Seti ya Shughuli za Michezo

AGA KHAN FOUNDATION
An agency of the Aga Khan Development Network

UTANGULIZI

Moja kati ya njia bora za kusaidia ukuaji wa mtoto ni rahisi na inafurahisha. Kucheza kunaweza kuonekana kana kwamba ni kujiburudisha tu, lakini kucheza ni zaidi ya kujiburudisha kwa watoto. Kucheza ni kujifunza na kujenga stadi muhimu za maisha za kujieleza hadi kutatua matatizo.

Baada ya kusikiliza hadithi, unaweza

1. Muombe mtoto aonyeshe kwa kuchora mhusika anayempenda au sehemu ya hadithi (Tazama kwenye Fumbo la Kupanga Vitu au Vipande vya hadithi). Mtoto anapochora kwa kubuni kutoka katika fikra zake, anajenga ujuzi wa ubunifu.
2. Waombe watoto Waigize hadithi (Tazama Vipande vya Hadithi au Igiza). Mtoto anapoigiza, kucheza au kuimba, anajenga ujuzi wa kihisia.
3. Muombe mtoto atengeneze ndege ya karatasi/ndege kiumbe, ngoma au gari (Tazama Kipengele cha Kunja na Rusha, Gari la kuchezea lililofaraguliwa, au ngoma ya Nazi). Wakati mtoto anatengeneza, anafanya mazoezi ya stadi za kimwili.
4. Waombe watoto warekodi hadithi zao kwenye *Tengeneza Kadi Yako Mwenyewe (Tazama kwenye Mwongozo wangu wa kurekodi hadithi)*. Jaribu Kadi ya Tengeneza ile Sauti, kisha waulize watoto inatoa sauti gani? Mtoto anapotoa sauti za ajabu, anajenga stadi za kijamii.
5. Waambie watoto wabuni na wacheze michezo itokanayo na hadithi. (Tazama kwenye Unda mchezo wako wa bao) Wakati watoto wanacheza michezo hiyo, wanajenga ujuzi wa kimantiki.
6. Waulize watoto maswali kuhusu hadithi hiyo. Ni vipengele gani walivyovipenda zaidi katika hadithi? Je ilikuwa inafurahisha/inachekesha?

Hapa kuna mifano kadhaa ya maswali ambayo unaweza kuwauliza watoto kuhusu hadithi za Kabrazen

- ***Ni kitu gani ambacho Mekatilli alipenda kufanya zaidi? (kucheza, kukimbia, kucheza muziki, kuimba)***
- ***Mekatilli alizaliwa wapi (Malindi, Kilifi, Mombasa, Taita Taveta)***
- ***Ni msichana gani ambaye angeweza kufungua fundo lolote? (Mekatilili, Fatima, Maryam, Njinga)***
- ***Fatima na Maryam walizaliwa nchi gani?***
- ***Chuo Kikuu walichojenga kinaitwaje?***
- ***Fatima na Maryam wanafanana nini?***
- ***Msichana mtulivu alijifunza nini kutoka kwenye udongo?***
- ***Msichana mtulivu aligundua nini kuhusu mtu wa jiwe?***

Watoto hawahitaji vifaa vingi ili waweze kucheza na kujifunza. Huenda kuna vitu unavyohitaji kwa ajili ya shughuli za kujifurahisha. Utatakiwa uwe na karatasi na vitu vingine kama vile chupa za maji zilizotumika au nazi. Nyuma ya kifurushi hiki, utaona violezo ambavyo unaweza kuvitumia kwa ajili ya shughuli hizo.

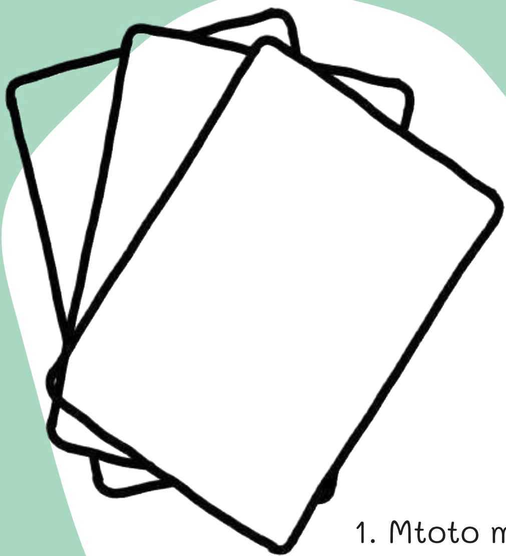
SHUGHULI

Igiza

Nyenzo zinazohitajika:

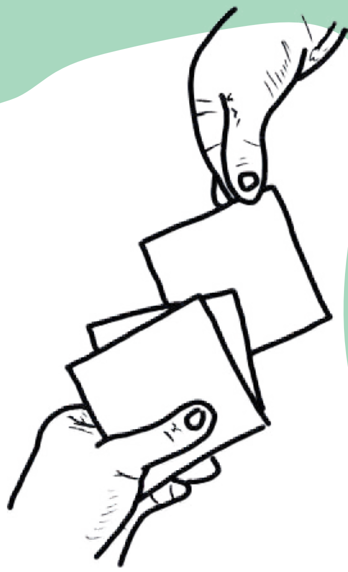
1. Kadi za maneno zilizokatwa kutoka kwenye kiolezo
2. Kadi tupu za kuongeza maneno

MAELEKEZO:



1. Mtoto mmoja achague kadi na asionyeshe kwa mtu mwingine yeyote

2. Mtoto huyu anajaribu kuwafanya watoto wengine wakisie neno lililoko kwenye kadi kwa kuigiza neno lililoko kwenye kadi na kutumia kuonyesha miondoko ya miili yao. Mtoto lazima ajaribu kufanya hivyo bila kusema neno



3. Ruhusu kila mtoto apate zamu ya kuchagua kadi.

MATOKEO YA MWISHO

Mwendelezo

Tengeneza orodha yako mwenyewe ya vitu na watu ambao wanaweza kuigizwa kutokana na hadithi. Andika kila kitu kwenye kipande cha karatasi

A. Jahazi
B. Bajaji
C. Boda boda
D. Punda
E. Simba
F. Tembo
G. Ndege
H. Uvuvi
I. Ngoma
J. Kucheza
K. Kandanda/Mpira wa miguu
L. Msanii maarufu wa muziki Afrika Mashariki

SHUGHULI

Gari la kuchezea lililofaraguliwa

Nyenzo:

1. Chupa ya plastiki
2. Vifuniko 4 vya chupa
3. Vijiti 2
4. Kisu au kitu cha kukatia vijiti
5. Kamba

INSTRUCTIONS:

1. Safisha chupa ya plastiki

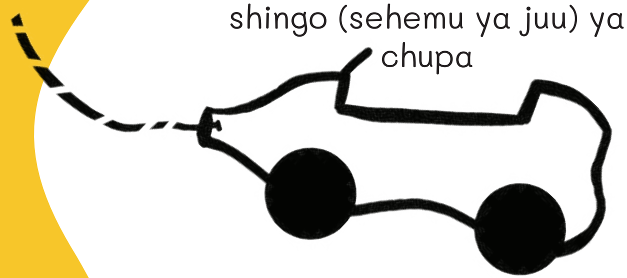
2. Toboa matundu mawili kila upande wa chupa

3. Chomeka vijiti kwenye matundu

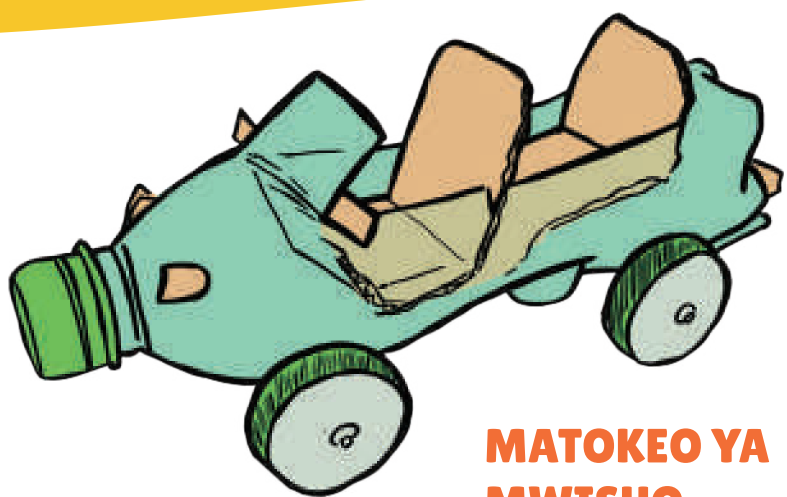
4. Toboa tundu dogo katika kila kifuniko cha chupa na uvichomeke kwenye vijiti

5. Kata kidogo sehemu ya juu ya chupa baada ya kuweka magurudumu (kutengeneza nafasi ya kuweka viti au kubebea vitu)

6. Funga kamba kwenye shingo (sehemu ya juu) ya chupa



7. Vuta gari kwa kutumia kamba



MATOKEO YA MWISHO

Mwendelezo

Fanya mazoezi ya kuvuta gari kutoka mwanzo hadi mwisho wa mstari ulionyooka, kwenye mstari wa zigi-zaga, kwenye mduara, chini ya meza, juu ya kilima cha kuigiza, nk.

Toa maelekezo haya wakati mtoto anapovuta gari (k.m., nenda moja kwa moja, kulia, kushoto, rudi nyuma)

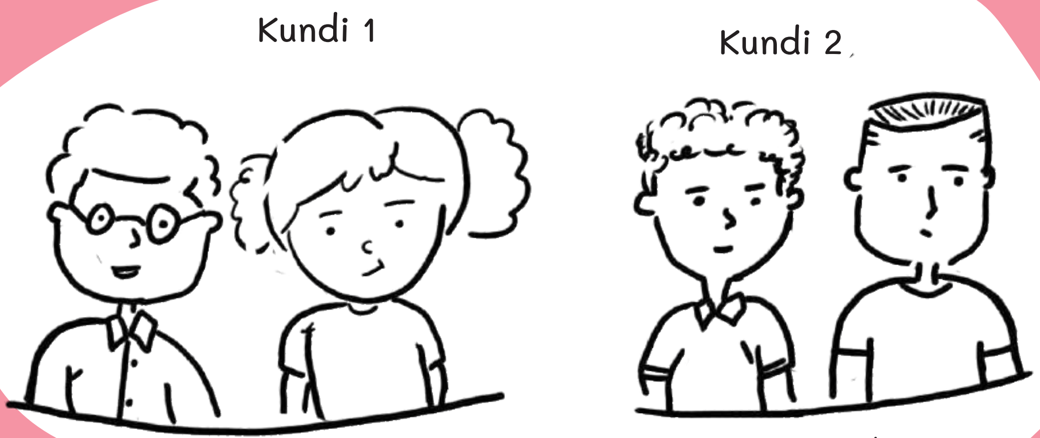
SHUGHULI

Zana za kuigizia Hadithi

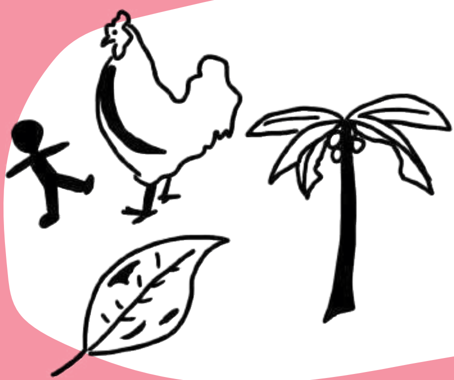
Nyenzo zinazohitajika:

1. Karatasi au kadibodi
2. Kiolezo cha barakoa za karatasi
3. Rangi, penseli za rangi au kalamu rashasha

MAELEKEZO:



1. Wagawe watoto katika vikundi ili watengeneze zana za kuigizia



2. Tengeneza midori ya watu mbalimbali au wanyama kulingana na hadithi

MATOKEO YA MWISHO

A. Chura wa Kabrazen kutoka Hadithi ya Mekatilili

3. Kila kikundi kiigize hadithi kwa kutumia zana zao

4. Hifadhi zana kwa ajili ya kusimulia hadithi siku zijazo

B. Kinyago cha Magury kutoka kwenye hadithi ya maguro

Mwendelezo

Waambie watoto watengeneze zana kuigizia kwa kufaragua vitu vilivyotumika au vya zamani walivyonavyo nyumbani. Kwa mfano, chupa za plastiki zilizotumika zinaweza kutumika kutengeneza mhusika wa chupa ya plastiki (inaweza kujazwa kokoto au udongo kwa ajili ya sauti). Nguo ya zamani au kanga inaweza kutumika kutengeneza kikaragosi cha mkononi au kofia

SHUGHULI

Ngoma ya Nazi

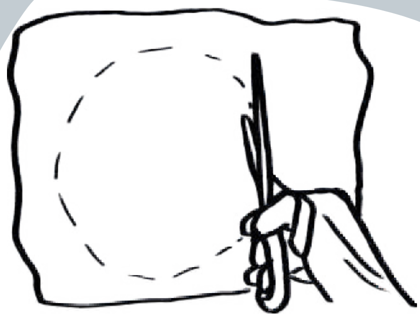
Nyenzo Zinazohitajika:

1. Nazi ya zamani
2. Kamba au mpira
3. Mfuko wa plastiki au kitambaa
4. Mkasi

MAELEKEZO:

1. Hakikisha nazi imekatwa katikati- mtu mzima akusaidie

2. Safisha nazi na uhakikishe kuwa hakuna vipande vyeupe vilivyobaki ndani



3. Kata mfuko wa plastiki katika mduara mkubwa kuliko ukubwa wa nazi

4. Sasa nyoosha na ufunike ile plastiki kwenye nazi na kuifunga kwa kamba au mpira

5. Jaribu kutengeneza ngoma kwa kutumia vitu vingine, unaweza kurudia mchakato huo kwa kutumia kitambaa badala ya plastiki. Unaweza pia kutumia bati (kidebe) badala ya nazi. Ni zana gani zinazotoa sauti kubwa zaidi?

MATOKEO YA MWISHO

Mwendelezo

- Badilishaneni zamu za kupiga midundo kwenye ngoma
- Badilishaneni zamu ya kurudia mdundo wa kila mtu
- Piga mdundo kwa- punguza kasi, kwa kuharakisha, kwa sauti kubwa zaidi, sauti ya chini
- Cheza kulingana na mdundo wa ngoma

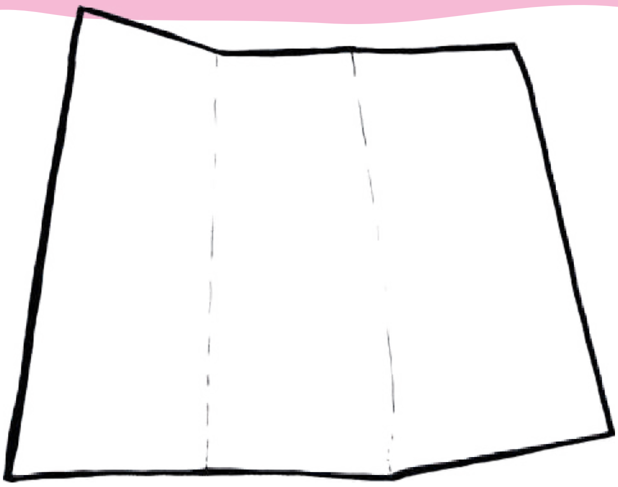
SHUGHULI

Vipande vya hadithi

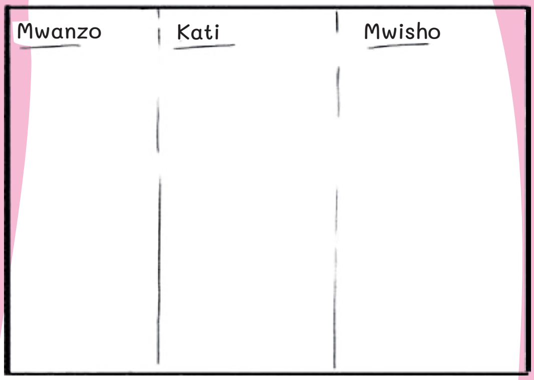
Nyenzo:

1. Karatasi nyeupe
2. Penseli, penseli za rangi au rangi

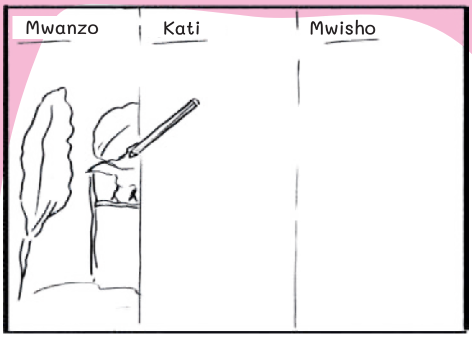
MAELEKEZO:



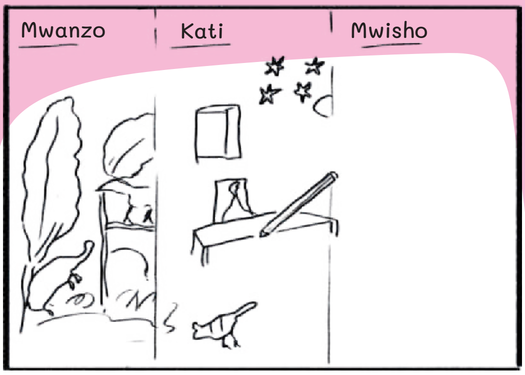
1. Igawanye karatasi katika sehemu tatu kwa kuikunja



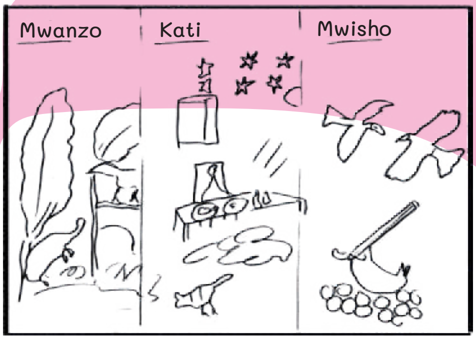
2. Ziweke alama sehemu hizo tatu kama Mwanzo, Katikati na Mwisho



3. Waambie watoto wachore kile kilichotokea mwanzo wa hadithi



4. Waambie watoto wachore kile kilichotokea katikati ya hadithi



5. Waambie watoto wachore kile kilichotokea katikati ya hadithi

Mwendelezo

Mtoto achore na asimulie hadithi ya kile kilichotokea katika siku maalum (kwa mfano siku za mapumziko ya umma za Kenya au siku ya kuzaliwa)

MATOKEO YA MWISHO

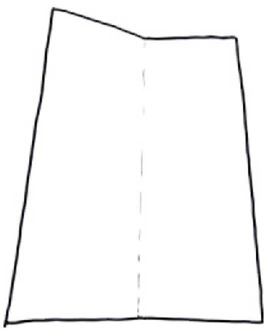
SHUGHULI

Kunja na Rusha

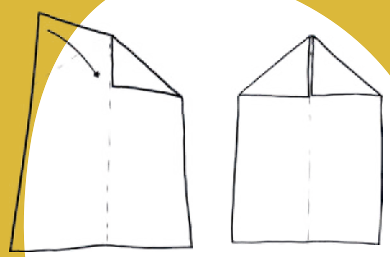
Nyenzo:

1. Kipande cha karatasi ya A4
2. Penseli za rangi au rangi

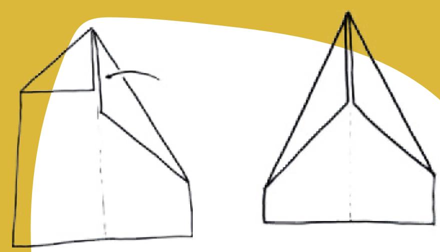
INSTRUCTIONS:



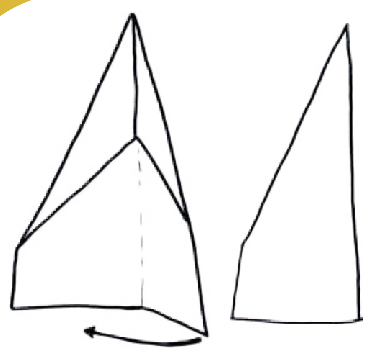
1. Kunja karatasi mara moja katika nusu



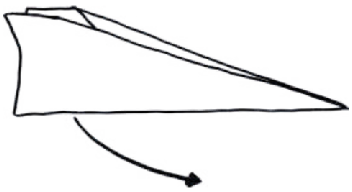
2. Kunjia chini pembe za juu za karatasi



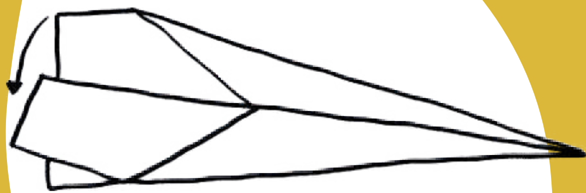
3. Kunjia ndani tena pembe za nje



4. Sasa ikunje karatasi katika nusu usawa wa katikati



5. Kunjia juu mabawa, yanapaswa kukutana na sehemu ya chini ya ndege



6. Inua mabawa juu na ndege yako iko tayari kuruka

7. Chora kwenye ndege za karatasi kwa kutumia penseli za rangi, kalama rashasha au rangi

8. Sogea mahali pa wazi na ujaribu kurusha ndege. Ni ndege gani inaruka mbali zaidi?

MATOKEO YA MWISHO

Mwendelezo

Weka shabaha (kwa mfano kwenye mti) na ujaribu kuangalia ni nani anayeweza kurusha ndege yake hadi karibu na mti

SHUGHULI

Mchezo wa Fumbo la Kupanga Vitu

Nyenzo:

1. Karatasi au kadibodi
2. Kalamu rashasha za rangi
3. Mikasi

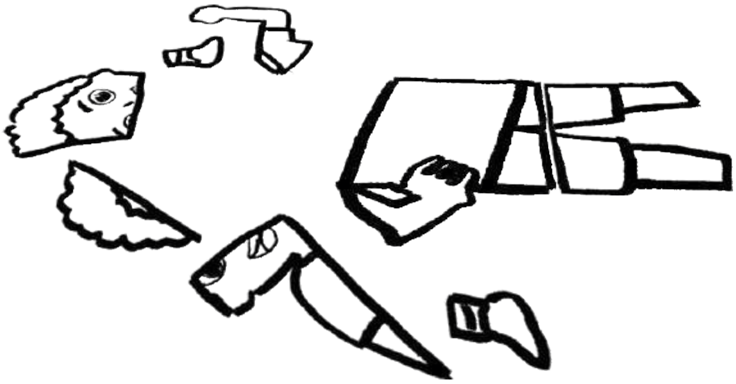
MAELEKEZO:

1. Chora sehemu unayopenda ya hadithi na mhusika umpendaye kwenye karatasi kubwa. Picha inapaswa kuenea kwenye karatasi kwa kadri iwezekanavyo. Kama mtoto ni mdogo unaweza kutumia kiolezo.

2. Paka rangi picha ya mhusika umpendaye

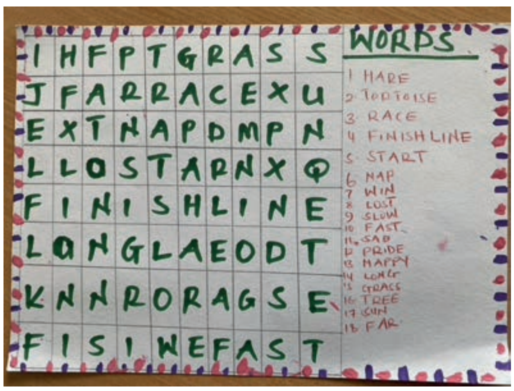
3. Kata vipande vya picha katika vipande kadhaa vya mafumbo, vipande vinaweza kuwa katika maumbo ya kawaida kama vile mistatili au pembetatu.

4. Changanya vipande vilivyokatwa kwenye mfuko



5. Badilishana fumbo lako na rafiki yako. Kila mtoto anapaswa kukamilisha fumbo ili kuweza kutengeneza upya picha ya asili iliyochorwa na rafiki yake. Ikiwa unatumia kiolezo cha mafumbo basi utakuwa unapanga vipande ili kuunda mtu

MATOKEO YA MWISHO



Mwendelezo

Tengeneza chemshabongo kulingana na maneno yaliyomo kwenye hadithi

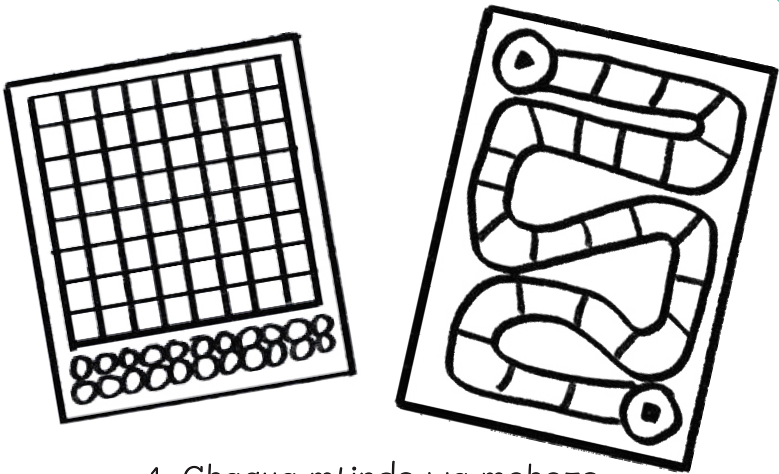
SHUGHULI

Buni mchezo wako mwenyewe

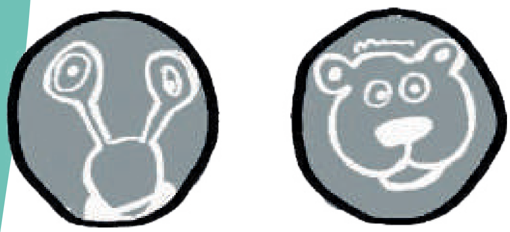
Nyenzo:

1. Penseli za rangi au kalamu rashasha
2. Vifuniko vya chupa (kama vipande vya mchezo wa bao)
3. Kete kutoka kwenye kiolezo

MAELEKEZO:

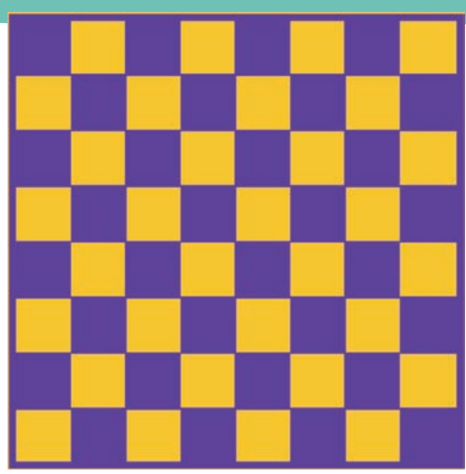


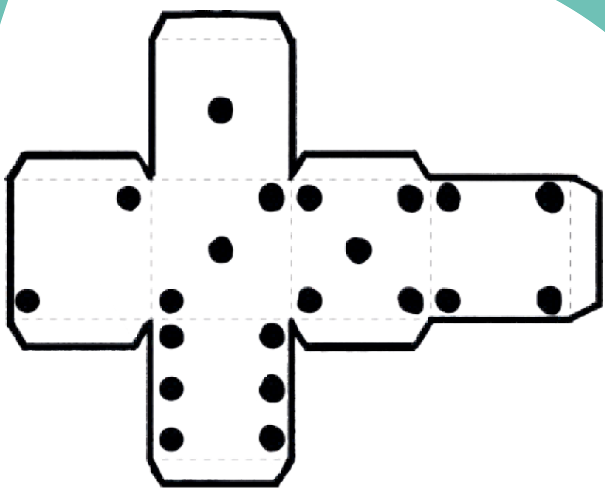
1. Chagua mtindo wa mchezo kutoka kwenye mojawapo ya violezo vilivyoambatishwa



2. Upake rangi mchezo wako wa bao na wahusika kutoka kwenye hadithi

MATOKEO YA MWISHO





3. Tengeneza kete kutoka kwenye kiolezo

4. Tengeneza kanuni za mchezo wako
5. Cheza mchezo wako na wanakikundi

Mwendelezo

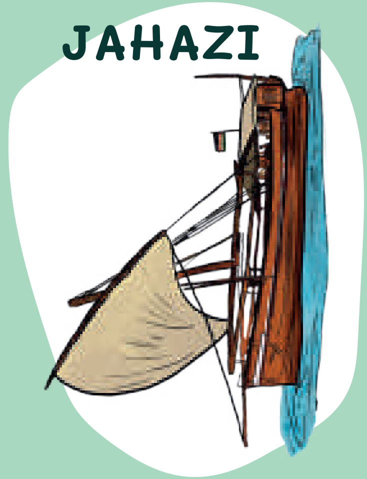
Herufi Zinazosimulia Hadithi- Sambaza kadi za alfabeti na uziweke kifudifudi. Watoto watachagua kwa nasibu kadi moja ya herufi. Kisha watatunga hadithi inayohusiana na herufi hiyo (kwa mfano M inaweza kuwa hadithi ya madafu). Watoto wapokezane kucheza.

Tafuta Vitu- Bandika kadi ya herufi kwenye kitu (kwa mfano S ni ya kitabu cha katuni cha Shujaaz). Kisha waambie watoto watafute sehemu ya ndani na maeneo ya karibu na maktaba kitu kinachoanza na herufi S.

SETI YA SHUGHULI ZA VIOLEZO

»

JAHAZI



NDEGE

BAJAJI

PIKIPIKI

UVUVI

NGOMA

MAAGIZO

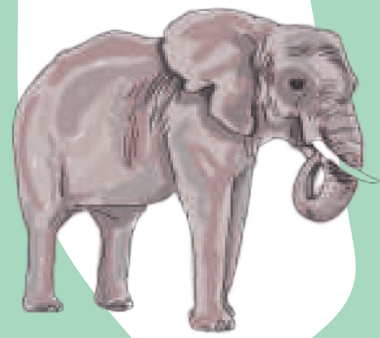
Kata kwenye mstari wa vitone na utumie kadi za Shughuli ya 2: **Tekeleza**

Kandanda/Mpira wa miguu

Msanii maarufu wa muziki Afrika Mashariki

Diamond Platnumz

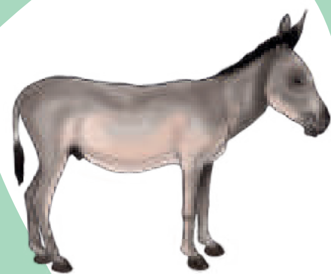
TEMBO



KUCHEZA

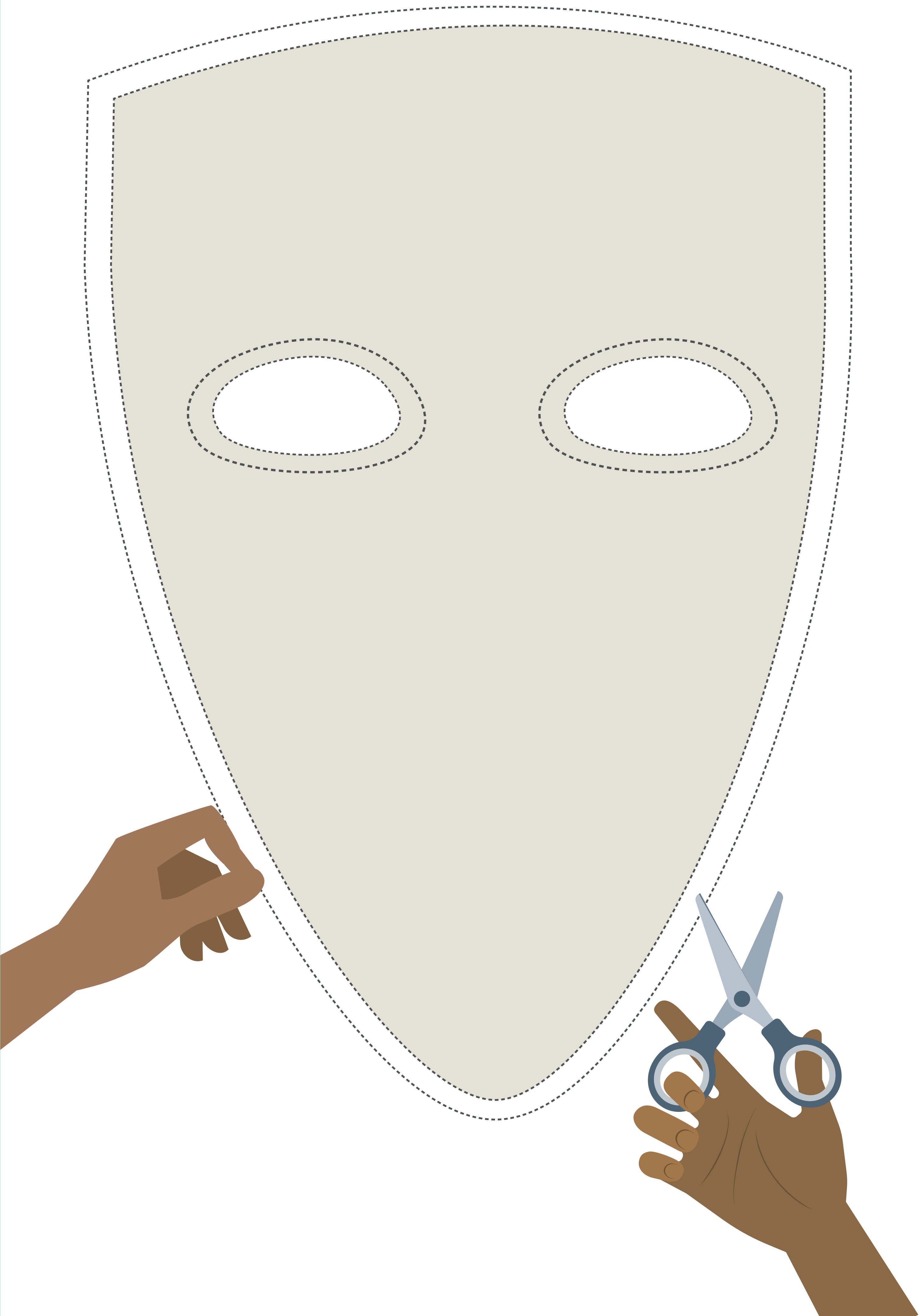
SIMBA

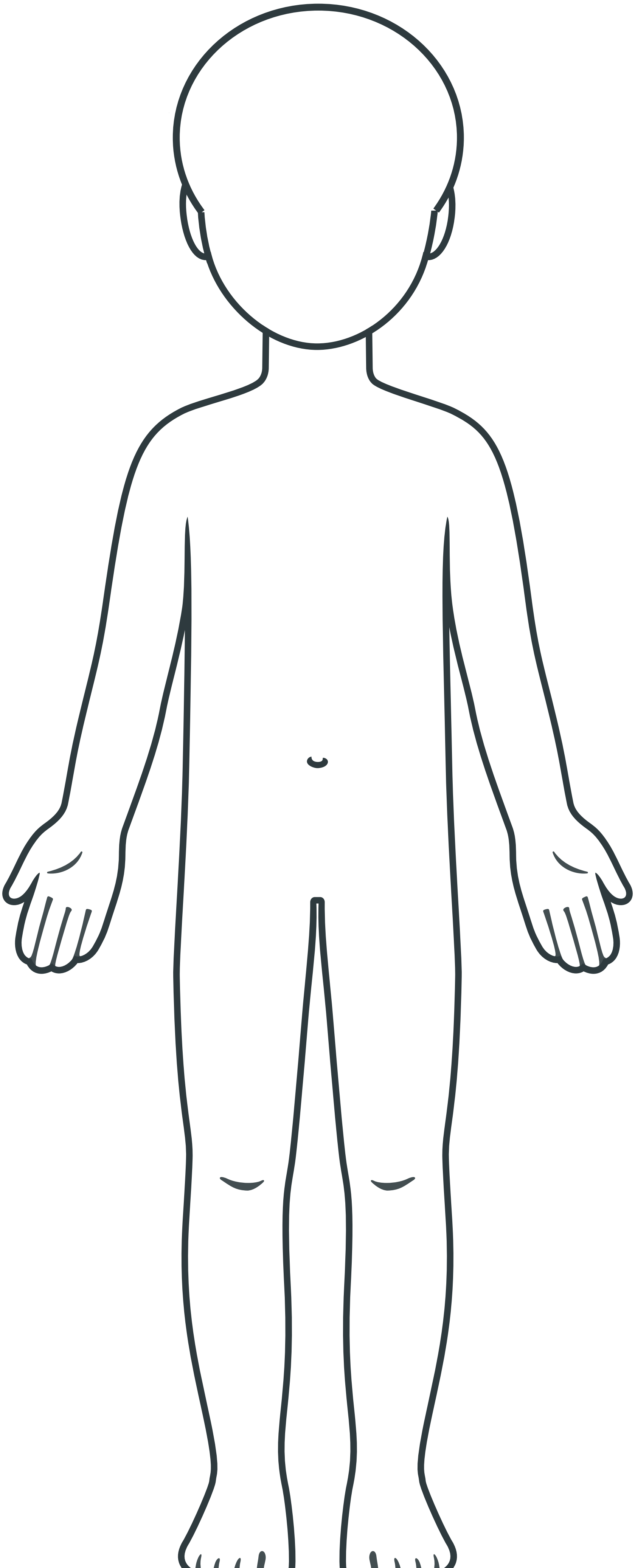
PUNDA

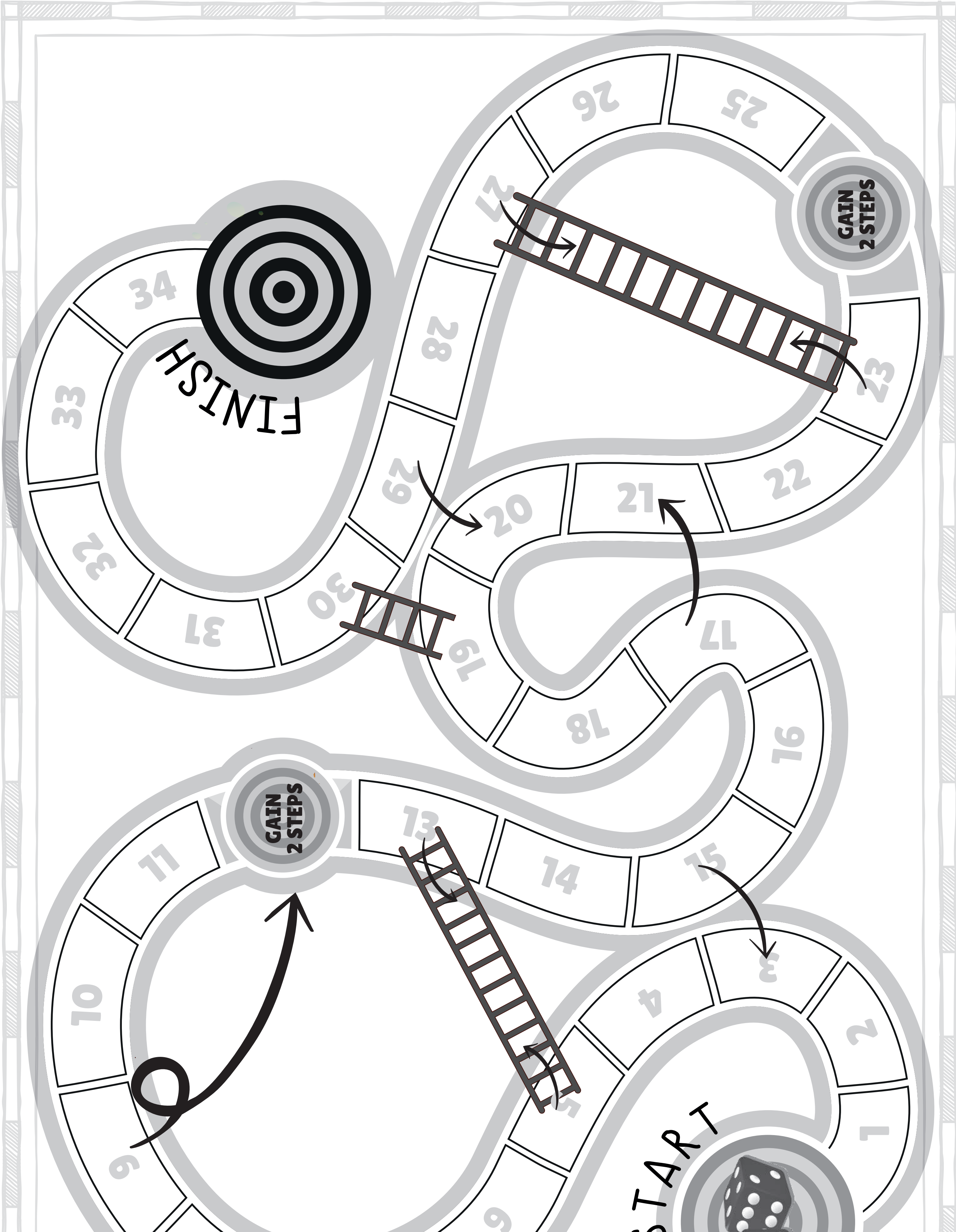


MAAGIZO

Kata kwenye mstari wa vitone na utumie kadi za Shughuli ya 2: **Tekeleza**






START
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GAIN 2 STEPS
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GAIN 2 STEPS
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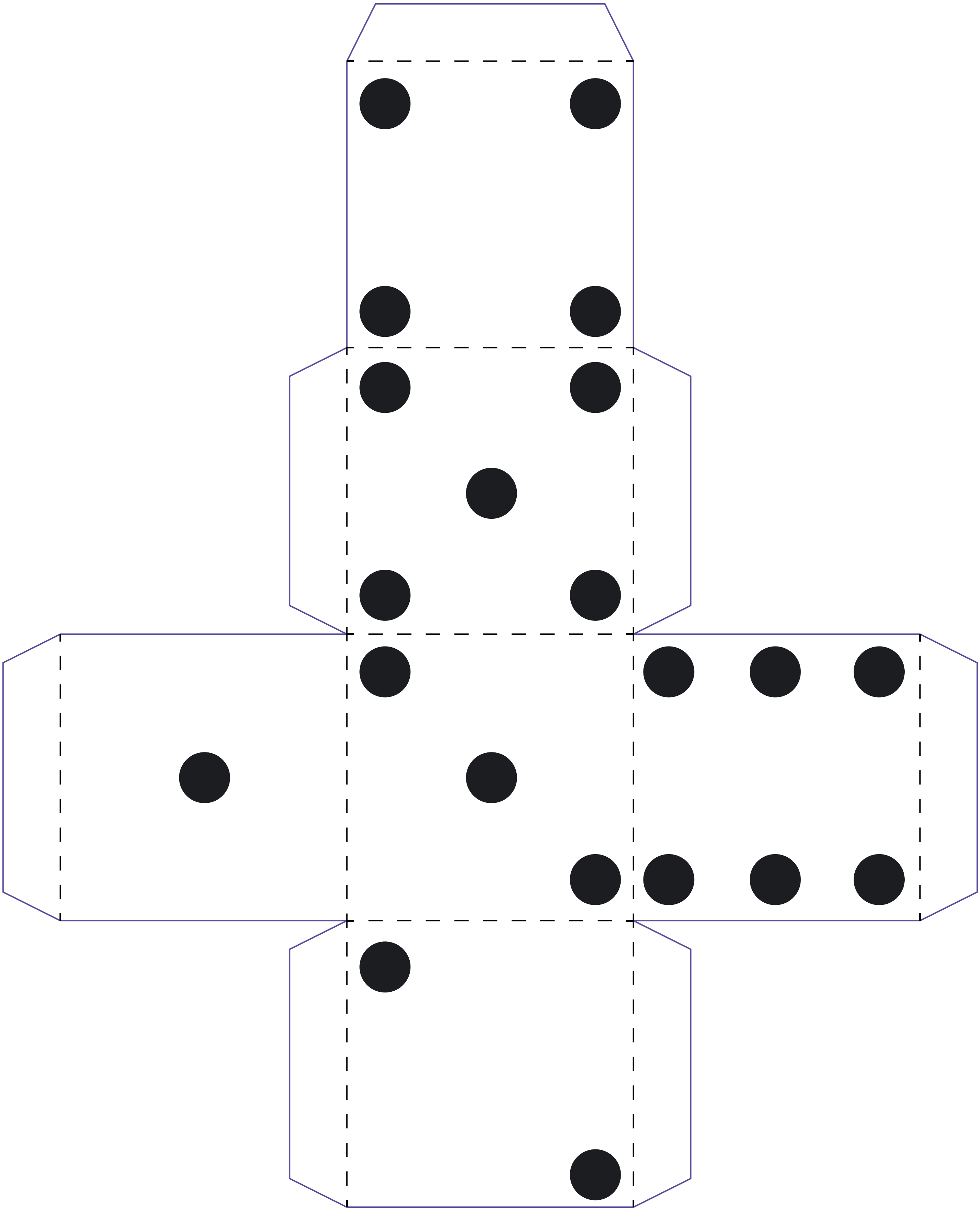
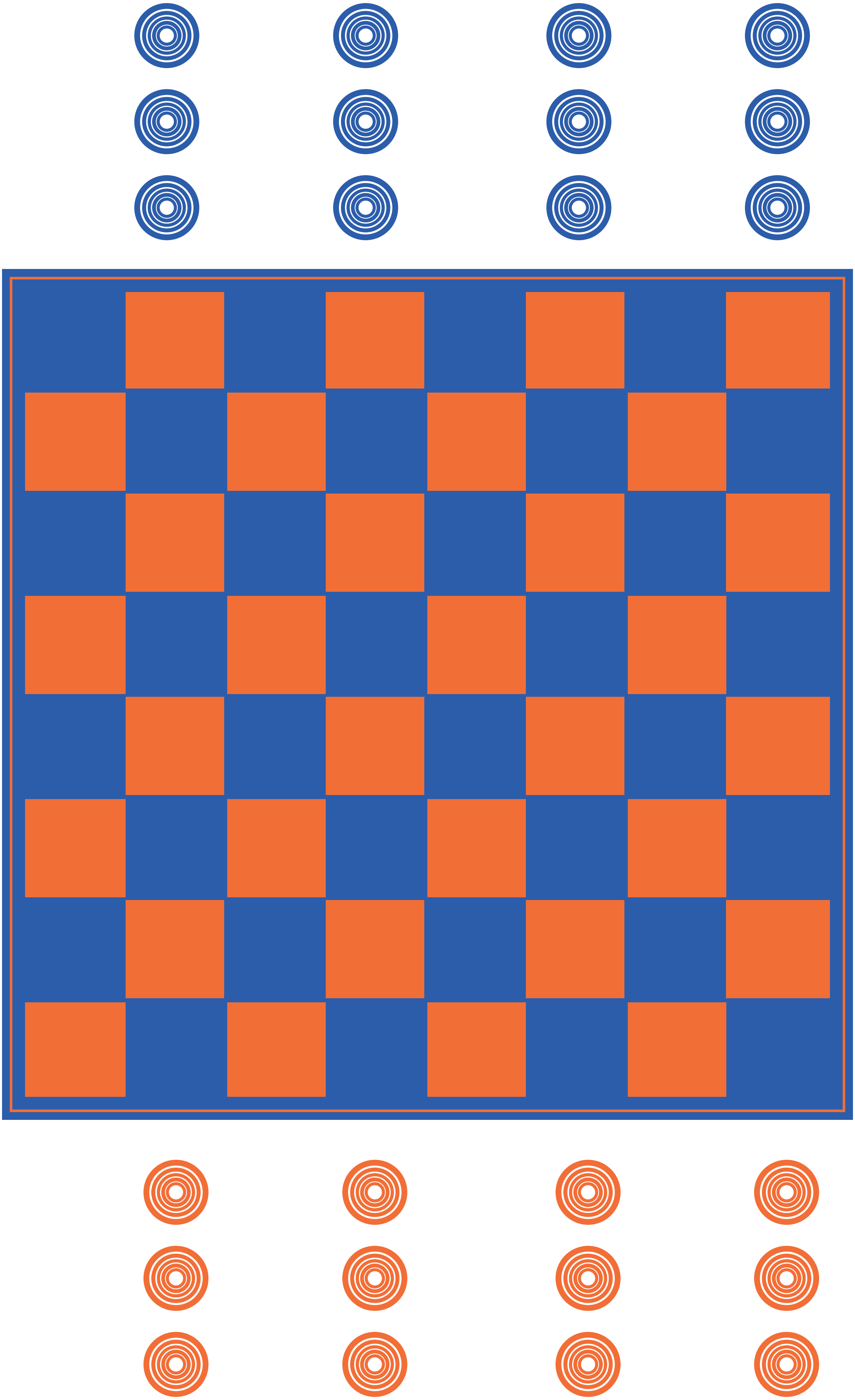
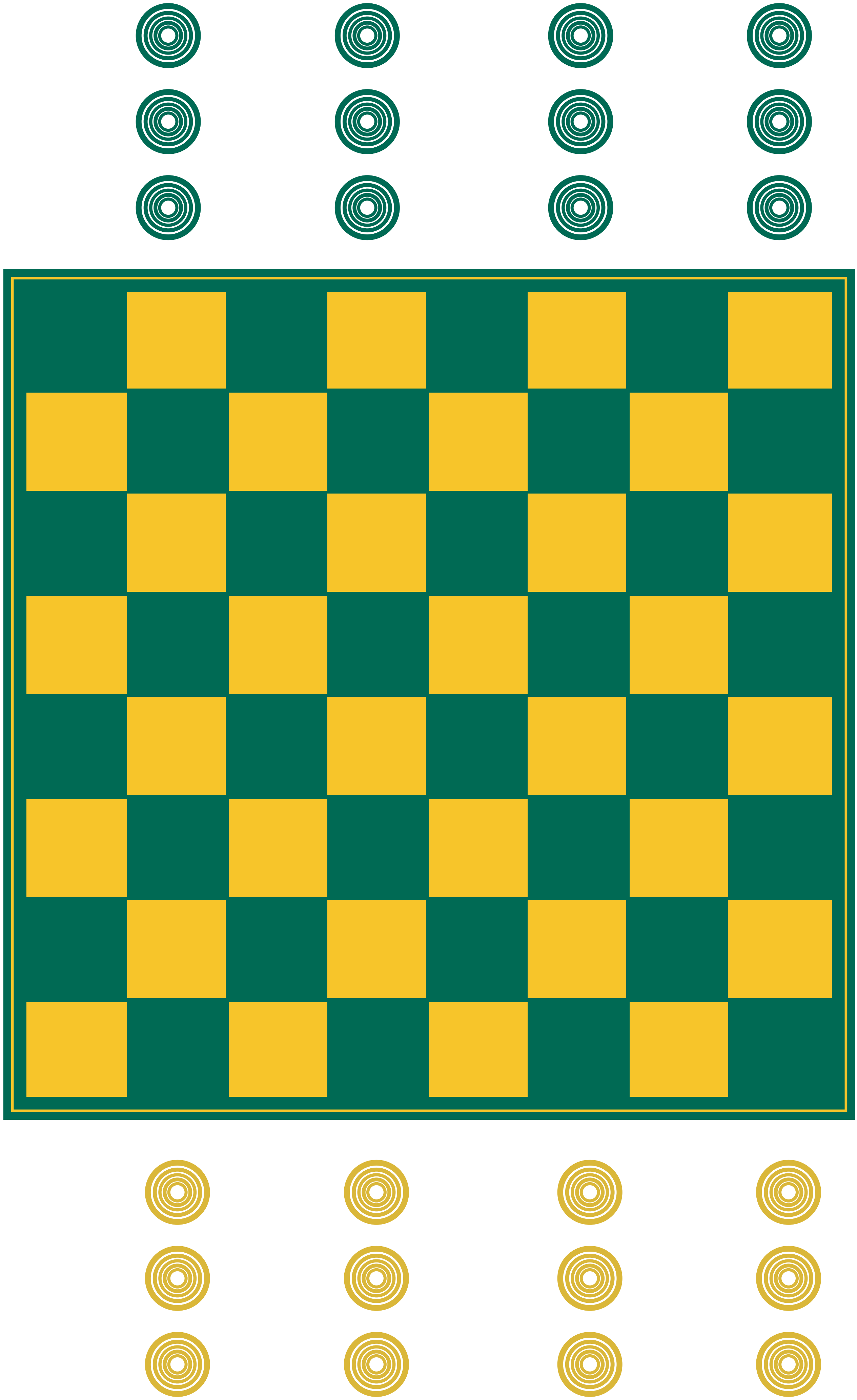
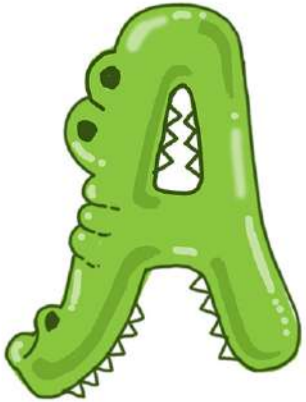
FINISH



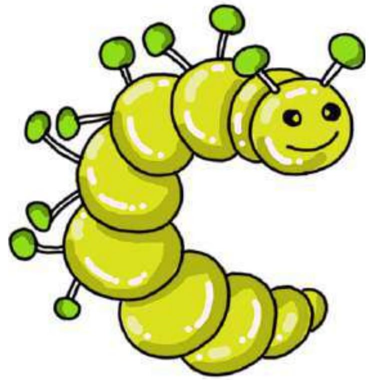




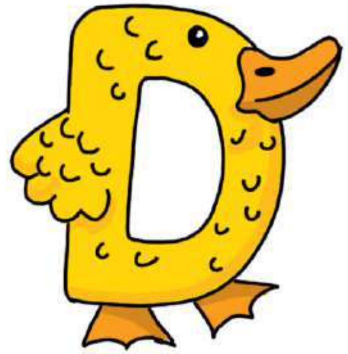


Aa

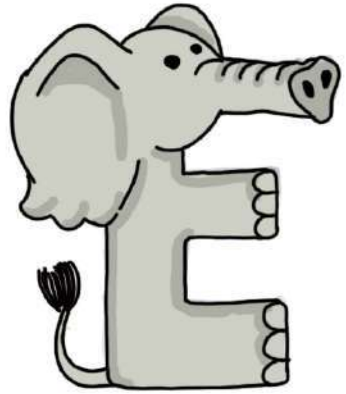
Bb



Cc



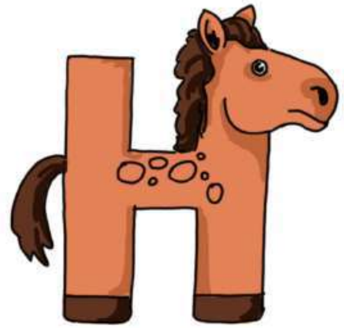
Dd



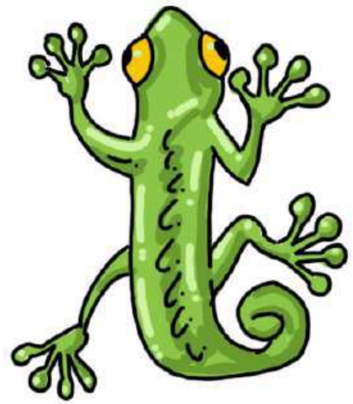
Ee

Ff

Gg

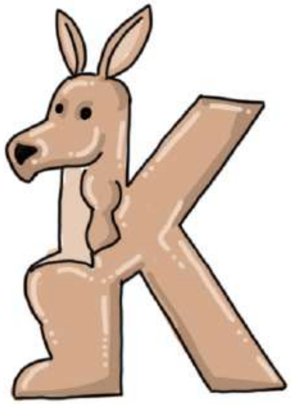


Hh



Ii

Jj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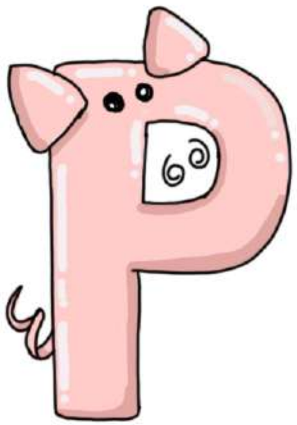
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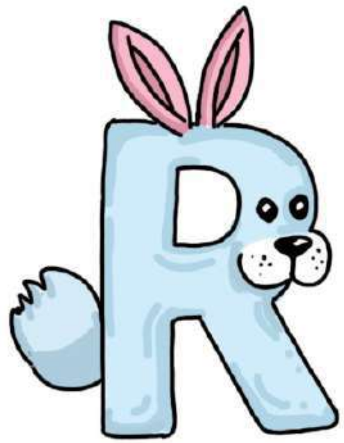
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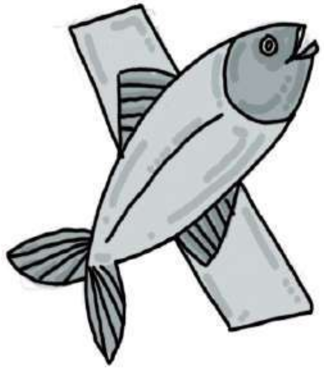

Xx

Yy

Zz

SETI YA SHUGHULI ZA

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