



KWANZAA, 2ND EDITION TEACHER'S GUIDE

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**PRODUCED BY
COLMAN COMMUNICATIONS CORP.**

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KWANZAA

SECOND EDITION

From the
Holiday Facts & Fun
Series

Grades K-5

Viewing Time: 14:45

PROGRAM OVERVIEW

Intended Audience and Uses

Kwanzaa 2nd Edition has been produced for students in grades K-5. This video can be used to help students understand and appreciate the holiday in terms of its historical development and how it is celebrated today. The program meets McREL K-4 History Standard 1, Level I, Benchmark 5 (Understands cultural heritage through stories, songs, and celebrations); McREL U.S. History Standard 1, Level II, Benchmark 8 (“Understands the historical events...commemorated by major...holidays”); and McREL K-4 History, Topic 4 (“The history of Peoples of Many Cultures Around the World”).

Program Synopsis

The program is divided into three sections. The first, an animated introduction, briefly explains the African roots of the holiday. The second section gives an overview of Kwanzaa's ceremonial objects and their significance. The third section shows how each of the seven days of Kwanzaa is celebrated and explains each day's theme (the principles of Kwanzaa) in simple terms youngsters can easily understand – unity, being yourself, helping one another, sharing, having a goal, creating and believing. Several special features are included in the program. One segment shows entertainment and other activities at the world's largest Kwanzaa celebration, held in Chicago, IL. The second takes viewers to a festival in Ghana to show how many of Kwanzaa's ceremonial events mirror those in Africa.

VIEWER OBJECTIVES

After viewing this video and participating in the suggested activities, viewers should be able to do the following:

1. Explain the historical background of Kwanzaa.
2. Tell five symbols typically associated with the holiday and explain their meanings.
3. Know the theme of each day of Kwanzaa.

The producers encourage you to make adaptations and changes to the following lesson plan whenever you feel it will enhance your students' learning experiences. Only by tailoring the material to your unique classroom situation will you be able to maximize the educational experience afforded by these materials.

SUGGESTED LESSON PLAN

Viewing Strategies

Various strategies may be employed when showing *Kwanzaa, 2nd Edition* to your class. If you wish to use the program as a way to impart general information about the holiday, you may find it useful to show the entire program in one screening, then follow up with appropriate questions (see the *Suggested Discussion Questions* blackline master) and/or activities suggested in this guide. If time is limited, you may, of course, select one or several sequences that correspond to your classroom needs.

Introduce the Program

Ask the class to discuss holidays. Why do we celebrate them? (To remember important historical events, such as Independence Day, and important people, such as Dr. Martin Luther King, Jr. and Christopher Columbus.) Now, ask the class if there are any other reasons people celebrate holidays. Do people every celebrate holidays to consider important ideas?

Pre-Viewing Activities

The producers encourage you to prescreen the program to familiarize yourself with its content.

List on the chalkboard or overhead projector, “Unity, Being Yourself, Helping One Another, Sharing, Having a Goal, Creating, and Believing.” Briefly discuss the meaning of each concept and stress the importance each has to either an individual or a community. Tell the class they will now see a program about a holiday that emphasizes each of these ideas. If older students will view the program, you may

find it desirable to use the Swahili words and more advanced terminology for each principle – *Umoja* (unity), *Kujichagulia* (self-determination), *Ujima* (collective work and responsibility), *Ujamaa* (cooperative economics), *Nia* (purpose), *Kuumba* (creativity), and *Imani* (faith) when conducting your discussion. Excellent definitions for each can be found at the Official Kwanzaa Website, www.officialkwanzaawebsite.org/index.shtml.

Post-Viewing Activities

Discuss the video (see *Suggested Discussion Question* blackline master), duplicate and hand out *Kwanzaa Symbols*. You may assign this activity as homework, individual seatwork or committee work. Next pass out *Kwanzaa's Principles & Me*. You may have your class do this as homework, or as individual seatwork. Place everyone's work on your classroom bulletin board after it has been completed. As a culminating activity, have the students have their own Kwanzaa celebration, and/or have an African style lunch.

Description of Blackline Masters

SUGGESTED DISCUSSION QUESTIONS – Gives questions that may be asked after each segment is viewed.

KWANZAA SYMBOLS – Shows five symbols of the holiday and helps students remember their meanings.

KWANZAA'S PRINCIPLES & ME – Reviews the seven principles of Kwanzaa and encourages children to relate each principle to his or her life.

ANSWER KEY

Video Quiz: 1. false 2. c., the first fruits of the harvest 3. to help families understand their heritage and to build strong bonds in African-American families 4. Dr. Maulana Kerenga 5. December 26th through January 1st 6. b., a long African-style

dress 7. the rich, green lands of Africa and hope for the future
8. b, making a profit 9. Let's all work together. 10. false

Kwanzaa Symbols: 1. The bowl of fruits and vegetables symbolizes the ancient harvests of Africa. 2 The candle holder (*kinara*) and candles. The red candles stand for the struggles of African-Americans. The green candles stand for the rich, green lands of Africa and hope for the future. The single black candle stands for all the African-American people. 3. The corn stands for the children of the family. 4. The mat stands for African-American history and the ideas upon which Black people can guide their lives. 5. The unity cup (*kikombe cha umoja*) stands for unity among the African-American people.

TRANSCRIPT OF THE VIDEO

Long ago, there were beautiful cities and great empires on the continent of Africa.

The citizens of those cities and empires were merchants and traders, brilliant scholars and teachers, brave hunters, and hard-working farmers.

At harvest time a holiday was held in almost all African farming communities. The people would gather together to celebrate the first fruits of the harvest.

In places where Swahili, an African language, was spoken, the holiday was called *kwanza*. *Kwanza* means “the first” – the first fruits picked at harvest time.

Today, millions of African-Americans celebrate a holiday with the same name – at community gatherings and in homes around the country.

But the purpose of the modern celebration is different.

Today's Kwanzaa helps families better understand their heritage. It's also celebrated to build strong bonds in African-American families.

Kwanzaa is held during a seven-day period each year, from December twenty-sixth through January first.

Many families that celebrate the holiday wear traditional African clothing, at least part of the time, during these seven days.

Boys and men may wear a long shirt called a *dashiki* or *kanzu*. They may also wear beads and other African ornamental items, such as seashell bracelets and an African-style hat called a *kofi*.

Women and girls may put on a dress called a *lappa* or *buba*, and they often braid their hair into beautiful cornrows.

Many special objects are used to celebrate Kwanzaa.

For many families, the holiday begins by placing a mat – the first special object – on a table. The mat stands for African-American history and the ideas upon which Black people can guide their lives.

The next special object, a candleholder is then placed on the mat.

Three red candles are still other objects used during Kwanzaa. They stand for the struggles of Black people in our country – struggles for freedom and dignity and struggles against prejudice.

There are also three green candles. They represent the rich, green lands of Africa and hope for the future – hope that today's youngsters, with hard work and determination, will build a better life for themselves and their children.

The single black candle stands for all the African American people.

In addition to the mat, candles and candleholder, a basket of fruit and vegetables, a reminder of the ancient harvests of Africa is used during Kwanzaa celebrations, as are ears of corn, which stand for the children of the family – one ear for each child.

Finally, the *kikombe cha umoja*, a ceremonial cup, is brought to the celebration. It stands for unity among the African American people.

The modern celebration of Kwanzaa was started Dr. Maulana Kerenga, a university professor.

Dr. Kerenga studied many different groups of Africans, and found

that most of them were guided by seven important ideas, or principles: Unity, Being Yourself, Helping One Another, Sharing, Having a Goal, Creating, and Believing. Each day of Kwanzaa celebrates one of these principles.

The first day helps people understand the idea of unity, or joining together.

After the black candle is lit, members of the family discuss why it's important for people to join together in families, neighborhoods and communities.

FIRST CHILD: Community is important because we all help each other and work together.

SECOND CHILD: It's important because when our neighbors are sick, we can help them out by going to the grocery store and getting them groceries.

NARR: After the discussion, the *kikombe cha umoja* is filled with fruit juice or water, some of which is then poured into a bowl to honor family members who have died.

MOTHER: This reminds me of Grandma Sarah. When she was alive, she worked throughout the community to help others. She even helped both of you with your homework.

NARR: After drinking from the cup, someone says...

DAD: *Harambee!*

NARR: ...which means, "Let's all work together."

Everyone joins in, saying the word seven times.

Then, as the *kikombe cha umoja* is passed around...

CHILD: James Weldon Johnson!

...names of great African-American leaders are called out.

DAD: Booker T. Washington!

CHILD: Dr. Martin Luther King, Jr.!

Afterwards, everyone thinks about the accomplishments of those outstanding individuals.

Finally, the first day's celebration ends with dinner.

The second day of Kwanzaa celebrates the idea of being yourself, and of having the courage to stand up for what you believe is right.

As the candles are lit, each person tells what he or she wants to do with his or her life.

Then, as the *kikombe cha umoja* is passed around, family members – much as they did during the first night of Kwanzaa – discuss relatives who have passed away.

MOTHER: I miss my Aunt Del, my mom's sister. She was a wonderful person, and so very spiritual.

DAD: I miss my dad because he was a role model for me. And he was a very supportive person in the community.

NARR: On the third day, the principle of working together to help others is discussed.

MOTHER: The corn is for the children. But it's also here to remind us of hard work.

You know, farmers and their helpers work very hard planting the food and harvesting the food. But look what their hard work rewards us with.

NARR: In many families, pictures or keepsakes are brought out and stories are told about family members who lived their lives according to the principle of working together to help others.

The fourth principle of Kwanzaa is sharing in order to benefit others.

Once again, the day's idea is discussed.

CHILD: We had a canned food drive in school and we helped feed the homeless.

MOM: Remember when Dad started that group, South Side Positive Youth, with Mr. Lynch? They helped the people in the community with their resources.

NARR: On the fifth day of Kwanzaa, people talk about having a goal.

CHILD ONE: When I grow up, I want to be a baseball player. And if that doesn't work out, I want to be a video game producer.

CHILD TWO: I want to be someone who designs buildings, an architect.

NARR: Many families have an African-style meal at least one time during Kwanzaa. Everyone sits on the floor and eats African foods.

Sometimes, the meal is eaten African style, without silverware.

The sixth day of Kwanzaa celebrates creativity, often shown by the beautiful, African-style clothing, crafts, and artwork displayed for everyone to look at and perhaps buy.

All these creative items often are displayed at special Kwanzaa markets similar to the outdoor markets found in many African countries.

Drummers whose drumbeats call the people to Kwanzaa celebrations also may be seen on the sixth day.

They remind everyone of African drummers whose drums announce to villagers that a festival is about to take place. In many ways, Kwanzaa celebrations are similar to those African events.

For example, community leaders dress in beautiful African clothing and sit at honored places on stage, just as African chiefs and their wives dressed in all *their* finery, sit in special reviewing stands.

At Kwanzaa celebrations, a ceremony called a "libation" is performed to honor the memory of important ancestors.

The same ceremony is performed during many African festivals.

Special African foods are often served at community celebrations of Kwanzaa, also.

This spicy chicken dish is eaten in Ethiopia, a country in eastern Africa.

African-American musicians are almost always featured at the sixth day's celebration of African and African-American creativity.

Dancers are almost always included in the sixth day's festivities, too.

In addition, African-American storytellers often recite traditional tales during these holiday programs.

As on the other days of Kwanzaa, candles are lit on the sixth day.

And then people may talk about the creative ways they can make their neighborhoods more beautiful.

As the evening of the sixth day draws to an end, children are often given two presents. The first is almost always a book.

The second may be an African carving, a picture or something that once belonged to a relative.

The last day of Kwanzaa, January first, is usually more solemn than the others. On that day, the seventh principle, believing, is discussed.

As the final candles are lit, family members talk about what they believe in.

CHILD ONE: I believe in parents and teachers because they help me along the way

CHILD TWO: I believe my family is important because...

NARR: The last day of Kwanzaa is also a time to discuss the past year and to share ideas about what can be done to make the new year better.

For the last time, juice or water is poured from the *kikombe cha umoja*, and, for the last time, the word *harambee* is shouted. Kwanzaa is over for the year.

But the seven principles of the holiday won't be forgotten.

Unity, Being Yourself, Helping One Another, Sharing, Having a Goal, Creating, Believing! The principles of Kwanzaa – principles to guide our lives.

Web Resources

The Official Kwanzaa Website

www.officialkwanzaawebsite.org/index.shtml

Dr. Maulana Karenga's official site with an annual message, FAQ section and much more.

Everything About Kwanzaa

www.tike.com/celeb-kw.htm

Excellent information about Kwanzaa symbols and Swahili terms.

Kwanzaa Recipes

http://members.tripod.com/~Nancy_J/kwanzaa.htm

A collection of tasty recipes for African and African-American dishes for any Kwanzaa celebration.

Discussion Questions – Kwanzaa, 2nd Edition

For Segment One

1. What kinds of people lived in ancient Africa? (merchants, traders, brilliant scholars and teachers, brave hunters, hard-working farmers)
2. What African language used the word “kwanza?” (Swahili)
3. What does the word “kwanza” mean? (the first fruits of the harvest)
4. What are the purposes of today’s celebration of Kwanzaa? (helps families understand their heritage, builds strong bonds in African-American families.)
5. When is Kwanzaa celebrated? (from December 26th through January 1st)
6. What may men and boys wear during Kwanzaa? (a *dashiki* or *kanzu*, beads, African ornamental objects, *kofi*)
7. What might women wear? (*lappa* or *buba*)

For Segment Two

1. What does the mat represent? (African-American history and the ideas upon which Black people can guide their lives)
2. What do the three red candles represent? (the struggles of Black people in our country – for freedom and dignity – and struggles against prejudice)
3. What does the black candle represent? (all the African-American people)
4. What does the basket of fruit represent? (ancient harvests of Africa)
5. What do the ears of corn represent? (the children of the family)

6. What is *the kikombe cha umoja* and what does it represent? (ceremonial cup, unity among African-Americans.)

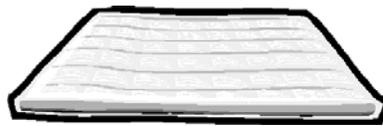
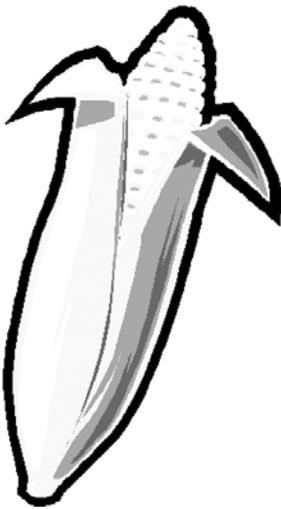
For Segment Three

1. Who started the modern celebration of Kwanzaa? (Dr. Maulana Kerenga)
2. What were the seven common tribal principles Dr. Kerenga discovered? (unity, being yourself, helping one another, sharing, having a goal, creating, believing)
3. What does the word *harambee* mean? (Let’s all work together.)
4. Describe how Africans may eat their meals? (sit on floor, don’t use silverware)
5. How do Africans call people to festivals? (with drum calls)
6. What is a “libation”? (a ceremony to honor the memory of important ancestors)
7. What are often featured on the sixth day of Kwanzaa. (musicians, dancers, storytellers)
8. What gifts are often given on the sixth day of Kwanzaa? (books, carving, picture, something that once belonged to a relative)

Name _____

Kwanzaa Symbols

Directions: With crayons or magic markers, color in the symbols. Then, in the space below each one, tell what it is and why we see it on Kwanzaa. If you need more room, you may use the back of this paper.



Name _____

The Principles of Kwanzaa & Me

Directions: As you saw in the video, there are seven principles of Kwanzaa. They are listed below. After each one, tell how you can practice the principles in your everyday life.



1. Unity
2. Being Yourself
3. Helping One Another
4. Sharing
5. Having a Goal
6. Creating
7. Believing