

Around the world, traditional games help children learn about the rules and values of their culture. They also provide a fun form of exercise whilst sharpening motor skills and developing hand-eye coordination, spatial awareness, balance and social skills. The games we've gathered show children that how we play is very similar, regardless of where we live. Through these games we invite children to play and pray as God's family. Included with each game is a prayer for the relevant continent. You may wish to pray the corresponding Mission Rosary decade together. Visit our website for more information about the Mission Rosary.

## AFRICA

**Played across the continent: Mamba** (6 or more players)

Mamba gets its name from the African snake. This game is better played with lots of players as it adds to the fun.

**How to play:** Mark out an area for the game and set boundaries. Everyone must stay within the boundaries during the game, or they must sit out the rest of the round.

One player is chosen to be the mamba. The mamba runs around the marked area trying to catch other players. When a player is caught, they become part of the snake's body by holding onto the mamba's shoulders or waist.

Only the first player can catch other people. However, the 'body' can help by not allowing players to get past (players cannot pass through the mamba's body). The game continues until one player is left, that player is the winner.



**South Africa: Mbube Mbube** (6 or more players)

'Mbube' (Mboo-bay) is the Zulu word for 'lion.' The aim of the game is to help the blindfolded lion and capture an impala (a Southern African deer).

**How to play:** The players form a large circle. Two players are chosen to be the lion and the impala. The lion and the impala are blindfolded and spun around. Staying in the circle, the lion moves around hunting for the impala. The impala can move too.

The children who have formed the circle begin calling out to the lion 'mbube mbube.' As the lion gets closer to the impala, the chanting gets louder and faster. However, if the lion moves away the chanting gets softer and slower.

If the lion doesn't catch the impala within one or two minutes, a new lion must be chosen. If the lion catches the impala, then a new impala is chosen.

### Our prayer for Africa

Let us pray for the people of Africa and missionaries who deliver God's love there.

We pray that we may value Africa's beautiful lands, so that all who live there are able to build safe homes, plant crops and look after families and their communities.

Amen.



### Projects we support in Africa

Heaven Ngulube had no secondary school to go to in Lusaka West in Zambia.

However, thanks to support from Missio Scotland, St Columba's Secondary School was built, meaning she could continue her education.