

If you can't go out, why not travel the world from home?

This week we travel to East Africa.

Massai Necklace- Kenya

The Massai people are from southern Kenya and northern Tanzania. They have distinctive traditional clothing and jewellery. You may want to find out more by researching their traditional dances and singing.



Follow this link to discover how to make your own versions of traditional Massai jewellery.

<https://www.youtube.com/watch?v=yfzXIY2zCIE>

Basket Weaving- Uganda



These baskets have been woven in Uganda using raffia. The tradition of weaving is passed down from mothers to their daughters. You can weave your own using strips of paper, newspaper or even bark or twine collected from your garden on when you are out on a walk.

<https://www.youtube.com/watch?v=EJ-LTIVkum8>

<https://www.youtube.com/watch?v=knbR3kgGssE>



Goma Mask

The Goma people come from around the northern shores of Lake Kivu, in the Democratic Republic of the Congo and western Tanzania. The region is part of the Great Rift Valley which experiences earthquakes and eruptions of the Nyiragongo and Nyamuragira volcanoes. Many African tribes have distinctive masks that are worn during tribal rituals. The Goma mask looks like the one on the left.

<https://www.youtube.com/watch?v=C9mmrfGWllg>

Habari

Swahili began as a trading language and is a rich mix of other languages such as Arabic and English. Many East Africans speak Swahili and there are many dialects spoken.

- Which countries in the world have Swahili as their official language?

<https://www.newburyparkschool.net/lotm/swahili/player.html>

Find out more...

- Do you know where to find East Africa on a map or globe?
- What are the names and capital cities of the East African Countries?
- What can you learn about the cultures of these countries?

There are no limits to what you can discover!