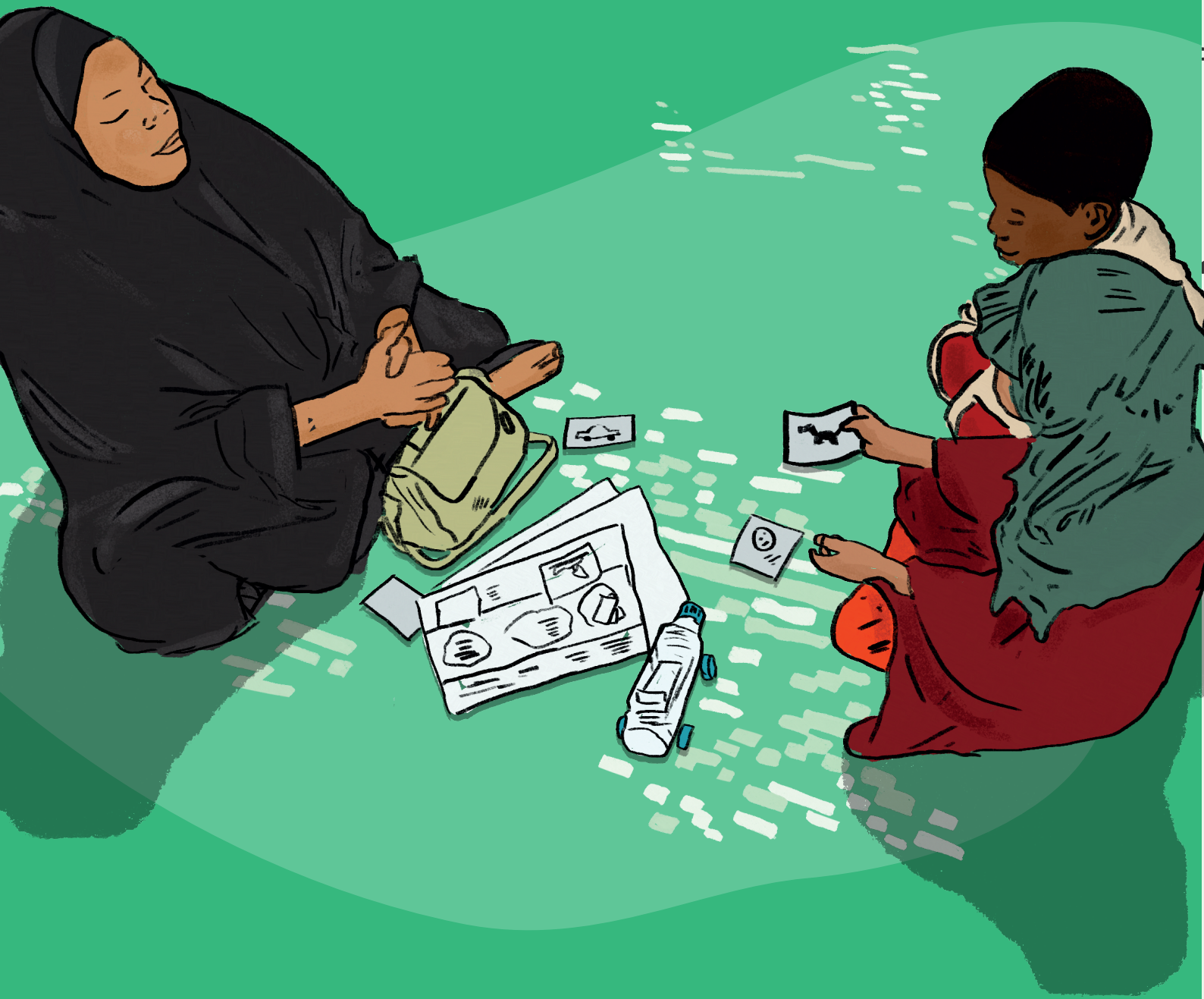


Seti ya Shughuli za Michezo



AGA KHAN FOUNDATION
An agency of the Aga Khan Development Network



UTANGULIZI

Mojawapo ya njia bora za kusaidia ukuaji wa mtoto ni rahisi na ya kufurahisha. Kucheza kunaweza kuonekana kana kwamba kunahusu kujifurahisha tu, lakini ni zaidi ya hiyo kwa watoto. Kunahusu kusoma na kustawisha stadi muhimu za maisha ikiwa ni pamoja na kueleza mawazo na kutatua matatizo.

Baada ya kusikiliza hadithi, unaweza

1. Ambia mtoto aeleze mhusika au sehemu ya hadithi anayoipenda (Angalia mchezo fumbo wa kupanga vipande ili kupata picha kamili au Sehemu za hadithi). Mtoto anapofikiria na kuchora mwenyewe, anastawisha ustadi wa ubunifu.
2. Waambie watoto waigize hadithi (Angalia Vifaa vya Hadithi au Kuiigiza). Mtoto anapoigiza, kucheza au kuimba, anastawisha ustadi wa kihisia.
3. Mwambie mtoto atengeneze ndege (chombo cha usafiri)/ndege (kiumbe anayeruka angani) kwa kutumia karatasi, ngoma au gari (Angalia Kukunja na kupaa, Gari la kuchezea lililorejelezwa, au ngoma ya Nazi). Mtoto anapotengeneza, anafanya mazoezi ya ustadi wa kimwili.
4. Waambie watoto warekodi hadithi kwenye Tengeneza kadi yako mwenyewe (Angalia Kurekodi mwongozo wa hadithi yangu mwenyewe). Jaribu kadi ya Toa Sauti hiyo, waulize watoto inatoa sauti gani? Mtoto anapotoa sauti za kipuuzi, anastawisha ustadi wa kijamii.
5. Acha watoto waunde na wacheze michezo kutokana na hadithi. (Angalia Unda mchezo wako wa ubao) Watoto wanapocheza michezo, wanastawisha ustadi wa kimantiki.
6. Waulize watoto maswali kuhusu hadithi hiyo. Je, ni sehemu gani za hadithi walizopenda zaidi? Ilikuwa ya kuchekeka?

Ifuatayo ni mifano ya maswali ambayo unaweza kuuliza kwa hadithi za Kabrazen

- ***Ni jambo gani ambalo Mekatilli alipenda kufanya zaidi? (kucheza, kukimbia, kucheza dansi, 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 katika nchi gani?***
- ***Chuo Kikuu walichojenga kinaitwaje?***
- ***Je, Fatima na Maryamu wanalingana kwa njia gani?***
- ***Je, msichana mtulivu alijifunza nini kutoka kwa udongo?***
- ***Je, msichana mtulivu aligundua nini kuhusu mtu wa jiwe?***

Watoto hawahitaji vifaa vingi vya kucheza na kusoma. Labda una vifaa unavyohitaji kwa shughuli za kujifurahisha. Utahitaji karatasi na vitu vingine kama vile chupa za maji zilizorejelezwa au nazi. Nyuma ya kifurushi hiki, utaona violezo ambavyo unaweza kutumia katika shughuli hizi.

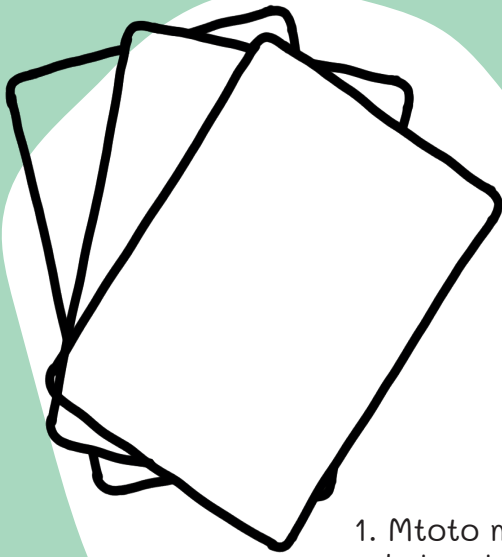
SHUGHULI

Kuiigiza

Nyenzo zinazohitajika:

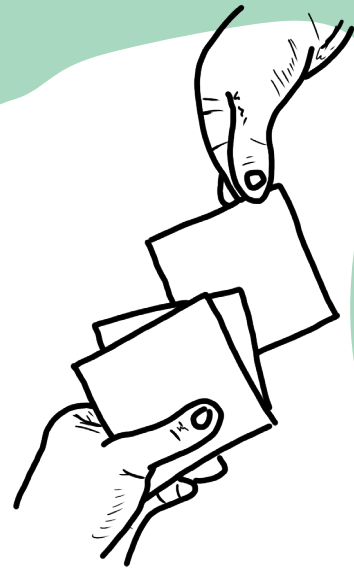
1. Kadi za maneno zilizokatwa kutoka kwa kiolezo
2. Kadi tupu za kuongeza maneno

MAELEKEZO:



1. Mtoto mmoja achukue kadi na asionyeshe mtu mwingine yeyote.

2. Mtoto huyu ajaribu kuwafanya wengine kukisia neno lililo kwenye kadi kwa kuigiza neno lililo kwenye kadi na kutumia miondoko ya miili yao. Mtoto lazima ajaribu kufanya hivyo bila kuongea.



3. Wacha kila mmoja aweze kuchagua kadi kwa zamu.



MATOKEO YA MWISHO

Kiendelezi

Tengeneza orodha yako mwenyewe ya vitu na watu wanaoweza kuigizwa katika hadithi. Andika kila kipengele katika karatasi.

A. Jahazi

B. tuk tuk

C. boda boda

D. Punda

E. Simba

F. Ndovu

G. Ndege

H. Uvuvi

I. Ngoma

J. Kucheza dansi

K. Kandanda

L. Msanii maarufu wa muziki afrika mashariki

SHUGHULI

Gari la kuchezea lililorejelezwa

Nyenzo:

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

MAELEKEZO:



1. Safisha chupa ya plastiki



2. Kata mashimo mawili katika kila upande wa chupa

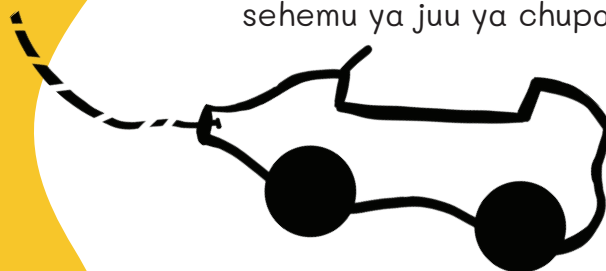


3. Weka vijiti kupitia kwa mashimo

4. Toboa shimo ndogo katika kila kifuniko cha chupa na uziambatishe kwenye vijiti

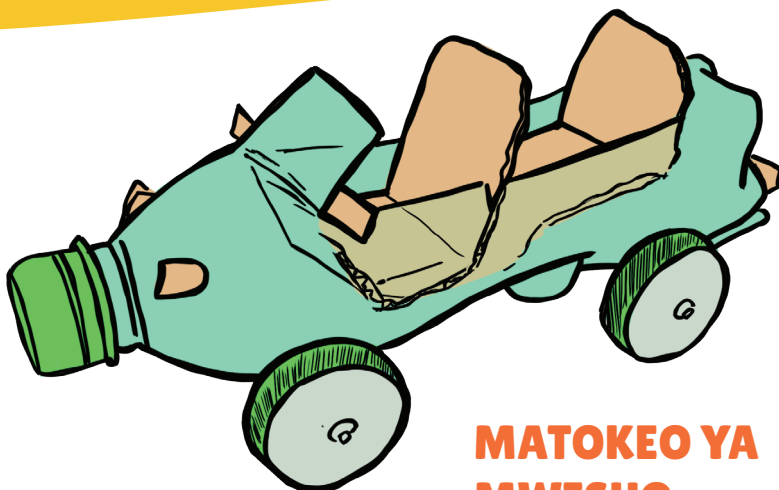


5. Kata kidogo sehemu ya juu ya chupa baada ya kuweka magurudumu (ili kuwa nafasi ya viti au kubeba vitu)



6. Funga kamba katika sehemu ya juu ya chupa

7. Livute gari kwa kutumia kamba



MATOKEO YA MWISHO

Kiendelezi

Fanya mazoezi ya kuvuta gari kutoka mahali pa kuanzia hadi mwisho kwa njia ya moja kwa moja, kwa kulipindapinda kulizungusha katika mduara, chini ya meza, juu ya kilima bandia, na kadhalika.

Toa maagizo mtoto anapolivuta gari (kwa mfano., nenda moja kwa moja, kulia, kushoto, rudi nyuma)

SHUGHULI

Vifaa vya Hadithi

Nyenzo zinazohitajika:

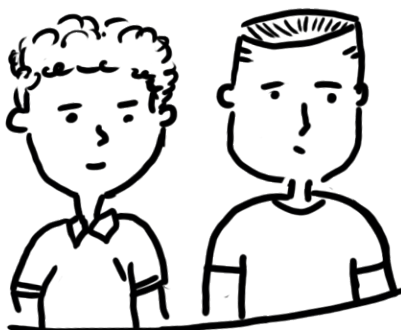
1. Karatasi au kadibodi
2. Kiolezo cha barakoa
3. Krayoni, penseli za rangi au kalamu za kuweka alama

MAELEKEZO:

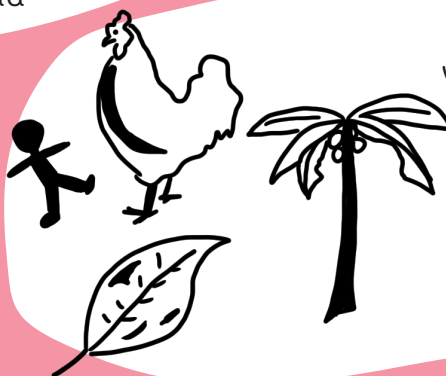
Kundi 1



Kundi 2



1. Waweke watoto katika vikundi ili watengeneze vifaa



2. Tengeneza vifaa tofauti vya watu au wanyama kulingana na hadithi

MATOKEO YA MWISHO



A. Chura wa Kabrazen kutoka Hadithi ya Mekatilili



3. Acha kila kikundi
kiigize hadithi kwa
kutumia vifaa vyao



4. Hifadhi rasilimali ili
kuweza kuzitumia siku
zijazo kusimulia hadithi



**B. Kinyago cha Magury kutoka
kwenye hadithi ya maguro**

Kiendelezi

Waambie watoto watengeneze vifaa kwa kutumia nyenzo zilizorejelezwa au za zamani walizonazo nyumbani. Kwa mfano, chupa ya plastiki inayoweza kurejelezwa inaweza kutumika kutengeneza mhusika wa chupa ya plastiki (inaweza kujazwa mawe au udongo ili kutoa sauti). Nguo ya zamani au kanga inaweza kutumika kutengeneza kikaragosi cha mkono au juba.

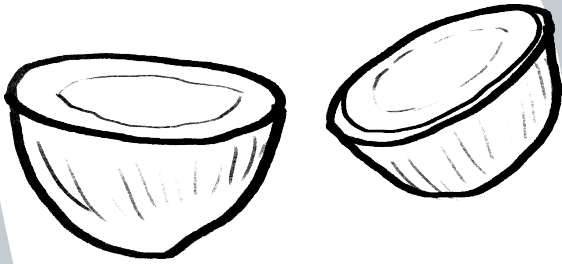
SHUGHULI

Ngoma ya Nazi

Nyenzo Zinazohitajika:

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

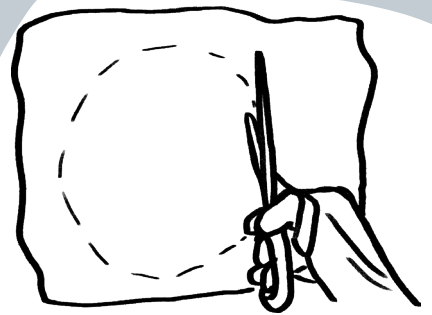
MAELEKEZO:



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 duara kubwa, kubwa kuliko nazi



4. Sasa tandaza plastiki kwenye nazi na kuifunga kwa kamba au ukanda wa mpira



5. Jaribu kutengeneza ngoma kwa vifaa vingine, unaweza kurudia mchakato huo kwa kutumia nguo badala ya plastiki. Unaweza pia kutumia mkebe ya bati badala ya nazi. Ni nyenzo gani zinazotoa sauti kubwa zaidi?



MATOKEO YA MWISHO

Kiendelezi

- Chezeni midundo kwa zamu kwa kugonga ngoma
- Nakili mdundo wa kila mmoja kwa zamu
- Gusa mpigo- punguza kasi, iharakishe, ifanye kuwa na sauti kubwa zaidi, ifanye iwe tulivu zaidi
- Cheza kwa kufuata mpigo au mdundo

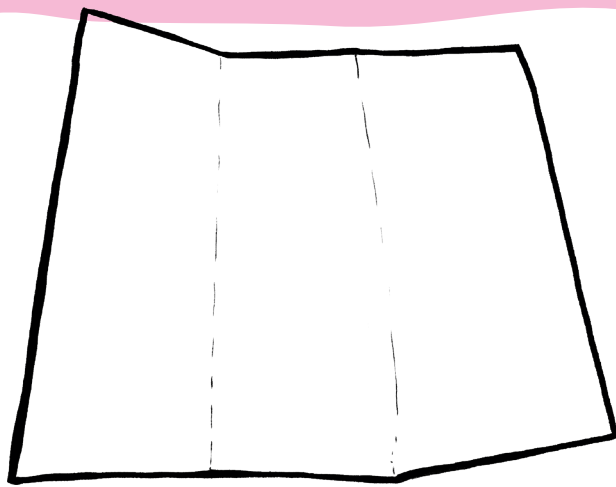
SHUGHULI

Sehemu za hadithi

Nyenzo:

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

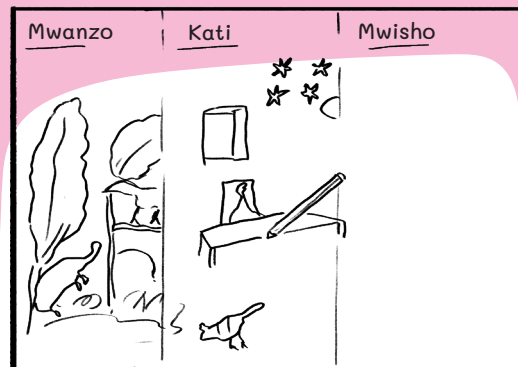
MAELEKEZO:



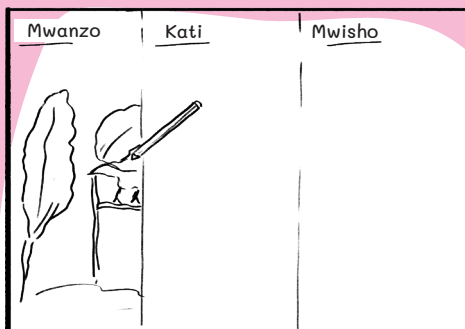
1. Gawanya karatasi katika sehemu tatu kwa kuikunja

<u>Mwanzo</u>	<u>Kati</u>	<u>Mwisho</u>

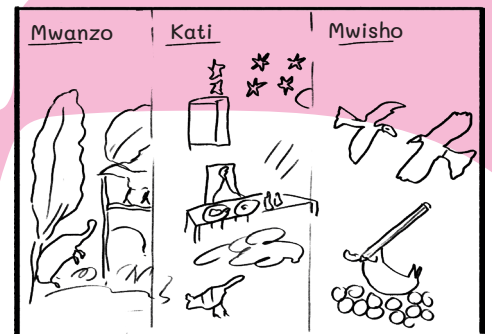
2. Weka alama kwenye sehemu tatu, mwanzo, kati na mwisho



4. Waambie watoto wachore kilichotokea katikati ya hadithi



3. Waambie watoto wachore kilichotokea mwanzoni mwa hadithi



5. Waambie watoto wachore kile kilichotokea mwishoni mwa hadithi



Kiendelezi

Acha mtoto achore na asimulie hadithi ya kilichotokea katika siku maalum (kwa mfano sikukuu ya Kenya au siku ya kuzaliwa)

MATOKEO YA MWISHO

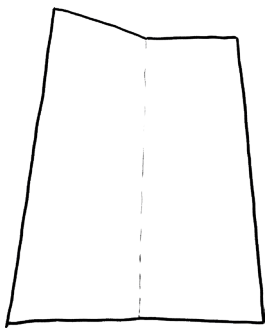
SHUGHULI

Kukunja na kupaa

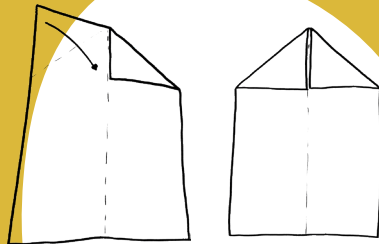
Nyenzo:

1. Karatasi ya A4
2. Penseli za rangi au krayoni

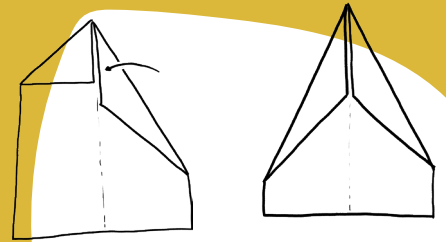
MAELEKEZO:



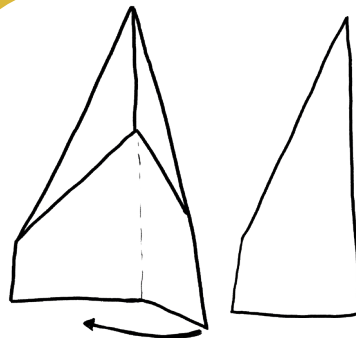
1. Kunja karatasi katikati



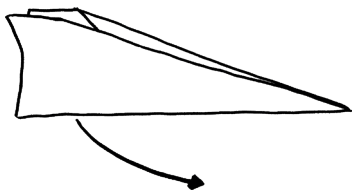
2. Kunja pembe za juu zikielekea upande wa chini



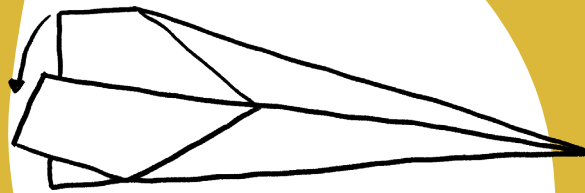
3. Kunja ncha za nje zikielekea ndani tena



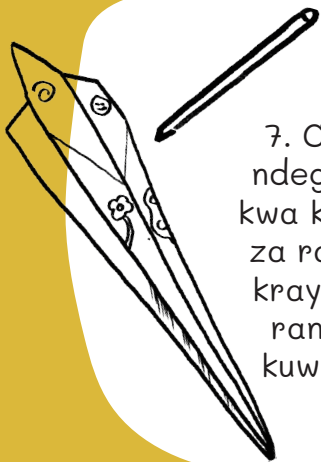
4. Sasa kunja karatasi katikati ukifuata ya mstari wa katikati



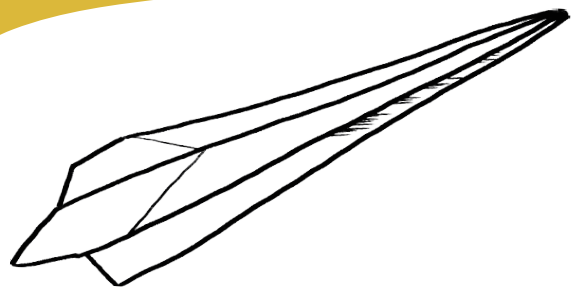
5. Kunja mabawa kuelekea juu, yanapaswa kukutana na sehemu ya chini ya ndege



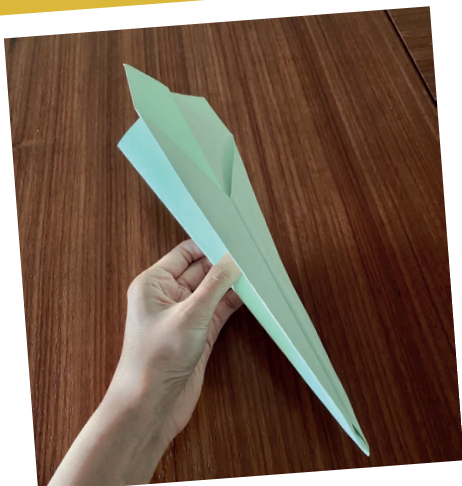
6. Inua mabawa juu na ndege yako iko tayari kupaa



7. Chora kwenye ndege za karatasi kwa kutumia penseli za rangi, alama au krayoni penseli za rangi kalamu za kuweka alama au krayoni



8. Sogea mahali palipo wazi na ujaribu kuipaisha ndege. Ni ndege gani inapaa juu zaidi?



MATOKEO YA MWISHO

Kiendelezi

Weka lengo (kwa mfano mti) na ujaribu kuona ni nani anayeweza kuipaisha ndege yake karibu na mti

SHUGHULI

Mchezo fumbo wa kupanga vipande ili kupata picha kamili

Nyenzo:

1. Karatasi au kadibodi
2. Kalamu za rangi za kuweka alama
3. Mkasi

MAELEKEZO:



1. Chora sehemu unayoipenda ya hadithi na mhusika unayempenda katika karatasi kubwa. Picha inapaswa kutumia nafasi kubwa ya karatasi iwezekanavyo. Ikiwa mtoto ni mdogo unaweza kutumia kiolezo.



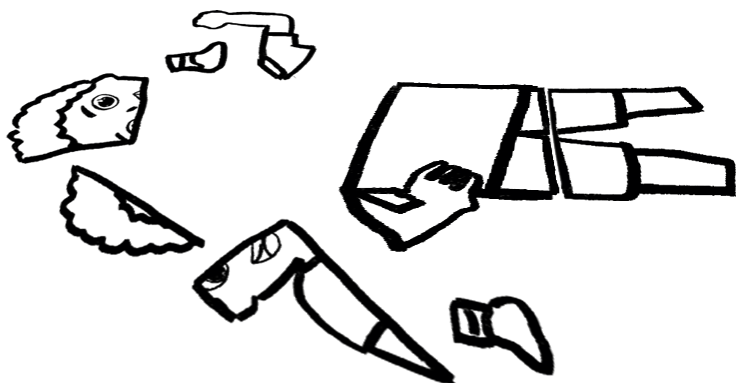
2. Paka rangi picha ya mhusika unayempenda



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



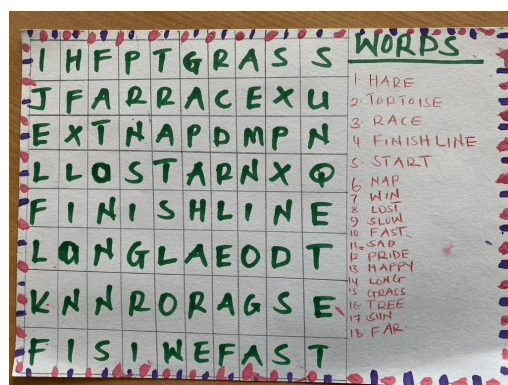
4. Changanya vipande hivyo katika mfuko



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



MATOKEO YA MWISHO



Kiendelezi

Tengeneza fumbo la kujaza maneno kulingana na maneno yaliyotumika katika hadithi

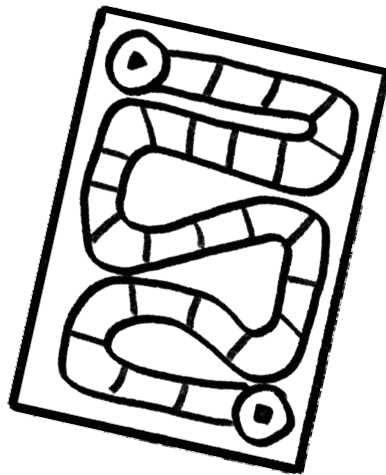
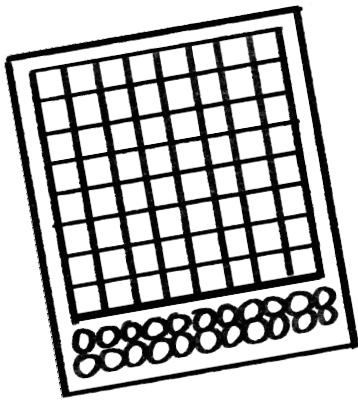
SHUGHULI

Unda mchezo wako mwenyewe

Nyenzo:

1. Penseli za rangi au kalamu za kuweka alama
2. Vifuniko vya chupa (kama vipande vya mchezo wa ubao)
3. Kete kutoka kwa kiolezo

MAELEKEZO:

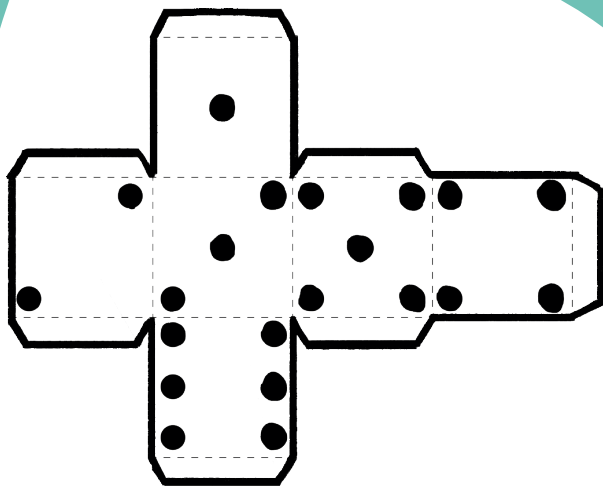


1. Chagua mtindo wa mchezo kutoka kwa mojawapo ya violezo vilivyoambatishwa

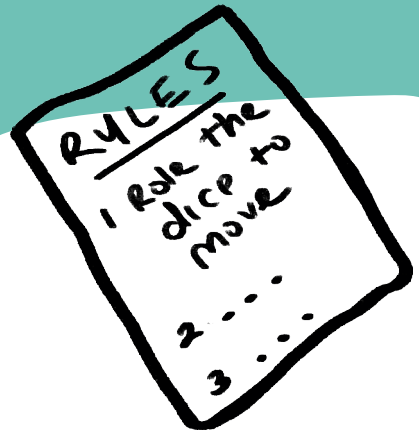


2. Pamba mchezo wako wa ubao na wahusika kutoka kwenye hadithi

MATOKEO YA MWISHO



3. Tengeneza kete kutoka kwa kiolezo



4. Unda sheria za mchezo wako
5. Cheza mchezo wako na kikundi

Kiendelezi



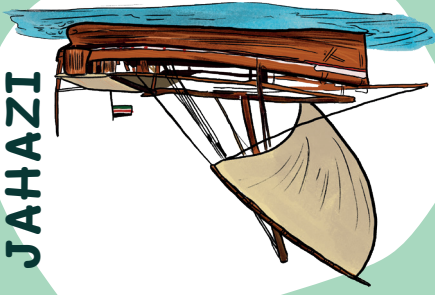
Herufi Zinazosimulia Hadithi- Sambaza kadi za alfabeti na uziweke zikielekea chini. Watoto watachagua kadi moja ya herufi bila mpangilio maalum. Kisha wataunda hadithi inayohusiana na herufi hiyo (kwa mfano M inaweza kuwakilisha madafu). Watoto wacheze kwa zamu.

Tafuta Vifaa- Bandika kadi ya herufi kwenye kifaa (kwa mfano S ni ya kitabu cha katuni cha Shujaaz). Kisha waulize watoto kutafuta katika na karibu na maktaba kifaa kinachoanza kwa herufi S.

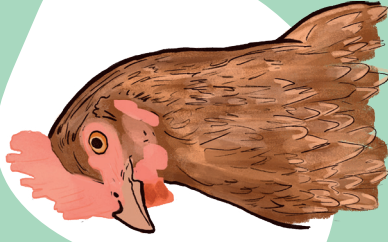
**SETI YA
SHUGHULI ZA
VIOLEZO**



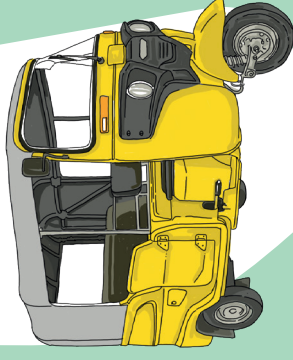
JAHAZI



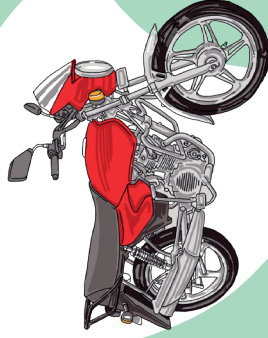
NDEGE



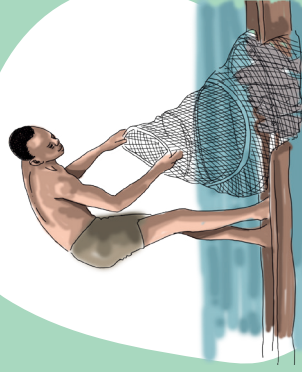
TUK TUK



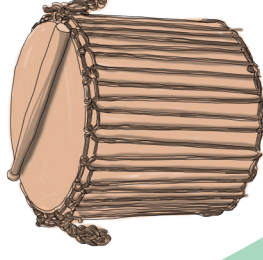
BODA BODA



UVUVI



NGOMA



INSTRUCTIONS

Cut on the dotted line & use the cards for
Activity 2: Act It Out

KANDANDA



**MSANII MAARUFU WA
MUZIKI AFRIKA
MASHARIKI**



Diamond Platnumz

NDOVU



**KUCHEZA
DANSI**



SIMBA

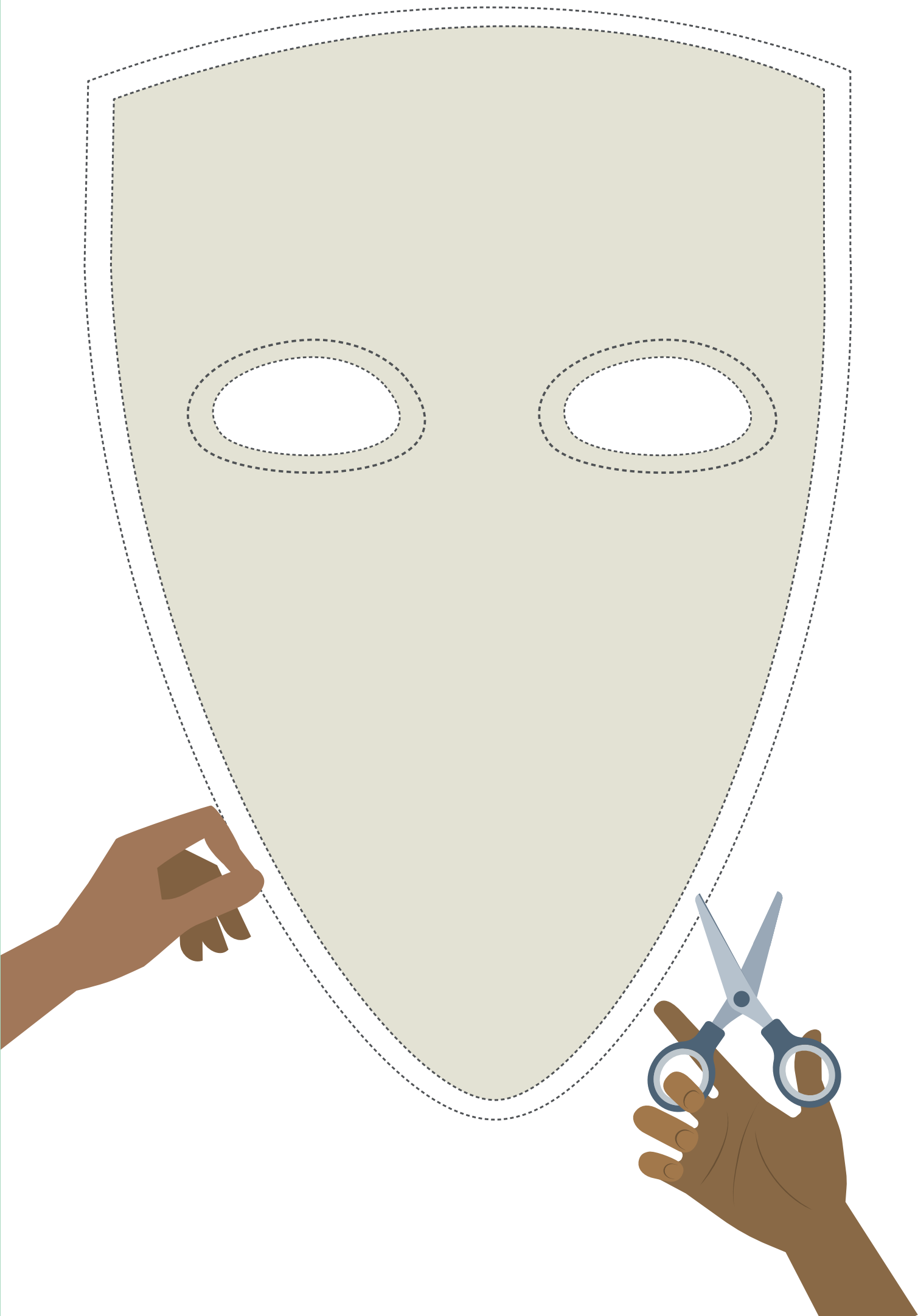


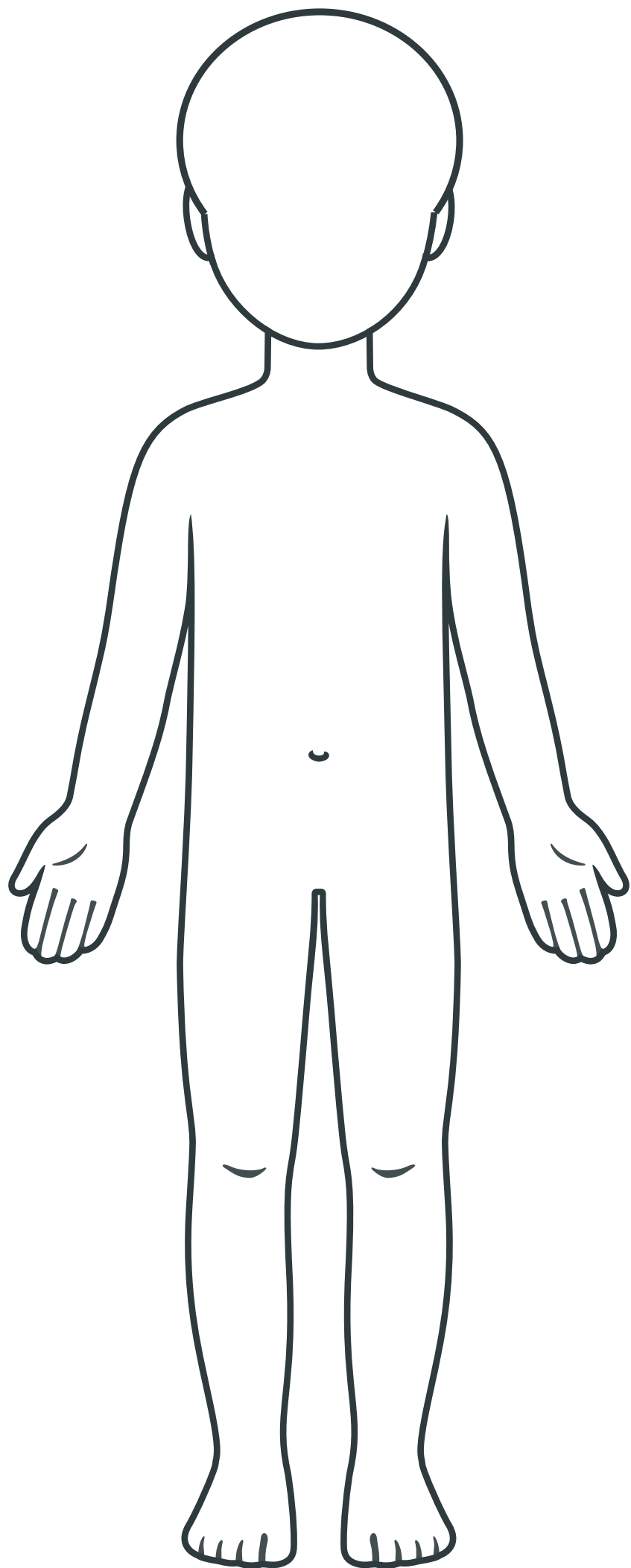
PUNDA



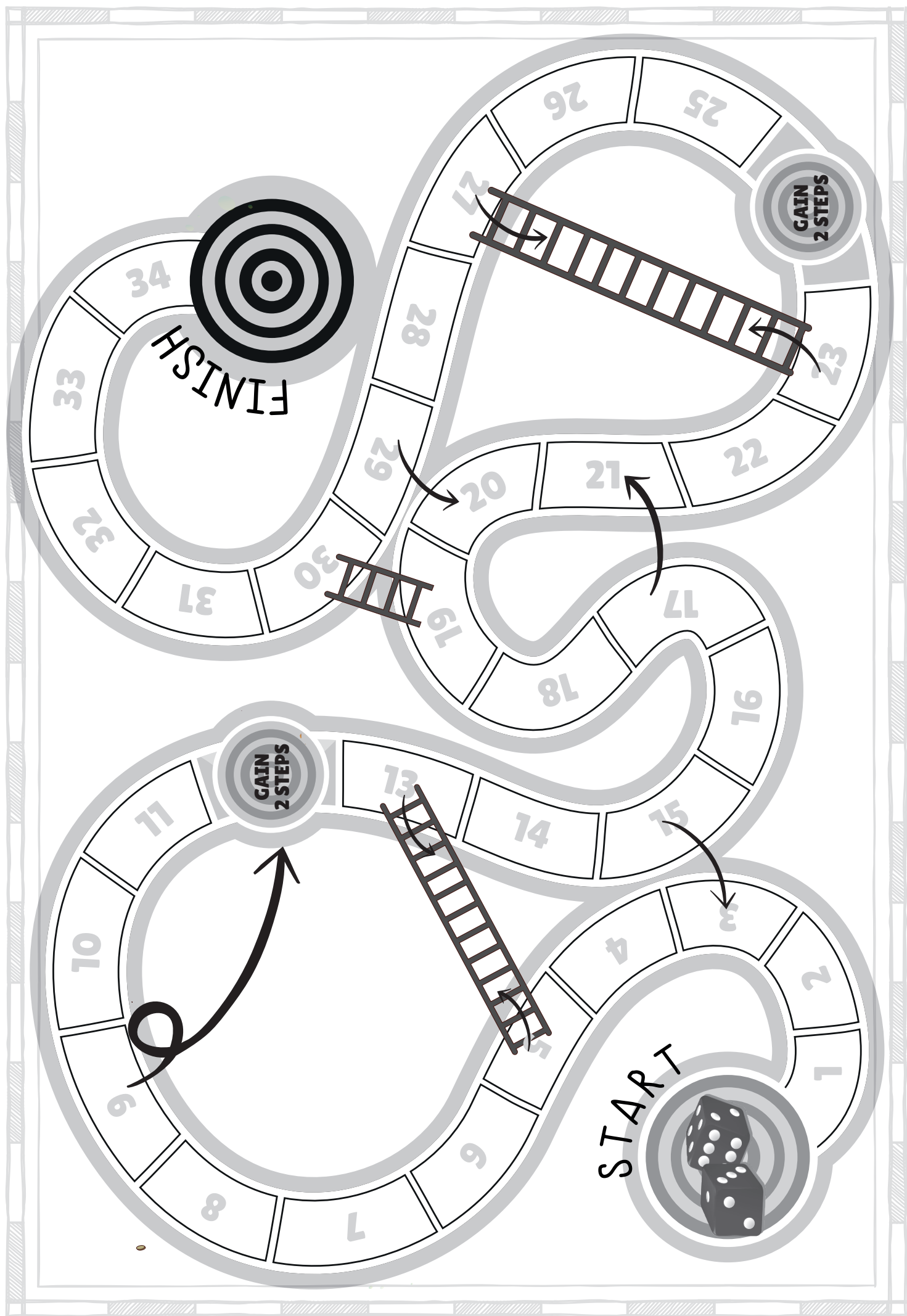
INSTRUCTIONS

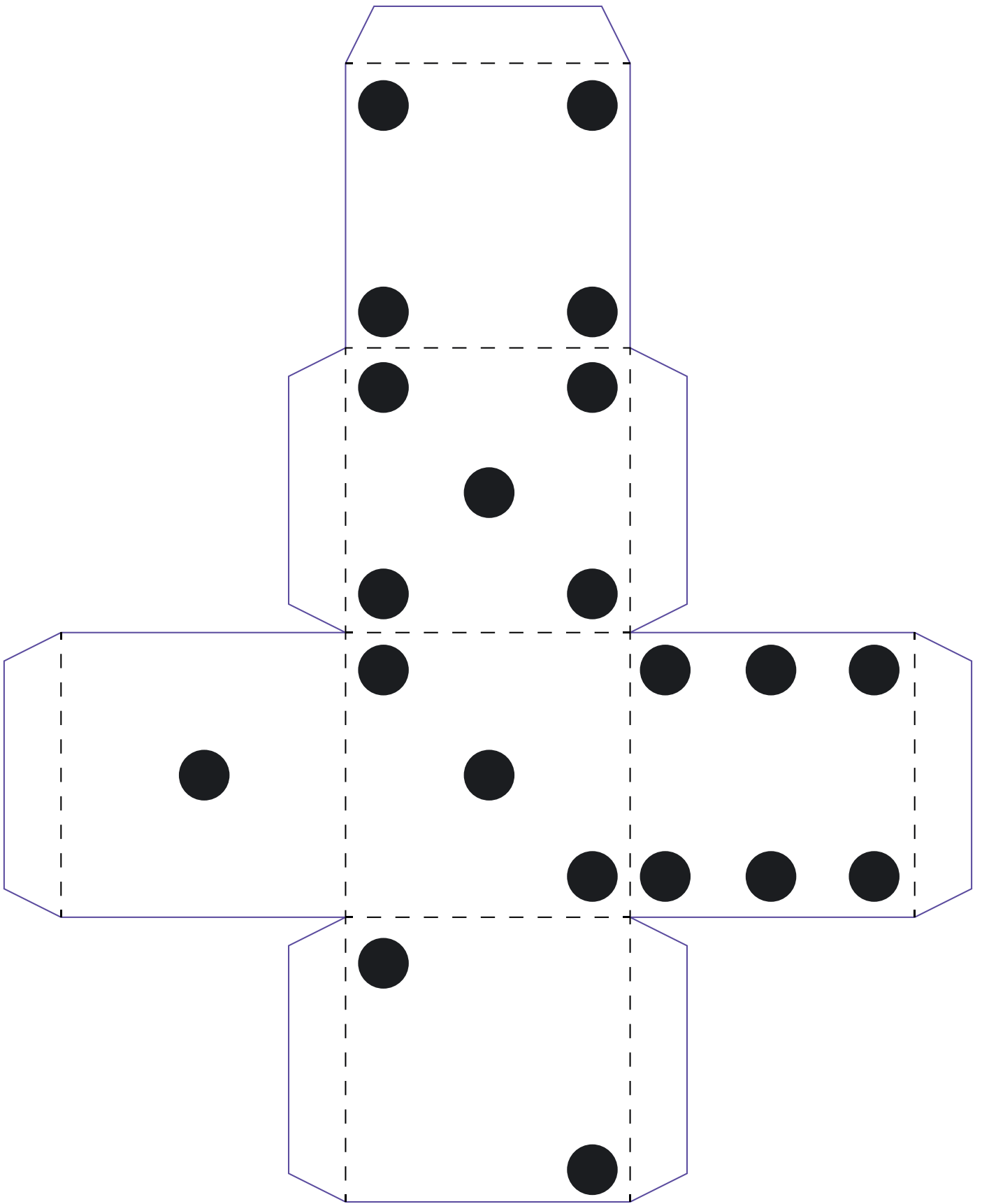
Cut on the dotted line & use the cards for
Activity 2: Act It Out

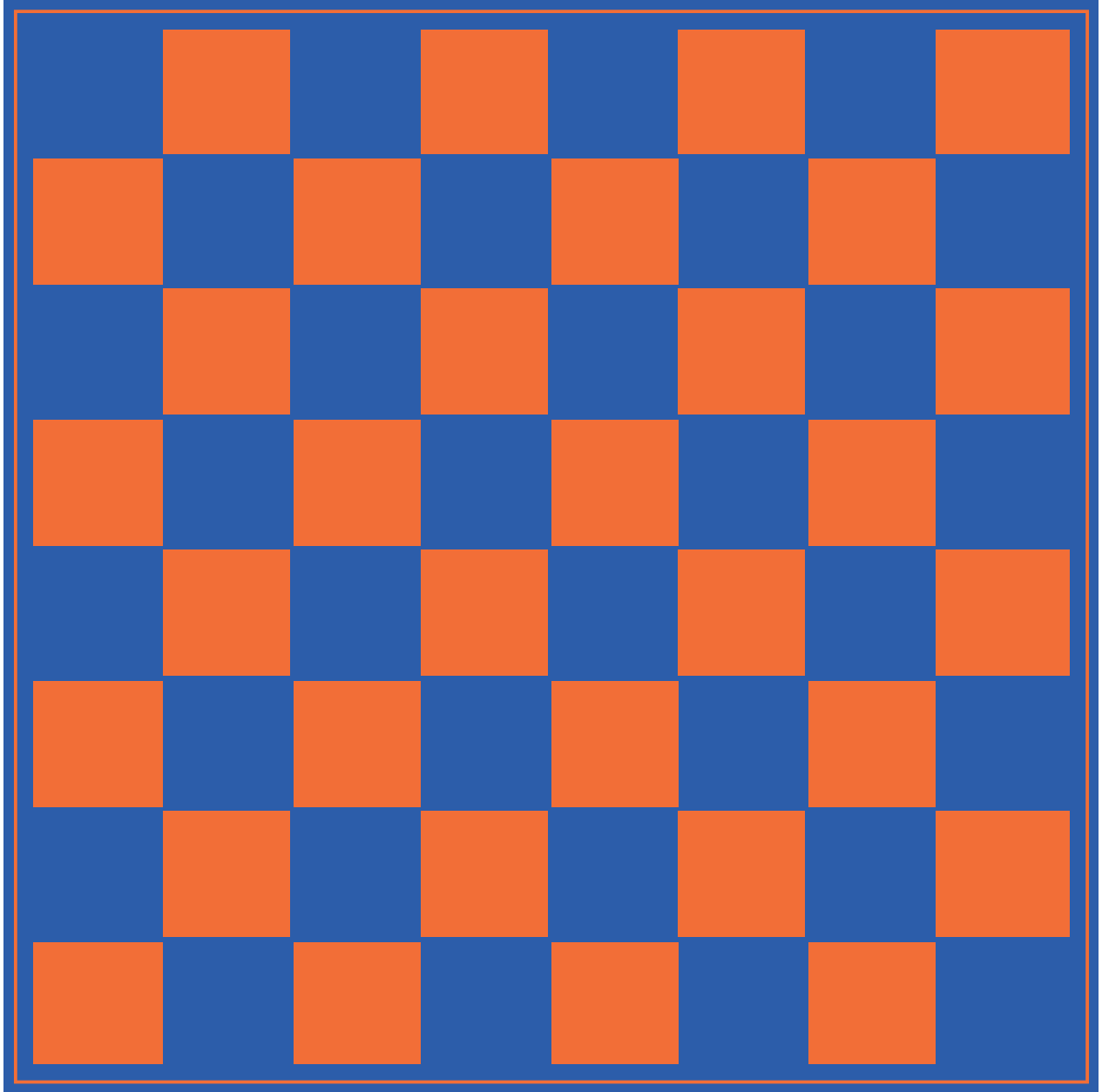


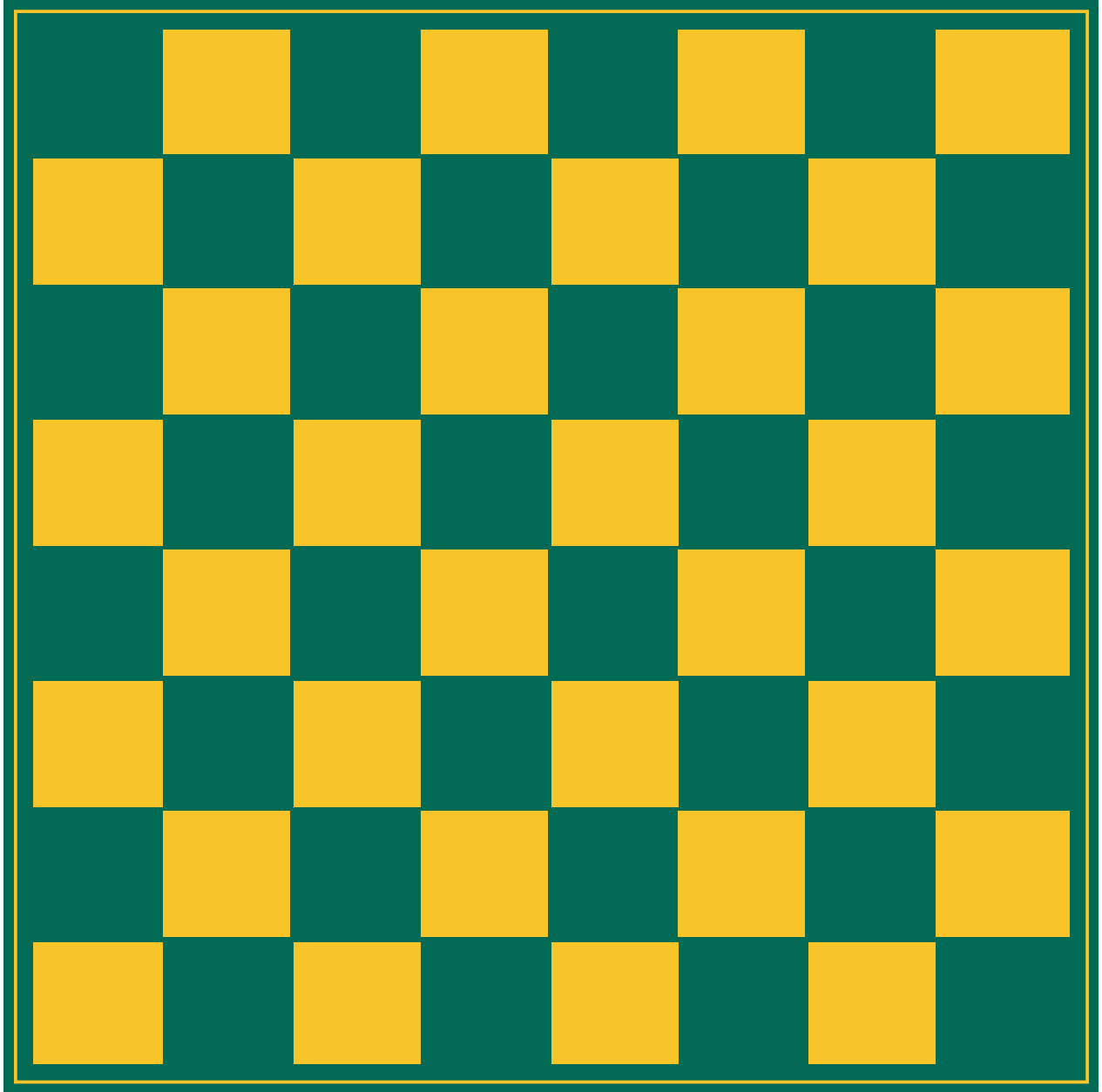


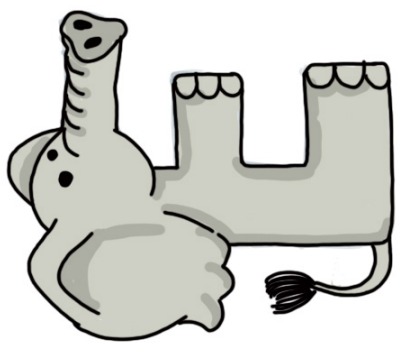




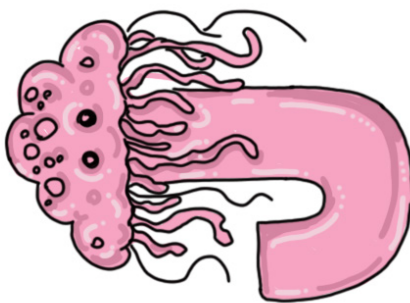




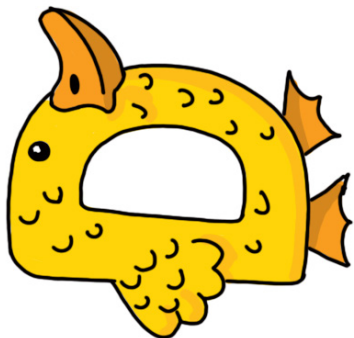




Ee



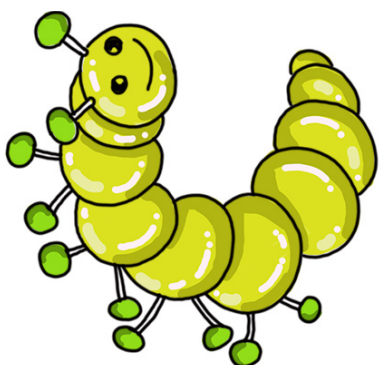
Jj



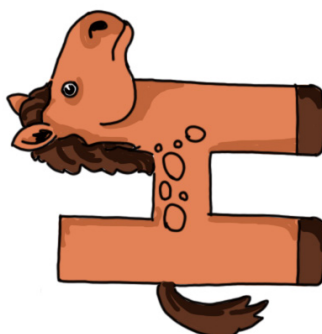
Dd



Ii



Cc



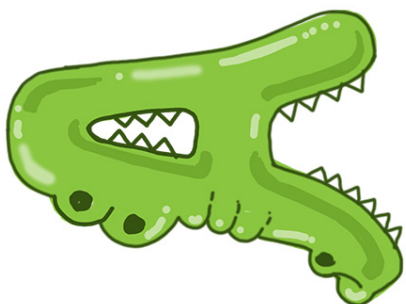
Hh



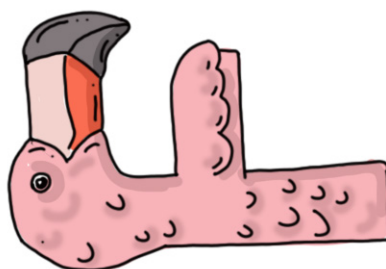
Bb



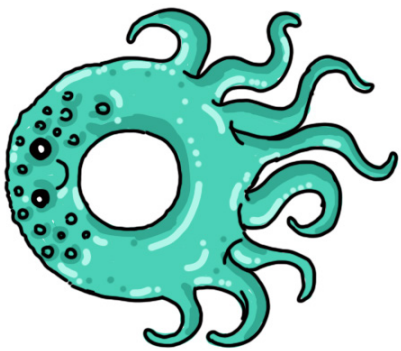
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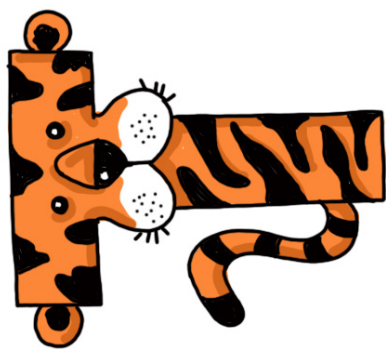
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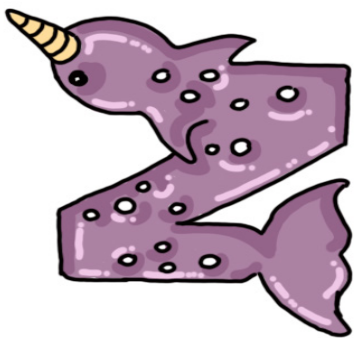
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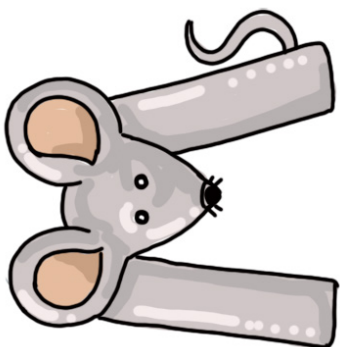
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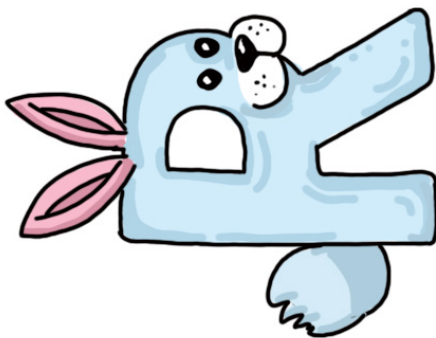
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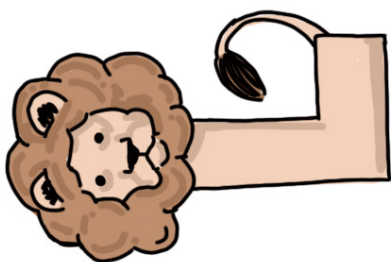
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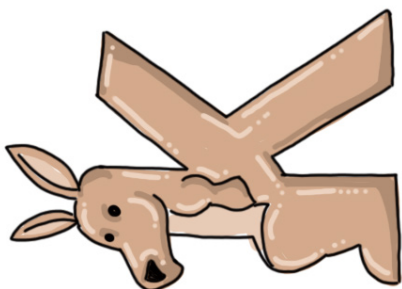
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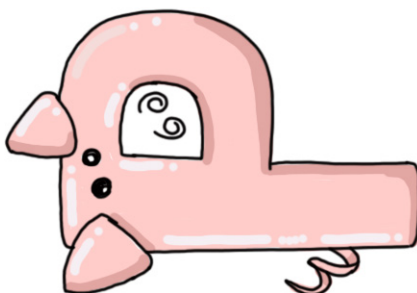
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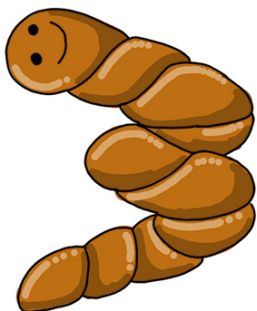
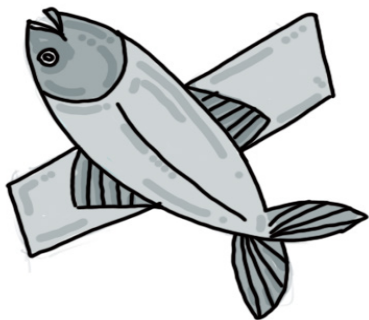
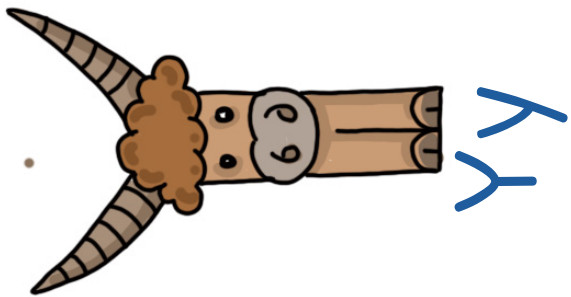
Qq



Kk



Pp



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