



UMOJA

UNITY – To work for togetherness in my family, our community in which we live, our nation, and with others.

Goal: To increase one’s knowledge, understanding, and appreciation of African-American heritage and culture.

Objectives: Linking African history with contemporary African-American cultures, girls will participate in six activities.

Patch/Badge/Try-It Design: Representing the unity of Africa and the United States, the colors, symbolic of the two, are interwoven: red, black and green; and red, white and blue.



Girl Scouts.

Girl Scout Commonwealth Council of VA, Inc.





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Daisy Girl Scout Ideas

“Daisy Girl Scouts do not earn official recognitions for which a set number of requirements must be completed, because earned recognitions simply are not appropriate for this age level.” (GSUSA)

Daisy Girl Scout leaders are encouraged to include the development of the awareness of African-American history and culture through the activities described in the Leaders’ Guide.

The following list of activities from the *Daisy Girl Scouts Leaders’ Guide* is related to African-American Heritage.

WELL-BEING – pages 82-83, games from African countries.

Zambia “Crocodile, May I Cross the River?”

Sudan “The Leopard Trap”

Nigeria “Shadow Baby”

PEOPLE – pages 79-80, The African American celebration of Kwanzaa, “Mishumaas and Kibombe”.

TECHNOLOGY – page 89, “My Finger is Unique.”

Use this exercise to point out that although everyone’s fingers *look* the same regardless of their color (racial or ethnic background), each is unique as is each one of us.

THE ARTS – pages 99-100, poems by Langston Hughes.

“Poems”

“Hope”

Page 110, “Clay”, making pots or bowls.

THE OUT-OF-DOORS – page 124, “Outdoor Cookery”.

Explore foods eaten today, which have an African history – yams, okra, eggplant, tomatoes, squash, cucumbers, muskmelon, and watermelon are but a few vegetables.

Page 118, “Animals”. Include in your discussion the different types of animals found in Africa – this can lead to a discussion of different climates (page 118, “Temperature”), different animals, as well as numerous other differences.

INTERNATIONAL GIRL SCOUTING – When talking about the Daisy Girl Scout uniform or pin, it may be appropriate to note that there are Girl Scouts all over the world (this is perhaps a difficult concept for Daisy Girl Scouts). As girls prepare to bridge to Brownie Girl Scouts, they can be shown a *globe*. Highlight African nations as well as others, and help girls to understand that there are Girl Scouts and Girl Guides (presently in 118 countries) *around* the world.





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Brownie Girl Scout Try-It

Complete a minimum of four activities, each in a different area of interest.

Diet & Exercise

An African dessert is fried bananas. Try this recipe with your troop or at home.

FRIED BANANAS

Several bananas	Shortening or oil for frying
2 eggs	Powdered sugar
Flour	

Beat the eggs together in a bowl. Slice the banana into round pieces about ¼ inch thick. Dip the sliced banana into the beaten egg. Then dip it into the flour. Fry the slices in deep oil until they are golden brown. Drain them on a paper towel. Roll them in powdered sugar.

A game from Africa called “Hawk and Hen” is on page 90 of the *Brownie Girl Scout Handbook*. Play this game with your troop.

Famous People

Choose three of the people listed below. Find a picture of each (or draw one) and tell what they have contributed. Put the information in a troop scrapbook of famous Africans and African-Americans and donate it to your school or council library.

Pedro Alozo Nino	Katherine Dunham	Pompey Lamb	Ralph Bunch
L. Douglas Wilder	Winnie Mandela	Jane Cash Wright	Malcolm X
Phyllis Wheatley	Ludwig Van Beethoven	Lorraine Hansberry	Percy Julian
Edward Hesdra	Gwendolyn Brooks	Ruby Dee	Harriet Tubman
Hesse Jackson	Charles R. Drew	Benjamin Banneker	Rosa Parks
Martin Luther King, Jr.	Ida Wells Barrett	James Beckworth	Mary McLeod Bethune
Daniel Hale Williams	Matthew Henson	Nelson Mandela	Maggie L. Walker
Marion Anderson	Fredrick McKinley Jones	Shirley Chisholm	Garrett Morgan

Where is Africa?

You will need a world map and a separate map of Africa. Look at the world map to see where the United States is and where Africa is. How could you get there? How long would it take? Compare the size of Africa with the size of the United States. Look at the map of Africa. Locate Mali, Ghana, Songhai, Kenya and South Africa. Draw your own map of Africa and put those places on the map. Draw a map of the United States and put Virginia on your map.

Music & Art

An African song, *Kum Ba Ya*, is on page 91 of your *Brownie Girl Scout Handbook*. African-American songs are *Lift Every Voice and Sing*, *Swing Low, Sweet Chariot*, and *Go Down Moses*. Ask your leader to help you sing as many of these songs as you can find.

Tye-dying, weaving patterns, mask-making, sculpture, and painting are some African art forms. Use your library to find out how to do some of these things and make one piece of African art work. A good book to use is *African Crafts for You to Make*, by Janet D’Amanto. If your library doesn’t have this book, perhaps your troop would like to donate it to the library so that other people will be able to learn about African crafts, too.

Plants and Animals

Plants and animals are found in every country. Africa has many plants and animals that are not native to the United States. Find pictures of African plants or animals. Make a scrapbook using the pictures. List facts about each plant or animal that you find. Or, make a collage using the pictures glued to posterboard with an outline of Africa over the pictures.

African Girl Scouts/Girl Guides

Learn about Girl Scouts/Girl Guides in an African country. What are they called? Compare these things with what we have in the United States: Girl Scout uniforms, Girl Scout pins, and The Girl Scout Promise. Learn to greet and bid farewell to your Girl Scout/Girl Guide friends in Swahili. You can find these words (hello and goodbye) on page 154 of the *Brownie Girl Scout Handbook*.





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Junior Girl Scout Proficiency Badge

Complete a minimum of six activities (including the one starred). Complete at least one activity in each section.

I. The Middle Passage

The Middle Passage was a harsh journey into slavery from the West African Coast across the Atlantic Ocean to the New World. Learn about the Middle Passage.

Do one of the following:

- A. Design a poster or a display to share your findings; OR
- B. Write a paper to your ancestors, who survived during the Middle Passage. Thank them for the opportunity you have to live, because of them; OR
- C. Trace your family tree back three generations. Share with others something special you have learned about your family; OR
- D. Make an African triangle out of magazine pictures showing Africans living in Africa, the Caribbean, and America.

II. Kwanzaa

- A. Participate in a Kwanzaa Celebration, or plan and conduct one and invite family, friends, or another Girl Scout troop to join in.
- B. Learn the seven principles of Kwanzaa; say the principles in Swahili
- C. Prepare an African dish for your celebration

Slavery

Utilizing your library, or by visiting historical sites featuring African-American history, learn about slavery in the United States prior to the Civil War. Based upon your findings, prepare a skit, story, poem or picture showing a day in the life of a black slave. Consider the following: work, food, slave auctions, family, punishment, housing, social gatherings, and others.

*** African-Americans of Yesterday and Today**

Work in groups or individually to learn about some of the contributions of African-Americans. Complete A, B, and C.

- A. Identify at least five African-American inventors or scientists. How have their inventions affected our lives today? Share your discoveries with other troop/group members.
- B. Make a "Black Tree" with at least five branches labeled for scientists and inventors, artists and musicians, historical figures, civil rights leaders, and writers.
- C. Begin your tree's growth by finding out about two people in each category. Add leaves to each branch as you or troop members discover more people. Be sure to include some facts about each person on their leaf. Use what you learned in Part A to add leaves to your scientists and inventors branch. Continue to add leaves for each African-American you learn about, and share your discoveries with the rest of your troop or another group.

I. African Queens

Many Africans fought against the onslaught of slave trader; Angola, led by Queen Nzinga, fought the Portuguese for over forty years.

- A. Learn about the rule of Queen Nzinga.
- B. With your troop, put on a puppet show. Design and make puppets. Have the puppets act out the life and rule of Queen Nzinga.

II. Africa Visited Through Art

Visit a library, museum, or community activity featuring African exhibits. Look for examples of great pyramids, temples, tombs, empires, and universities. Design a model of something you observed.

III. Music

Most African-American folk music was composed to carry a message about one's job, religion, or social protest. Listen to three African-American spirituals-*Go Down Moses*; *Swing Low, Sweet Chariot*; and *Steal Away*. Discuss the message in each of these spirituals.



The Underground Railroad

Learn about the Underground Railroad. Read about Harriet Tubman. Why was she called “Black Moses”? Based upon your feelings and what you know about the Underground Railroad, prepare a skit, story, or poem to share at a troop campfire program

OR

Conduct a nature hike similar to the journey taken along the Underground Railroad. Determine directions by the mold on trees, and the position of the sun. Use your compass. With this information, draw a map of the Underground Railroad

OR

Design a wide game for Brownie Girl Scouts, which shows how the Underground Railroad worked. Include stations which show how people helped, the dangers they met, and how they escaped along the way.

Girl Guides of African Nations

Learn about Girl Guides in Africa. Find pictures of Girl Guide pins and uniforms in two African countries and make comparisons with your own pin and uniform. How are they similar, different? Find out what life is like in these countries, and share several activities that Girl Guides might do with others-consider their homes, family size, school, and recreation.





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Cadette/Senior Interest Project Patch

Complete a minimum of eight activities, including at least one activity under each topic.

WELL-BEING

Activity 1

Compare and contrast recipes of dishes made in Africa, and those from the southern region of the United States. Why are there similarities? Prepare a buffet style “Taste-a-rama” of at least seven of the recipes you researched. Write out note cards to place in front of each dish listing the main ingredients and spices specific to a particular tribe, region, or culture. Note the relationship of climate, environment, and tribal characteristics to the preparation techniques of the food for each dish.

Activity 2

Health conditions such as high blood pressure or hypertension are prevalent among African-Americans. Also, diseases such as sickle cell anemia affect many people of African ancestry. Visit your local library to study these diseases. Are both hereditary? Create a poster to inform others of proper diet and exercise for a healthy lifestyle to prevent hypertension. Contact your local Sickle Cell Anemia organization to see how you can volunteer to inform the public about this disease.

PEOPLE

Activity 1

Read a narrative of a former slave, or visit and participate in a program such as the one in Colonial Williamsburg to learn about the day-to-day life of slaves on a plantation. Using what you have learned about slavery, imagine you are a slave and create a journal entry about your feelings, experiences, hopes, and dreams.

Activity 2

What is the Civil Rights Movement? How has it affected American life and current laws? What is meant by Affirmative Action? How does it affect you? Invite someone knowledgeable of the subject to talk to your troop about Civil Rights Laws. What do you think it was like to grow up in this country before Civil Rights Laws? What special problems would a Black Family have faced? Based on what you have found out, plan a three-day trip for a Black family from this period. Consider transportation, overnight accommodations, restroom facilities, shopping, restaurants, and the Ku Klux Klan.

Activity 3

Plan a workshop to teach others how to celebrate Kwanzaa. Include ideas for decorations, games, and food. Serve as program aides for the event.

Activity 4

Design a game for younger Girl Scouts or another group to learn about the achievements made by African-American people. Be sure to include those from sports, education, science, politics, law, arts music, and other areas in which African-Americans have contributed.

Activity 5

Visit A Black historic site or attend a Black history activity in your community. Keep a log of your feelings and what you’ve learned.

Activity 6

The West African Kingdoms of Ghana, Mali, and Songhai were dynasties prior to the arrival of European slave traders. Create a time line chart of the period from 1200 A.D. to 1619; the year slaves first arrived in America. Compare the culture, economic structure, and form of government, religion, and education system of West Africa to that of Western Europe. Explain what happened to West Africa after the slave trade began.

TECHNOLOGY

Activity 1

Several modern medicines and medical techniques are based on ancient African cultures. List three of these and their impact on the history of the world. Using herbs and natural ingredients, make three homemade remedies for common ailments such as insect bites, the common cold, or headaches.

Activity 2

Examine television commercials during prime time for one week. Name companies who advertise using positive African-American images. Give examples of negative stereotypes on television. Create your own commercial, poster, bulletin board, or other form of advertising for Kwanzaa or African-American History month.



THE ARTS

Activity 1

Plan and conduct an African dance workshop for younger Girl Scouts. Research dances from several tribes and explain their purpose and message. Show girls how to create authentically styled clothing and head wraps. Encourage participants to wear African inspired hairstyles.

Activity 2

Rap music is a form of African-American art. Its beginnings can be traced to the griots or storytellers in African villages. Many rap musicians use this art form to tell a positive story or give a message about today's society. Create your own rap about something that you feel is important-staying in school, saying "no" to drugs and alcohol, the homeless, and teen pregnancy. Perform your "rap" in an informal program with a sister troop or group.

Activity 3

Plan a project to increase your troop or unit awareness of the role of back poets to include those of the Revolution, Civil War and Harlem Renaissance to the present. Plan a poetry reading, or bulletin board display to share your findings.

OR

Write your own poem, and compare your poem to any two black female poets. Share your findings with your troop.

THE OUT-OF-DOORS

Find out how several African tribes lived in accordance with their environments. Draw examples of and explain the functional use of clothing of people in five different regions of Africa.

INTERNATIONAL GIRL SCOUTING

Activity 1

Research several international organizations established to provide assistance to feed the hungry in third world countries such as Africa. Why do you think hunger exists in the world? Visit your council resource center to find out about the service projects of the Girl Guides in African countries. Design your own troop service project to inform your community about hunger in the United States and around the world.

Activity 2

Name the African member nations of the World Association of Girl Guides and Girl Scouts (WAGGGS). Utilize resources in the council office to learn about the differences in program, and the similarities in purpose between our countries organizations. Explore ways of becoming a pen pal with a girl from an African Nation (see page 132 of the *Cadette/Senior Handbook*, "International Post Box").

