

Africa Region

The Africa Region was established in 1975 during the World Conference in Brighton, England. It has 500,000 members in 31 countries. The countries in the Africa Region are: Benin, Botswana, Burkina Faso, Burundi, Cameroon, Central African Republic, Chad, Congo, Democratic Republic of Congo, Gambia, Ghana, Guinea, Ivory Coast, Kenya, Lesotho, Liberia, Madagascar, Malawi, Mauritius, Namibia, Nigeria, Rwanda, Senegal, Sierra Leone, South Africa, Swaziland, Tanzania, Togo, Uganda, Zambia and Zimbabwe.

Crafts

African Mask- Masks are an important feature in African culture. They are often used in religious rituals and are meant to enable the people to communicate with the spirits. They are quite often based on animals and can be made of a variety of materials such as wood, metals, clay, fabric, etc.

Have a go at making an African mask yourself. You could draw one on cardboard or make one out of papier-mache. Add a variety of materials to it and make it colourful. You could make eyeholes and add a piece of string so you can wear your mask. As an extra activity you could hold a fashion show in your unit wearing traditional African dress and your handmade masks 😊



African Drums- African drums are very traditional in African music and vary across the continent. Here is your chance to make your own mini traditional African drums. To make your own set of drums get two plastic/foam coffee cups and glue the bottom of the two cups together. Cover the tops of the cups in masking tape and then cover the rest of the cups in masking tape. If you would like to make the drums have a leather look then rub shoe polish onto the tape and rub off with a cloth. You could decorate the drum with traditional African patterns.

African Jewellery- African jewellery plays a large part in traditional dress. Tribal jewellery is worn by both men and women and is worn on all different parts of the body. Have a go at making your own African themed jewellery. African jewellery can be made of all sorts of materials. You could try making an African necklace using wooden beads and an animal themed bead as the centre.



African Cave Paintings- Cave paintings have been found all over Africa and depict people and animals and appear to show religious acts and rituals. You could try and draw your own African cave paintings. Take a piece of sandpaper and use some crayons to draw some simple African themed pictures of people and animals.

Food

Try some African foods as part of your challenge. Africa is full of a variety of different food styles so you have loads to choose from. Foods that you could try are:

- Coconut
- Pineapple
- Couscous
- Mango
- Banana
- Dates
- Sesame seeds
- Yams
- Rice Pudding
- Coffee
- Chocolate
- Milk
- Various meats and fish
- ...And even caterpillars in South Africa



The meals are often made up of meat and vegetables that are grown by the families around their home.

Learning



African Region Members- Try and learn what the names of units in the African Region are called. Think about what their uniform looks like and see if you can find out the different uniforms worn all over the region. Can you find out what their promise is and how it differs from your own? You could hold a promise ceremony for everyone to make their African promise.

African Culture- Has anyone in your unit visited a country which is a member of the African Region? Could you have a talk about what they seen and learnt while there? Visit an African Art exhibit as a unit. Go and see a show based on African dance, etc.

Books and Films- Why not sit down and have a film night based on African films? (There is Madagascar and The Lion King for the kids). You could also read books about Africa, whether they are fact or fiction. Tell the other members of your unit what you thought about the book.



History- Pick one of the African Region members and research its history. A lot of Africa has suffered wars and tragedies in the past, which you could make a talk about to your unit in groups. Look at who has ruled that country and how its cultures began.



Famous Faces- Find out about inspirational people in Africa, you may even be able to find a guiding member to study. Look at their achievements and what impact they have left on the world. Make a poster that you could put up in your meeting hall that could teach people about your chosen person. I include why you chose that person and what their actions mean to you.