

# Children Trees Emotions Africa

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## TEACHER RESOURCE

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## ABOUT THIS TEACHER RESOURCE

**This guide is to be used in conjunction with the book “Children Trees Emotions Africa” for Life Orientation lessons.**

This exciting tale of the ten year old twins, Sipho and Thandi, who embark on a magical journey across the African Savanna, is aimed at primary school children and provides a fun platform for them to learn skills to increase awareness of their emotions and how to deal with them in a constructive way, boosting mental health and resilience.

This teacher resource is a practical guide on how to use the book to introduce relevant topics and coping skills, by providing tools and activities that can be used in class.

The suggested age group is 8 to 12 years but it can be used for children both younger and older.

The resource includes:

- Discussion topics
- Games and Activities
- Practical Tools

### LOOK OUT FOR THESE



#### TALK ABOUT

These are ideas for conversations and debates



#### THINK ABOUT

These are ideas you can use to make the children think about or reflect about something



#### ACTIVITY

These are suggested fun activities to enhance and reinforce learning

Like a tree, this guide is meant to grow. If you have any suggestions on other ways in which the book can be used to teach children how to become the best that they can be, please share them by emailing: [doctorfil.zim@gmail.com](mailto:doctorfil.zim@gmail.com).

## CHAPTER ONE

### Main Theme: Being part of a group



#### THINK ABOUT

How do you think it should feel to be part of a group?



#### TALK ABOUT

What are the things that tell you that you belong to a group?

What are the advantages of doing things as a group?

What are the disadvantages?



#### ACTIVITY

Divide the children into groups.

You have been given a group project to do at school. Write out some rules for your group so that you can work well together.

#### OUR RULES

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Feedback:

Why did you choose these rules?

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## CHAPTER TWO

**Main theme: Helping others (even when we do not like them!)**



### THINK ABOUT

Why did Ooni the Crocodile, the Mighty Baobab Tree, and Nzou the Elephant behave the way they did?

What do you think caused the Mighty Baobab Tree to fall prey to Ooni the Crocodile?

Why do you think Nzou the Elephant saved him?

What is the lesson that the Mighty Baobab Tree learned?



### TALK ABOUT

Have you ever helped someone? How did it make you feel?



### ACTIVITY

Write a short story or draw a picture about what happened and how it made you and the other person feel. Share with the class.

## CHAPTER THREE

### Main theme: Trees are life

Kurumidza the Spring Hare explains to the children why trees are important.



#### THINK ABOUT

Have you seen places where most of the trees have been cut down? What are these places like?



#### TALK ABOUT

Why is it important for us to look after our environment?

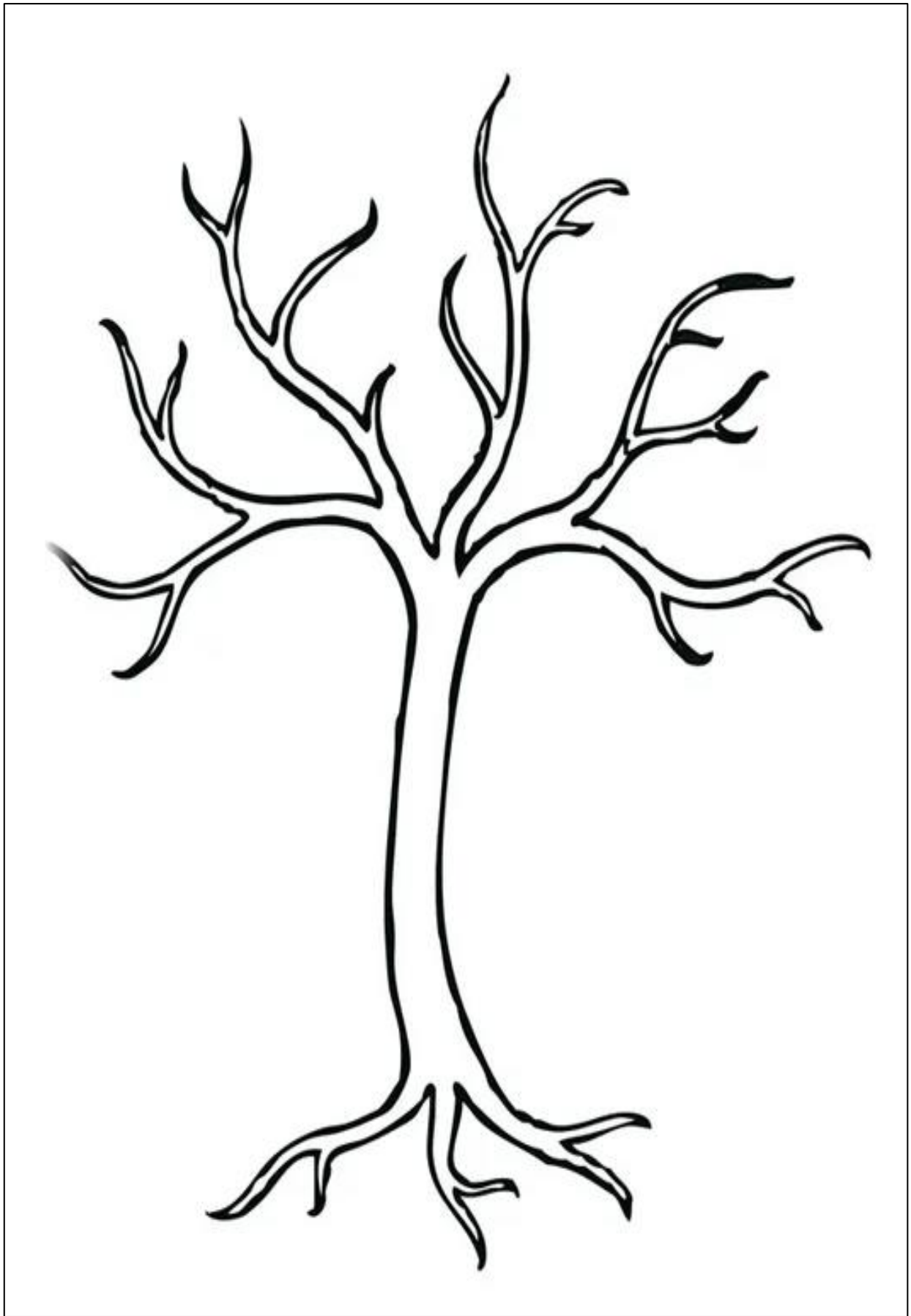


#### ACTIVITY

Find some seeds and see how many different ones you can get.

Next time you eat a fruit or vegetable with seeds, keep the seeds and place them in a container of soil. Water them every day and see if you can get little plants from these seeds.

Decorate the tree with any seeds, bits of wood or leaves you can find.





## CHAPTER FOUR

### Main theme: Understanding Fear



#### THINK ABOUT

Have you ever felt scared or afraid?



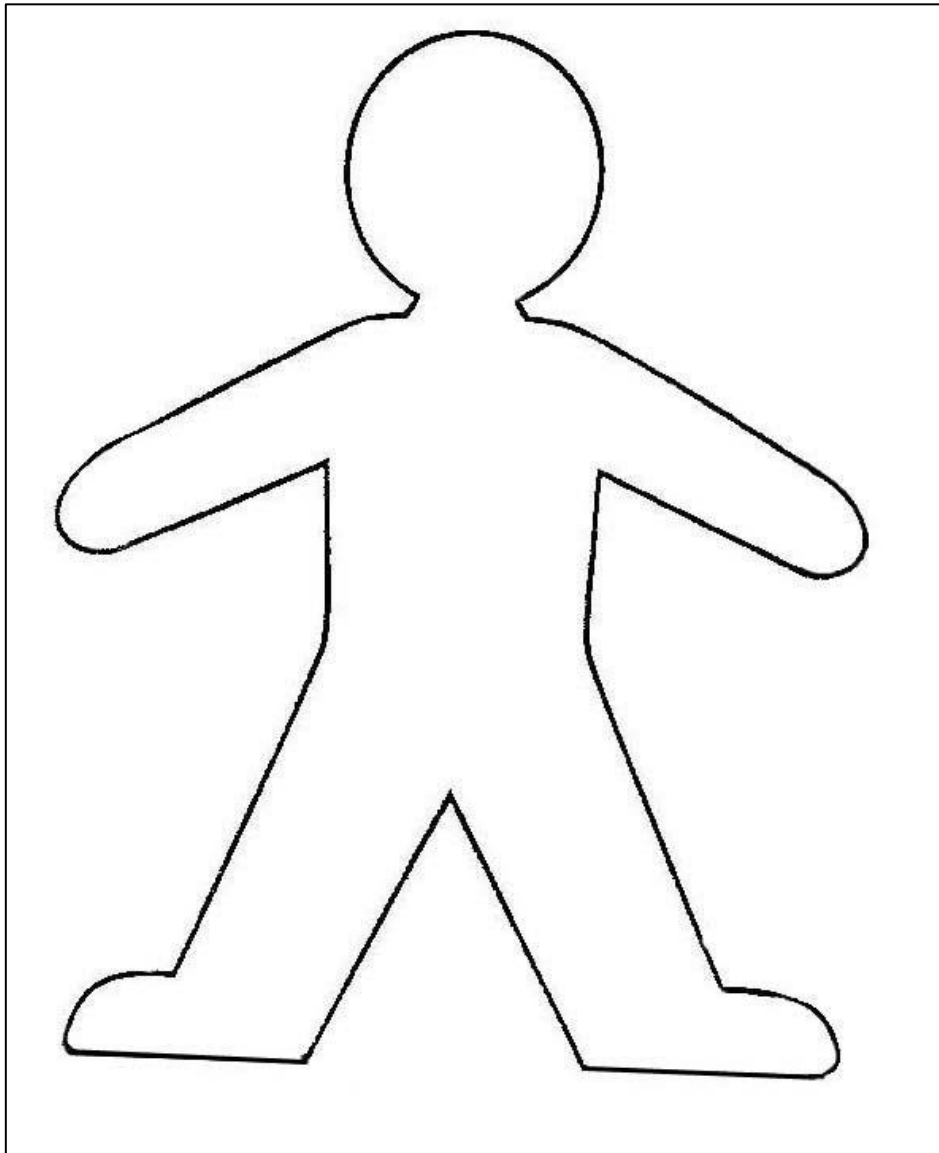
#### TALK ABOUT

Share your story and how you overcame that fear.



#### ACTIVITY

Draw and label what the fear did to you and where in your body you felt it. For example, you might have had a sore tummy or found it hard to breathe.



## CHAPTER FIVE

### Main theme: Coping with Fear

The Sangoma Muthi teaches the children to cope with their fears by writing or drawing them and then erasing them while saying the words:

“In this moment, I am here, I am safe, I am strong. Fear be gone!”



#### ACTIVITY

Do this exercise with the children.



#### TALK ABOUT

Fear is a normal response to a threat but we need to control it so it does not take over our lives because fear is a BIG emotion which can prevent us from seeing things as they really are.



#### THINK ABOUT

Sometimes, we need the help of others when we are afraid. Who can you go to when you feel scared?



#### ACTIVITY

List the people you can go to when you feels scared

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## CHAPTER SIX

### Main theme: Conservation

Many creatures and living things – like trees – are becoming extinct all over the world.



#### TALK ABOUT

What does “endangered” mean?



#### THINK ABOUT

What can we do to protect these creatures and living things?

Why do you think it is important to protect these creatures and living things?



#### ACTIVITY

List or draw which animals you know are endangered.

Make masks and each child can choose one and tell the class why it is important that they should be protected.

Some mask templates are at the end of this teacher resource or the children can create their own.

## CHAPTER SEVEN

### Main theme: The power of the breath

Scirocco the Wind, teaches the children the Power of the Breath.



#### ACTIVITY

Seat the children in a circle with their hands on their tummy and go over the correct technique. Then have them practice Mindful Breathing to a 4/6 count with their eyes closed.

After 5 to 10 rounds, ask them how they feel and to say one thing that makes them happy when they think of it.

I am happy when ..... (eg. I play with my dog)



#### ACTIVITY

Draw the Tokoloshe before and after he learns the Power of the Breath.



#### TALK ABOUT

How did you feel after using the Power of the Breath? Let the children share in a group or in pairs.

## CHAPTER EIGHT

### Main theme: I am strong!

Everyone in the story celebrates the work they have completed.



#### THINK ABOUT

Ask the children to think about some of their achievements or talents. Everything matters, no matter how small!



#### TALK ABOUT

Why is it important to focus on our strengths?



#### ACTIVITY

Ask the children to share an achievement or talent with the class and tell everyone how that makes them feel.

Work in pairs. Each tells the other something that the other person is good at.



#### TALK ABOUT

Obstacles in our path are normal.



#### ACTIVITY

Ask the children to write or draw an obstacle they have overcome and how they did it.

For example, when spelling was difficult, they asked a friend to help them to practice. This took courage to ask someone and determination to keep practicing.



#### THINK ABOUT

What strengths or abilities did you use to overcome an obstacle?

## CONCLUSION

**Main theme: Let's celebrate and have fun!**



### ACTIVITY

Music and Dance are powerful tools that can be used for children to express their emotions and lift their mood.

Get the children to improvise some musical instruments, sing or play some music and get them to dance their emotions.

For example, you can say, “dance as if your are happy” or “dance as if you are sad” and then progress to “dance how you feel right now”.

THANK YOU FOR USING CHILDREN, TREES, EMOTIONS, AFRICA!

I HOPE THIS TEACHER GUIDE WAS USEFUL

PLEASE SEND YOUR FEEDBAK

KEEP SHINING!

Dr. Olga Filippa-Nel

