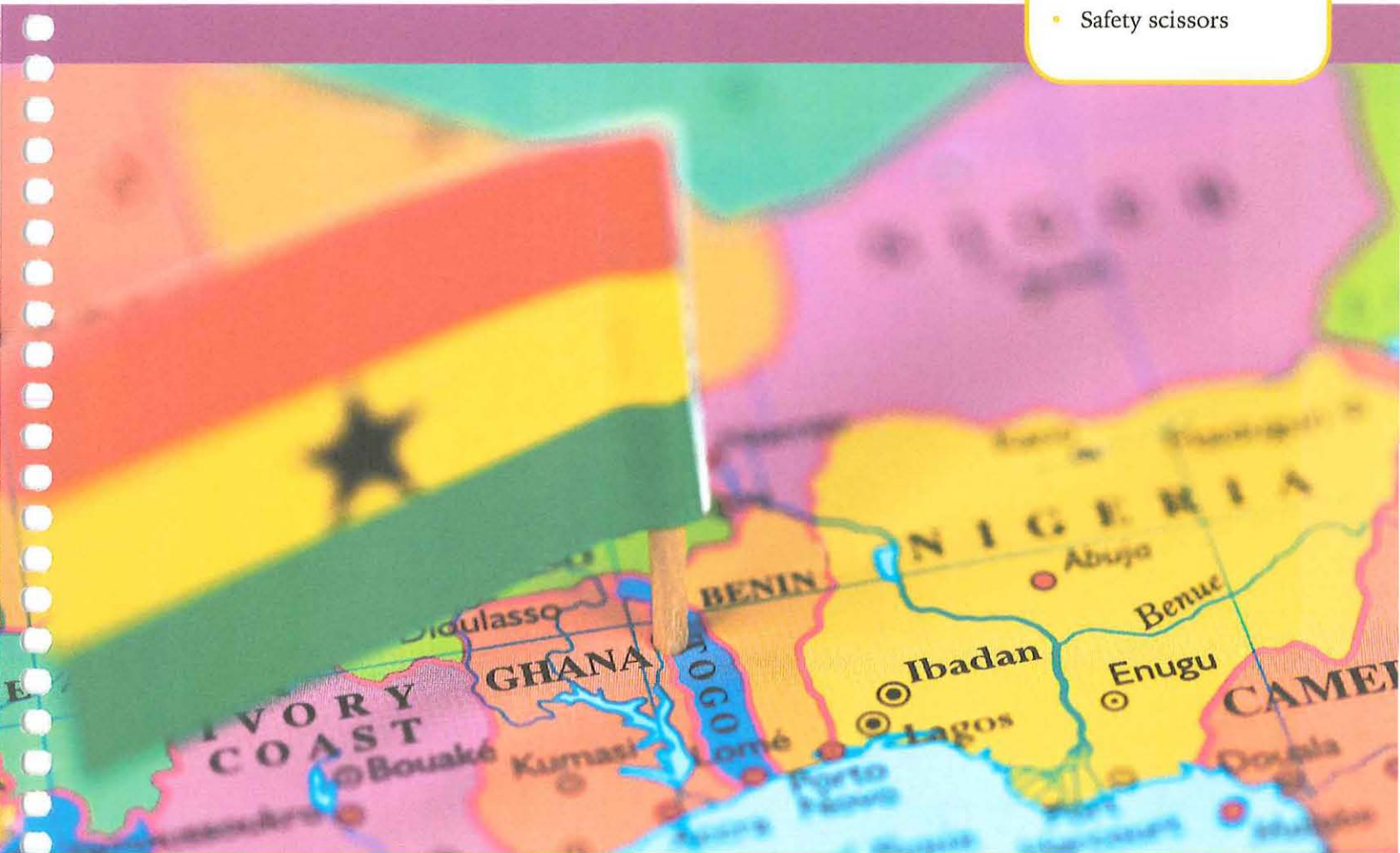
WHAT YOU DO

Fold the large sheet of construction paper in half (short side to short side). Cut slits 1 in (2.5 cm) apart from each other. Start the cuts at the fold and cut to about 2 in (5 cm) from the top edge of the paper. (Most kids will need adult assistance with this. You may want to have the adult draw lines where the kids are to cut.) Then unfold the construction paper.

Begin weaving the strips of paper into the large sheet of construction paper. Row one is over, under, over, under until the child gets to the end of the strip of paper. Row two is under, over, under, over until you get to the end of the strip of paper. Repeat until complete.

MATERIALS NEEDED

- Black construction paper, 12 × 18 in (30.5 × 46 cm)
- Strips of red, yellow, and green construction paper, 12 × 1 in (30.5 × 2.5 cm)
- Picture of Ghana's flag (search the Internet or library)
- Safety scissors



ACTIVITY

3

Antoakyire

15
MINUTES

WHAT YOU DO

MATERIALS NEEDED

- Piece of cloth, a cloth napkin, or a handkerchief

Antoakyire is a Ghanaian word that means “it was not put behind you.” It is similar to the game Duck, Duck, Goose. Begin by having the children sit on the floor in a circle. Teach the children and adults the following chant:

Adults:

anto akyire o, anto akyire o
(**on-twa**) (**achi-ray**) (**ō**),
(**on-twa**) (**achi-ray**) (**ō**)

Children respond:

yie, yie, yie (**yay**) (**yay**) (**yay**)

Adults:

anto akyire o, anto akyire o
(**on-twa**) (**achi-ray**) (**ō**),
(**on-twa**) (**achi-ray**) (**ō**)

Children respond:

yie yie yie (**yay**) (**yay**) (**yay**)

Adults:

obiba bewu o (**o-bee-bah**)
(**bay-woo**) (**ō**)

Children respond:

yie yie yie (**yay**) (**yay**) (**yay**)

Adults:

kapoi poi (**kah-poy**) (**poy**)

All:

yie yie yie (**yay**) (**yay**) (**yay**)

Select a child to carry the cloth and run around the circle while the seated children say the above chant. At some point the selected child will drop the cloth behind someone (tell the children not to look behind them until they think the cloth has been dropped). The seated child whom the cloth was dropped behind picks it up and runs after first child. If the child who dropped the cloth makes it back to the space where the other child was sitting without being tagged, then he or she sits down and the other child carries the cloth for the next round.

Award: Country Fun

To complete this award, check the requirements on p. 128 and add activities as needed.