

# Seeds of Change

## A RIF GUIDE FOR COMMUNITY COORDINATORS

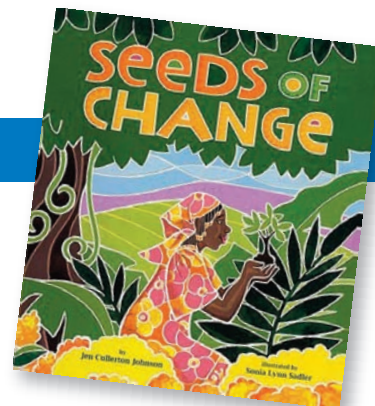
**Themes:** Heroic Women, Hard Work, Deforestation, Earth Day, Restoration, Nobel Prize

**Grade Level:** K to 2nd grade

**Book Brief:** A Kenyan woman works to save her country, one tree at a time.

**Author:**  
Jen Cullerton Johnson

**Illustrator:**  
Sonia Lynn Sadler



## TIME TO READ!

**Before reading:** What do the children know about plants? Do they think plants are important for the planet? Find Kenya on a map so kids know where the story takes place.

## RELATED ACTIVITIES

### COMMUNITY GARDEN (AGES 4-12)

Start a community garden project at your center. Kids can plant, water and take care of seeds/plants. Have them record what they see each week. (Use pots if planting space is limited.)

### GO KIGOGO! (AGES 5-12)

*Kigogo is the Kenyan name for mancala.*

Materials: egg cartons, small bowls, scissors, game pieces (dried beans, stones, paper clips, etc.)

1. Put children into pairs. Each pair needs 1 empty 12-egg carton (the kigogo board) and 2 bowls (1 end cup for each player).
2. Cut off the top of the carton and discard.
3. Decorate the bottom of the carton and the bowls. To play, give each pair 36 game pieces. Rules can be found online: [www.boardgames.about.com/cs/mancala/ht/play\\_mancala.htm](http://www.boardgames.about.com/cs/mancala/ht/play_mancala.htm)

### SCRATCH ART PICTURE (AGES 5-12)

Materials: heavy paper, crayons, washable black paint, dish soap, paintbrush, toothpick

1. Color the paper with crayons; use lots of different colors. Be sure to make the colors dark and waxy. Cover the entire paper.
2. Mix 2 tablespoons of black paint with a drop of dish soap. Paint the entire surface of the paper black. Let dry.
3. Using a toothpick, scratch a tree, flower or other picture on the paper. Watch the beautiful colors from earlier come through!



## ADDITIONAL RESOURCES

### OTHER BOOKS ABOUT WANGARI MAATHAI

*Mama Miti*, Donna Jo Napoli and Kadir Nelson (2010), *Planting the Trees of Kenya*, Claire Nivola (2008), *Wangari's Trees of Peace*, Jeanette Winter (2008).

### TECHNOLOGY LINK FOR KIDS

[www.rif.org/kids](http://www.rif.org/kids)



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