



Excursion Guide

Kenya

Table of contents:

Page 1: **Folktale, Legend or Myth**

Page 2: **Five Facts**

Page 3: **Bibliography**

Page 5: **Supplemental materials**



Read Aloud Folktale, Legend or Myth:

The Frog King: An African Folktale retold by Amanda StJohn (Peterson Publishing Company, 2012). The frogs of Lake Nyanza disrupt all of the other creatures with their croaking and their kicking. Mahday, the frog elder, visits the grumpy god Mmumi to ask for a king. She and the other frogs hope that a king will help them to learn respect for others. Mmumi eventually responds to their request, but the frogs get more than they bargained for! This tale includes a lot of dialogue among the many creatures, and between Mahday and Mmumi. There are a few Swahili phrases and definitions worked into the story. Mmumi's tricks and the frogs' antics will make readers laugh, and the peaceful resolution of the story reminds readers to respect others in their community.

Rhinos for Lunch and Elephants for Supper! A Maasai Tale by Tololwa M. Mollel (Clarion Books, 1991). In this humorous tale, Hare and her animal friends do their best to try and frighten the monster out of Hare's cave. Finally, a small frog steps in to do what the fox, leopard, elephant, and rhino could not. The story is told almost completely through dialogue. The repetition of the title phrase reinforces the storyline and provides a possible opportunity for group participation in the reading. The resolution of the story might be too subtle for some participants, but this does not detract from the humor and fun of the rest of the story.

Remember to:

- Greet each person individually
- Use a globe or large map to show each person the starting point and destination
- Engage people in informal conversation
- Include supplemental materials such as music, souvenirs, coloring pages, or food to enhance the program



Five Facts About Kenya

1. Mount Kenya is the second-highest mountain in Africa. Although it is in the tropics, there are glaciers at the top.
2. Kenya is a country full of young people – the average age of a Kenyan is only 19!
3. The Kenyan flag features a Maasai warrior's shield. The Maasai are one of over 70 ethnic groups in Kenya; others include the Kikuyu, Kamba, Gusii, and Luo.
4. Lake Turkana is known as the “Cradle of Mankind” because of the ancient human fossils found there. It is also home to the largest crocodile population in the world.
5. Kenya is famous for its wild animals, including elephants, rhinos, giraffes, wildebeests, cheetahs, lions, zebras, and hippos.



Annotated Bibliography

Unless otherwise specified, the non-fiction books listed here have many color photographs and images (but not cartoon-style illustrations) and they do not have an intimidating or distracting amount of text on the page. Although many of the selections are children's books, they are not obviously juvenile in their layout and illustrations.

Top Selections

Foods of Kenya by Barbara Sheen (KidHaven Press, 2010): Sheen uses the food sources, traditional dishes, and agricultural products of Kenya as a way to introduce readers to Kenyan people, history, and culture. Most pages include a large color photograph of a dish, an ingredient, or Kenyans preparing or enjoying their food. The book includes eight recipes for the ambitious program facilitator!

Kenya by Rob Bowden (Countries of the World, 2003): Each page of this book includes one or two color photographs. There are seven maps; pie charts, bar charts, and graphs are also used to convey information. Although the text is small, non-readers are unlikely to be intimidated or bored because the layout is welcoming and the pages are full of bright colors. There are eight chapters: "Introducing Kenya," "Landscape and Climate," "Natural Resources," "People of Kenya," "Kenya's Economy," "Progress in Development," "The Environment," and "Looking Ahead."

Kenya by Philip Briggs (Apa, 2012): As with other books in the *Insight Guides* series, this one has many colorful photographs, including full-page images. In addition to sections covering the history of Kenya and guides to the different regions, there are "Features" and "Insights" on topics of interest including safaris, the Leakeys, Kikuyu people, and the birds, reptiles, and insects of Kenya. There are eighteen maps and also four "Photo Features": "Kenya's Avian Giants," "Massai: Nomads of the Plains," "Palms, Baobabs and Other Trees," and "The Swahili."



Kenya by Philip Briggs (DK Eyewitness Travel, 2013): This review is based on the 2013 edition, but other editions/printings (2009, 2011) would also be suitable for the program. Like other books in the *Eyewitness Travel* series, the photographs and text are small, but the engaging layout more than makes up for this. Every page includes multiple photographs, and many include maps and diagrams as well. The chapter “Introducing Kenya” includes information on and photographs of safaris and conservation work, and the history, festivals, and people of Kenya. A unique feature of this book is the “Field Guide” inset, which includes photographs and brief introductions to hundreds of Kenyan animals and birds.

Kenya in Colors by Sara Louise Kras (Capstone Press, 2009): The premise of teaching colors may seem too juvenile for some participants, but the large, captivating photographs may draw them in anyway. The photographs in this book are larger than those in any other selection; subjects include Maasai people in traditional dress, Kenyan wildlife, contemporary and traditional architecture, and an aerial view of Lake Turkana.

Teens in Kenya by Rebecca Cantwell (Compass Point Books, 2007): Although the lives of teenagers may seem like an unlikely topic for this program, it is appropriate for a study of Kenya. Kenya has a very young population, with an average age of 19. Some of the topics covered are specific to young people (schooling, marriage), but other topics (sports, arts, government) apply to Kenyans in general. There are many large photographs in the book, mostly of Kenyan people working and playing. *Page 41 is a feature titled “The Battle Against FGM”. There are neither pictures nor graphic descriptions, but facilitators should use their judgment about whether this book is appropriate for their group.*

Alternate Selections

Kenya by Jim Corrigan (Mason Crest Publishers, 2005): This is listed as an alternate selection because there is not a photograph on every page. The photographs that are present, however, showcase more cityscapes and contemporary Kenyans than other selections. There are seven chapters including “Cradle of Humankind,” “One Nation, Many Cultures,” and “A Tour of the Cities.”



Supplemental Materials

Souvenirs: small plastic Kenyan animals (elephants, rhinoceros, giraffes, zebras, etc.); brightly colored buttons and/or beads, such as those worn as a part of many traditional costumes

Food: Sukuma wiki (kale or collard greens fried with onions and tomatoes), wali wa nazi (coconut rice), grilled or roasted maize (corn) served with a lime/chili sauce and salt, passion fruit juice, or any of the dishes featured in *Foods of Kenya* by Barbara Sheen. Because Kenyan cuisine has been heavily influenced by Indian cuisine, chai tea with milk and sugar, chapati flatbreads (recipe on page 68 of *Kenya* by Jim Corrigan), and samosas are also good options.

Music Suggestions (to search on <http://www.youtube.com> or in your own library's collection): Ngoma drum music, Sikuti dance and/or drumming, Nyatiti (lyre-like instrument) music, or Taarab music (Arabic instruments, Swahili lyrics). More suggestions and information are available under the "About Kenya" tab at www.magicalkenya.com.

Free coloring pages are available on the Internet from helpful resources such as <http://www.coloring.ws> and <http://www.supercoloring.com>. All coloring pages are subject to their own terms of use, separate from the Tales & Travel Creative Commons License. The following links are suggested for this Excursion:

"African Bush Elephant":

<http://www.supercoloring.com/pages/african-bush-elephant/> or "African Dwarf Frog":

<http://www.supercoloring.com/pages/african-dwarf-frog/>

