

RWANDAN VALUES CURRICULUM



ISHAMI
FOUNDATION

RWANDAN VALUES CURRICULUM

COACHES ACROSS CONTINENTS COLLABORATION

AND THE

ISHAMI FOUNDATION

The Ishami Foundation has dedicated its mission to working for lasting peace, we are a new charity drawing on genocide survivor experience to help us all connect to our common humanity. Ishami Foundation believes that sport can be an effective programmatic tool to help achieve goals in health awareness, education, gender equality, child protection and child development.

Coaches Across Continents (CAC) is a global alliance of communities, corporations, foundations, and philanthropists on six continents that use our unique Purposeful Play and Education Outside the Classroom programs to impact the UN Sustainable Development Goals. We impact over 49 million young people in 133 countries.

Coaches Across Continents uses Purposeful Play and Education Outside the Classroom as a vehicle to create Self-Directed Learners who can identify, address, and solve problems specific to the UN Sustainable development Goals in their community.

Together the Ishami Foundation and Coaches Across Continents have collaborated to develop this bespoke curriculum that uses purposeful play to share the HGS Rwandan Values.

On the 7th of April 1994 over a million people were slaughtered by their fellow countrymen during the 100 days of the genocide against the Tutsi. The Ishami Foundation has dedicated its mission to working for lasting peace by supporting the process of uniting the country, using football as a potent instrument for healing and reconciliation whilst drawing on genocide survivors experiences to help us all connect to our common humanity.

Home Grown Solutions (HGS) are Rwanda's guide to fast track its reconstruction and development after the 1994 Genocide against the Tutsi. Solutions developed by Rwandans based on local community discourse, and cultural values. As provided by the 2003 Constitution of the Republic of Rwanda, communities initiated these Home Grown Solutions to rebuild the nation, promote reconciliation and national culture, and restore dignity.

Today, these solutions have helped rebuild Rwanda's social fabric, keep leaders accountable, accelerate socio-economic mobility and development, and allow Rwandans to work together on projects that have eventually lifted millions of people out of extreme poverty. The Home Grown Solutions play a key role in the everyday life of Rwandans as they were born out of cultural values and a collective identity that is still present today.



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RWANDAN VALUES

RECOMMENDATIONS FOR FACILITATORS

KINDNESS: Treat your players with kindness so they will enjoy coming to your sessions.

INCLUDE EVERYONE: Ensure that everyone is involved in the activity. Nobody is sitting out or waiting in long lines.

SHOW AN EXAMPLE: When explaining things to your players try to show an example as often as possible instead of explaining things with words.

80/20 RULE: At least 80% of the time your players are playing and only 20% of the time is spent explaining the rules and discussing the impacts of the games. Use progressions to learn through play.

PATIENCE: Be patient with your players and give them time to understand the rules and develop a strategy to solve their problem.

SOLVE YOUR PROBLEM: Let the players solve their own problems. Your solution might not fit them. Encourage them to share ideas with each other.

ALLOW MISTAKES: You and your players will make mistakes! Enjoy and learn through them.

REDEFINE WINNING: Explore new meanings of winning/success that might be different from traditional sport (i.e. finding creative solutions to a problem).

ASK QUESTIONS: Ask your players questions about the game instead of telling them about the social impact. Allow them to make connections between the game and life.

CELEBRATE CREATIVITY: Think of different ways to play the games in this packet and adapt them for different social issues or different needs of your players (age, ability, etc.).

IMPROVISE: If you don't have all the equipment that is needed for a game simplify it or use alternatives (i.e. bottles instead of cones, tucked in shirts instead of bibs).

HAVE FUN: If you are having fun your players will follow. Find new ways to love what you do and you will create an environment where learning is fun.



RWANDAN VALUES

GAME ADAPTATIONS FOR INCLUSION

It is important to be inclusive of all members of your community regardless of age, gender, sexuality, religion, disability, ethnicity, tribe and regionalism.

INFORMATION: To be inclusive of participants with disabilities it is helpful to gather as much information as you can about the type of disability they have and how it affects them. If you have this information in advance of the session it will be easier for you to tailor the session to be inclusive of their needs.

PREPARATION: Prior to participants arriving check the facilities and consider accessibility and safety. Try to view the environment from the perspective of someone with a disability, are there ramps, wide doorways, what is the playing surface like, can you remove any trip hazards, is the lighting appropriate, is there a large amount of background noise?

EQUIPMENT: Can you modify the equipment you are using to make the games easier for people with disabilities to play. When playing games with a ball you might want to change it for a brighter coloured ball, an audible ball, a larger ball, a lighter ball or even a balloon. Bibs should be brightly coloured and use large bright cones.

RULES: Can you modify the rules of the game to make it more inclusive? For example ask players to make a noise when they move so that visually impaired participants can judge their location, give players with disabilities a 'helper' player who performs the tasks that they might not be able to, provide guide players to support those with visual impairments, adjust goals or change the scoring system so that everyone can achieve success, have less players in the game to create more space. For some games that involve a ball you could provide a ramp (similar to ten pin bowling) to help propel the ball to a target or goal, this can be made with cardboard if needed. And lastly, consider bringing goals or targets closer to the participant or make the target or goal larger to reduce distance or difficulty.

COLLABORATE: There are many ways in which you can adapt a game, if you feel stuck for ideas talk to the person with the disability, they may have an innovative way of changing the game based on their previous experiences.

REST: Allow time for more frequent rest and drinks breaks.



RWANDAN VALUES

TABLE OF CONTENTS & DESCRIPTION

Page 7: Itorero/Ingando - is a civic education program introduced in 2009. Itorero is considered a place of learning, just like our soccer fields are a place of learning.

Page 8: Umuganda - continues to breed collaboration, communication and teamwork by bringing Rwandans together and allowing them to engage in common goals. Umuganda has contributed nearly 62% of the total cost of classroom construction and has also contributed to the remarkable cleanliness of the country.

Page 9: Ubudehe - refers to the old Rwandan value of coming together and showing mutual support to solve problems within the community, it has helped reduce poverty significantly via cultivation. Ubudehe, like Umuganda, is about collaboration to solve problems within the community, but it also emphasizes the individual's ability to be a critical thinker and solve problems.

Page 10: Kwibuka - is the Kinyarwanda word for remember – and it is about honoring the victims, it also encompasses so much more. At its heart are three core values: remembrance, unity and renewal. Remembrance is perhaps the most obvious, and arguably important, component – the chance to commemorate those who died and support the survivors.

Page 11: Kwigira & Kwiubaka. Kwigira: is self-reliance, confidence and being willing to help others on their journey. Kwiubaka: means rebuilding and going from strength to strength together. Kwiubaka highlights what it means to be resilient as a collective and reconstructing what was once broken.

Page 12: Agaciro, Ubudaheranwa and Ubumwe. Agaciro: is a Rwandan value that signifies dignity, self-respect and self-worth. It was a value commonly used to establish sustainable socio-economic development in Rwanda post-genocide. Ubudaheranwa: is a Rwandan value that means resilience.

Ubumwe: is a Rwandan value that signifies unity and togetherness. This value was very important to bring together a divided country after the 1994 Genocide against the Tutsi.

Page 13: Imihigo - means to compete among one another, set targets and goals to be achieved within a specific period by chiefs and leaders. Since its introduction, Imihigo has been credited with improving accountability, and increasing citizen participation in community centered activities and programs.

Page 14: Ubudasa and Umushyikirano. Ubudasa: is a value that means uniqueness or distinction. Umushyikirano: This word translates to a meeting where participants can exchange ideas, share experiences and question each other.



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Page 15: Abunzi - is a value that reflects conflict resolution and justice that gets resolved at a local and community level by respected and trusted leaders. What does it take to be a respected and trusted leader, how do conflicts get resolved and why is it important to be fair and transparent in the process?

Page 16: Gacaca - is a community based local justice system that aims to restore the social fabric of society. It is a system that highlights the importance of accountability and honesty in a society.

Page 17: Girinka - Girinka or One cow per family programme is an important Home Grown Solution with intrinsic connection to the Rwandan culture. It was introduced with the purpose to reduce child malnutrition and improve health and wellbeing of vulnerable citizens. We have substituted a cow for a compliment in this curriculum, we look at the value of paying someone a compliment, how it makes them feel and the value to helping others.

Page 18: Kubaka Amahoro - This means building peace. The spirit of collaboration is central for peace building, it is a process built on a foundation of trust and rising prosperity from which all citizens benefit. This has to be a continuous process.

Page 19: Ndi Umunyarwanda - means 'I am Rwandan'. It is a programme initiated to build a national identity based on trust and dignity. It aims to strengthen unity and reconciliation among Rwandans by providing a forum for people to talk about what it means to be Rwandan.

Page 20: Umukobwa Arashoboye - Gender equality is a key aspect of healthy, safe societies and economic resilience. Rwanda exemplifies gender equality and is looked to as a world leader and unique case study. Since the devastating genocide against the Tutsi in 1994, Rwanda's leadership has helped to amplify gender equality and narrow the gender gap and the country is revered as one of the most pro-woman countries in the world for empowering women.

Page 21: Kwiteganyiriza Ejo Heza - means 'Save for a better future.' It is essential to encourage and embrace the culture of savings and money management, starting with young people so that they can grow up with a sense of safeguarding their financial future and that of their families and also contribute to sustainable economic growth the country needs to attain.

Page 22: Gukunda Umurimo no Kuwunoza - means Passion for work and striving for excellence.



RWANDAN VALUES

ITORERO/INGANDO

THEME - WARM UP

Itorerero/Ingando



Purposeful Play:

- ❑ Players get into pairs and form a large circle.
- ❑ One player starts in front, facing the center and stays in their position.
- ❑ The player behind will be the one to move around the circle.
- ❑ Coach asks the participants to name different places where they go to learn. With each new place, the coach assigns a movement for the outside circle players. For example, 'school' is jogging clockwise, 'sporting field' is skipping anti-clockwise etc. Be creative with different movements.
- ❑ When the coach calls "Home", the outside player continues with the same movement and direction until they arrive back at their original partner and switch places.
- ❑ Start with only a few places of learning for movements.

Purposeful Questions While They Are Playing - Ask Questions and Listen to Answers:

- Do children have a right to education?
- At what age do we stop learning?
- How would you define a place of learning?
- Where are places in your community where people go to learn?

Purposeful Play - Use Your Imagination or Our Suggestions to Create New Ways of Playing:

- ❑ Each rotation between inner & outer circle, ask the group for more examples of learning spaces and link their answers to different movements and directions for the outer circle.
- ❑ Introduce balls to the players in the inner circle. As the outer circle moves, players in the inner circle pass the ball (with either hands or feet) in the same direction that the outer circle moves.

Purposeful Questions After the Game - Ask Questions and Listen to Answers:

- What makes a space somewhere that you feel comfortable to learn?
- Why is it important that encourage life long learning?
- Are there different types of learning?



RWANDAN VALUES

UMUGANDA

THEME - GAME

Umuganda



Purposeful Play:

- A game with two teams going to goal.
- The field is split in half. Each team occupies their defensive half of the pitch.
- Start by selecting 1 player from each team who can have free movement anywhere on the pitch including the attacking half. They must hold a cone or bib to identify themselves.
- After playing for a while stop the game and ask a few questions.

Purposeful Questions While They Are Playing - *Ask Questions and Listen to Answers:*

- How is the game so far? What do you notice?
- What do you understand by Umuganda?
- What is the common goal each team is trying to achieve?
- What do we need to do as a team to be successful?
- What is it like for the players with the cone? And for those without the cone?
- Did the player with the cone ever share it with someone else? Can they?

Purposeful Play - *Use Your Imagination or Our Suggestions to Create New Ways of Playing:*

- Play again but this time have two players on each team with cones and ask the teams to strategize how to share the responsibilities.
- The coach can also add and take away cones as the game progresses to see how the teams respond to different challenges or advantages.
- Be imaginative. Try your own variations and progressions!

Purposeful Questions After the Game - *Ask Questions and Listen to Answers:*

- What can communities do to ensure that they work collaboratively towards a common goal?
- Should ALL members of our community be included in community actions and decisions?
- How can we change our society?
- Be imaginative. Try your own questions and encourage the group to ask their own questions.



RWANDAN VALUES

UBUDEHE

THEME - GAME

Ubudehe



Purposeful Play:

- ❑ A field with 4 goals. Ask players to Assign community goals to each of the goals on the field. For example, increase the number of girls who graduate secondary school
- ❑ The ball represents collective efforts of community members. Both teams have a ball and the object is to score on all four goals as quickly as possible. You can have 4 neutral goalkeepers who simply guard their goals and don't play for any of the 2 teams. As a team scores in one goal, they shout out what the goal represents.

Purposeful Questions While They Are Playing - Ask Questions and Listen to Answers?

- Was it easy or difficult to score goals? Why?
- What was your team strategy in order to score?
- Do you think you can develop a team strategy?
- How does having a clear goal help you plan for the future?
- Who are people that can help you set goals and achieve them?

Purposeful Play Progressions:

- ❑ Teams play against each other; can play with or without goalkeepers.
- ❑ You can adapt this game to focus on financial goals, and the ball could be used to represent money
- ❑ You can play with one ball total or multiple balls (meaning the teams are working hard to control the resource of money).
- ❑ If the goals are cones, you can play that they can score either direction on the goal and somebody on the same team needs to stop the ball behind the goal line.

Purposeful Questions After the Game - Ask Questions and Listen to Answers:

- How does it feel to compete for the resource "money"?
- Was there any conflict between the teams?
- Is there conflict in our community, because of money?
- What is this conflict about?

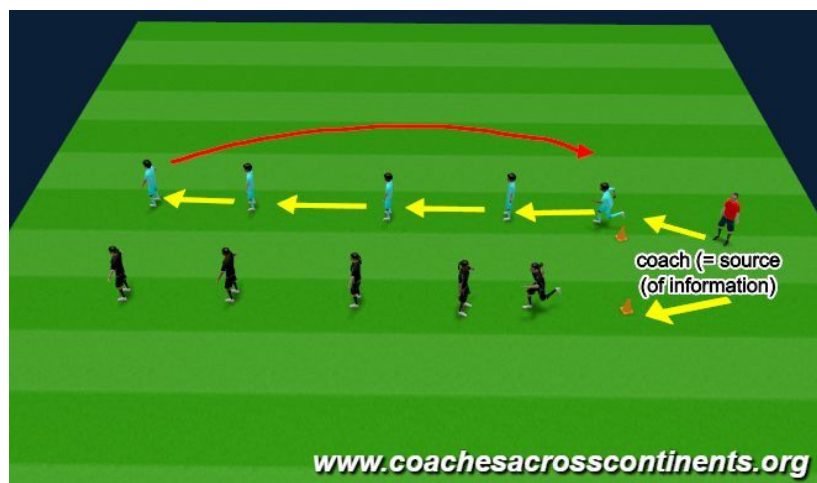


RWANDAN VALUES

KWIBUKA

THEME - WARM UP

Kwibuka



Purposeful Play:

- ❑ Two or more teams. Players are spread apart in a line.
- ❑ The first player of each line runs to the coach who shows them an exercise, movement or fun dance (could be 2 push-ups, 5 squats, or anything you can think of). Everyone else should be facing the other direction so that they cannot watch the first player.
- ❑ The first player then has to run to the second player in line and show only that person the movement that the coach demonstrated.
- ❑ The second player then goes to the third and shows them the movement, and so on.
- ❑ The last player runs to the front of the line and does the movement at the cone.
- ❑ The object of the game is to go as quickly as possible while maintaining as much accuracy as possible.

Purposeful Questions While They Are Playing - Ask Questions and Listen to Answers:

- Which player in the line was most likely to remember the action and demonstrate it most accurately? Why?
- In what way do messages get passed down through the generations?
- Why did some of the last players in the line demonstrate different actions?
- Are the stories our children get told always accurate? If not why not?
- How might we learn from the Survivors of the 1994 Genocide against the Tutsi in Rwanda?
- What important lessons can we learn from survivor stories?

Purposeful Play - Use Your Imagination or Our Suggestions to Create New Ways of Playing:

- ❑ Add balls and first player dribbles the ball to the second player and shows them a skill to do. The second player then takes the ball and shows the skill to the third player and so on.
- ❑ Can also have the first player decided on their own skill or movement, that way they also practice their leadership skills. You can also give a theme but the first player can decide what to do: for example, an animal sound or a dance.

Purposeful Questions After the Game - Ask Questions and Listen to Answers:

- Why is it important to remember those who lost their lives in the 1994 Genocide against the Tutsi?
- What do we mean by 'remembrance'?
- Whose responsibility is it to make sure that each time the message is passed on, it is conveyed accurately and understood?
- How can we learn from the past to create a peaceful future?



RWANDAN VALUES

KWIGIRA & KWIYUBAKA

THEME - MIDDLE ACTIVITY

Kwigira & KwiYubaka



Purposeful Play:

- Start by marking out grids for 1v1 practice
- Divide your group into pairs and encourage them to 'take on' their opponents.
- A player scores by stopping the ball on their opponents defensive line
- If you can not mark out grids the play 1v1 where the objective is to be the first to touch the ball to a cone

Questions While They Are Playing:

- How does it feel to play alone in attack?
- What do you have to do to be successful?
- Do you find this drill frustrating?
- How can we make it easier for the attacking player?

Purposeful Play Progression:

- Progress the drill to 2v1 with two players attacking and 1 defending
- This represents going from strength to strength, building on the confidence and resilience from the first part of the drill
- Rotate the role of defender

Questions While They Are Playing:

- How does it feel to have more attackers than defenders?
- What are your options when you have possession of the ball?

Purposeful Play Progression:

- Finally finish with 3v1, where three players are attackers and one is defending
- You can add a goal to make it more exciting
- Decide on rules for the defending player, can they use their hands in the box?
- Rotate the defender

Questions After the Game:

- Which drill progression did you enjoy the most? Why?
- KwiYubaka means collective strength, how did we demonstrate this in our drill?



RWANDAN VALUES

AGACIRO, ABUDAHERANWA & UBUMWE

THEME - MIDDLE ACTIVITY

Agaciro, Ubudaheranwa & Ubumwe



Purposeful Play:

- ❑ Have different stations organized all around the field (juggling, dribbling around cones, scoring on a goal, hit the crossbar with the ball etc.).
- ❑ You can also do physical exercises such as push-ups, sit-ups, squat jumps, etc.
- ❑ Demonstrate each exercise so your players know what and how much they need to do of each exercise (i.e. 5 juggles, 10 push-ups).
- ❑ Players can start at any station. Players try complete course.

Purposeful Questions While They Are Playing - Ask Questions and Listen to Answers:

- Was everyone/anyone able to finish the obstacle course with all the restrictions accumulated?
- Does everyone have the same strengths and weaknesses?
 - **Potential Answer:** No. I had a lot of struggles with X exercise but most of the others were very easy.
- How did it make you feel when you succeeded at a task?
- Do you often feel confident and proud of your actions?
- Who are the people who support you? Who are the people who you support?

Purposeful Play - Use Your Imagination or Our Suggestions to Create New Ways of Playing:

- ❑ Next, players form groups of 3 or 4: this represents people who can support them (friends, family, etc.).
- ❑ Play again with your team moving together.
- ❑ Only one player in the group has to complete the station for the group to advance to the next station.
- ❑ Groups decide how they want to do this: for example, one player can try to complete the exercise while others cheer, fetch the ball, advise etc.

Purposeful Questions While They Are Playing - Ask Questions and Listen to Answers:

- How was the first challenge, when you were on your own?
- How did you feel when receiving support? What changed?
 - **Potential Answer:** It changed the game. My energy was higher and I had more fun.
- How can sport promote unity and togetherness?



RWANDAN VALUES

IMIHIKO

THEME - GAME

Imihigo



Purposeful Play:

- Two teams are playing to goal. Start with one goal on each endline.
- When a team scores, this represents achieving a team objective
- The team gets to add a second goal either on the endline or on the sidelines.
- The scorer of the first goal must stand on the side of the pitch, they can still pass and help their team mates but they can not score.

Purposeful Questions While They Are Playing - Ask Questions and Listen to Answers:

- What do the goals represent?
 - Potential Answer: community objectives, such as peace, safety, economic empowerment/prosperity
- How can being a part of a team support you in life?
- by removing the goal scorer from the field of play what effect does that have on your team?

Purposeful Play - Use Your Imagination or Our Suggestions to Create New Ways of Playing:

- When a second goal is scored you can add a third goal. Ask the scorer of the second goal to only support their team by passing from the sideline, they may not score.
- Can also add the rule that after 3 goals the team can choose whether they add another goal or whether they want to start counting points.
- You can allow the teams time to strategize.
- You can allow the goals scorers to swap with previous scorers as the sideline passing players
- By changing the role of the players you can facilitate new players in assuming the role of leader
- Be imaginative. Try your own variations and progressions!

Purposeful Questions After the Game - Ask Questions and Listen to Answers:

- Why does it get easier to score when there are more goals?
- What might the points represent after you have different goals?
- Did you take it in turns to be the leader of your group?
- Did you work well together as a team?



RWANDAN VALUES

UBUDASA & UMUSHYIKIRANO

THEME -WARM UP

Ubudasa & Umushyikirano



Purposeful Play:

- There are several cones spread around a space.
- Players standing by a cone. Their task: find different ways to travel over the cone
- Once they have one idea, encourage players to find as many different solutions as possible.

Purposeful Questions While They Are Playing - Ask Questions and Listen to Answers:

- How many different solutions were found for the one problem?
- How did you group come up with ideas?
- Did you all come up with the same solutions? Or were you unique?
- How might that relate to the Rwandan value of Ubudasa?

Purposeful Play - Use Your Imagination or Our Suggestions to Create New Ways of Playing:

- Players form pairs or groups of three and find new ways to move over cones together. and at the same time
- Try giving each group two cones and they must travel from one to another in different ways, encourage creativity and innovation
- Place restrictions such as, you must all be in contact with each other
- Be imaginative. Try your own variations and progressions!

Purposeful Questions After the Game - Ask Questions and Listen to Answers:

- What are spaces in your community where you can share ideas and learn from others?
- Umushyikirano is the Rwandan value of sharing ideas and questioning one another, how have we demonstrated this value within the game today?
- Be imaginative. Try your own questions and encourage the group to ask their own questions.



RWANDAN VALUES

ABUNZI

THEME - GAME

Abunzi



Purposeful Play:

- Set up a traditional game of football or handball or another team sport and clearly explain the rules.
- Start playing the game with simple rules.
- After 10 minutes or so of regular play, allow one player to change a rule while the other players remain unaware and ask the player to try to target their opponents so that they feel unfairly treated. For example all throw ins are for the blue team regardless of who last touches the ball.
- Next, allow a player from each team alter the rules and inform team members that the chosen players are in a position of authority and cannot be challenged.

Purposeful Questions While They Are Playing - Ask Questions and Listen to Answers:

- Are you enjoying yourselves?
- Why are you so upset?
- Does this game feel fair?
- Is fairness important in sport? Why?
- Who is the person at a football match that should maintain fairness and equality for all?
- Do people disagree at football matches?
- What is mediation?

Purposeful Play - Use Your Imagination or Our Suggestions to Create New Ways of Playing:

- Play again using the input of the participants about what to do in a moment of conflict.
- Revert back to the normal rules of football to finish the game
- Be imaginative. Try your own variations and progressions!

Purposeful Questions After the Game - Ask Questions and Listen to Answers:

- How was the game different the second time?
- What is integrity?
- Why is a referee needed at football matches?
- Be imaginative. Try your own questions and encourage the group to ask their own questions.

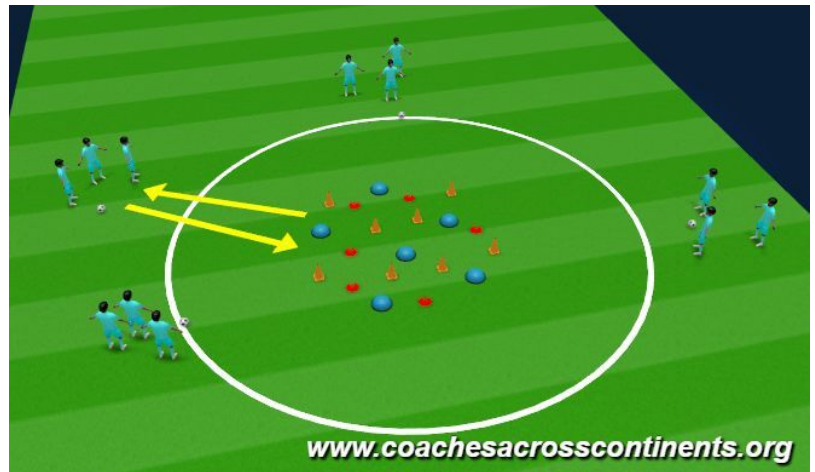


RWANDAN VALUES

GACACA

THEME - MIDDLE ACTIVITY

Gacaca



Purposeful Play:

- Split your group into teams of 3-5 players
- Each team stands equal distance from a pile of 3 different materials in the center (balls, bibs, cones etc).
- In the first round, coach only needs to say that “the pile of materials represents food”
- Objective is for each team to collect food from the middle.
- Before leaving the cone, the player must complete a challenge (i.e. 5 juggles, 5 quick passes to a partner, etc)
- Only 1 player from a team at a time can collect 1 item from the middle.

Purposeful Questions While They Are Playing - Ask Questions and Listen to Answers:

- Did members of your team follow the rules as described by the coach?
- What is integrity? *answer: being honest and having strong moral principles*
- What are some of your favorite foods?
- How much of my plate should be vegetables/fruits? - ½ of your plate
- How much should be Carbohydrates (rice/bread etc)? - ¼ of your plate
- How much of my plate should be protein (fish, meat, eggs etc.)? - ¼ of your plate
- How can we know if food is healthy or unhealthy? How does healthy food affect our body?

Purposeful Play - Use Your Imagination or Our Suggestions to Create New Ways of Playing:

- Return all items to the middle and play again.
- Change the exercise/challenge that the player on the outside needs to do.
- This round, encourage each team to prioritize creating a “Healthy Plate” (based off the ½, ¼, ¼ rule).

Purposeful Questions After the Game - Ask Questions and Listen to Answers:

- What consequences do we face in life if we choose to ignore the rules?
- Are rules needed in life?
- Describe a society where rules get broken and no one has integrity.
- How does eating healthy affect you physically, mentally, emotionally over short and long periods of time?

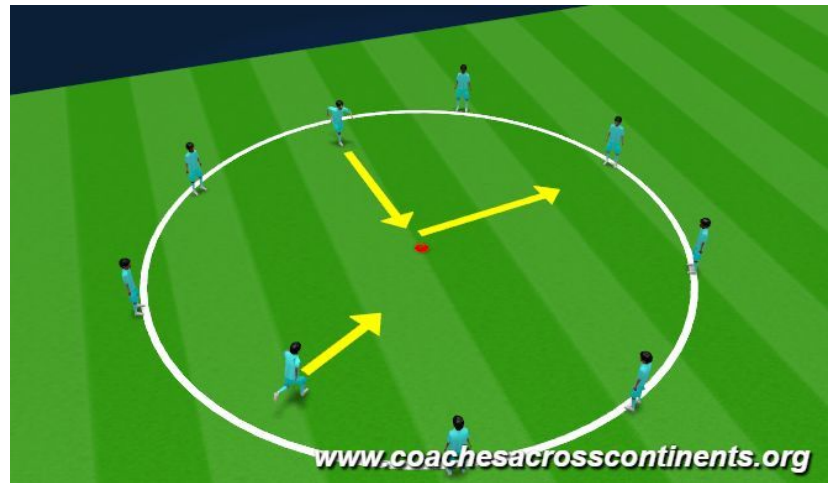


RWANDAN VALUES

GIRINKA

THEME - WARM UP

Girinka



Purposeful Play:

- ❑ Players are in a circle. A few players run to the middle, touch the cone in the middle, change directions and find an outside player. They greet the outside player; take their place on the outside and the outside player runs to the middle to find a different player. You can also get players to share their favorite foods, a dream travel destination, favorite sports team ect, be creative and keep it fun.
- ❑ The exercises continually change (high knees, side-shuffle, skipping, pretending to be an animal, etc.).

Purposeful Questions While They Are Playing - *Ask Questions and Listen to Answers:*

- Do you know everyone's names?
- Is there someone you haven't greeted?

Purposeful Play - *Use Your Imagination or Our Suggestions to Create New Ways of Playing:*

- ❑ This time when you play try adding in a ball and when players exchange information they also pass the ball
- ❑ Players can compliment the person they are passing the ball to, encourage respect e.g. 'you have nice teeth', 'you are a good footballer'
- ❑ Players can say something they feel grateful for when they pass the ball e.g 'I'm grateful for sunshine', 'I'm grateful for my health.'

Purposeful Questions After the Game

- Did you find it easy to compliment others? If not why not?
- Do you compliment others during a normal day?
- How does it feel to receive a compliment?
- Did you find it easy to say things you feel grateful for?
- Do you ever reflect on your day, week, life and feel grateful for what you have?



RWANDAN VALUES

KUBAKA AMAHORO

THEME - MIDDLE ACTIVITY

Kubaka Amahoro



Purposeful Play:

Ask your players about different people or actions that keep communities from being peaceful. Have 3-4 players on the outside represent these disturbances (yellow players in the diagram). The majority of players try to run through the field of play. The players on the outside throw or pass the ball and try to touch the players below their knees. The running players try to get from one side to the other without getting hit by the ball. If a player gets hit by a ball, they join the players on the outside. Please make sure they do not throw or pass the ball above the knees. Play this first round (with no Protectors) until there are 0 or very few players left running through the middle.

Purposeful Questions While They Are Playing - Ask Questions and Listen to Answers:

- Was it hard or easy to get hit with a ball? Why?
- What was your strategy to avoid getting hit?
- Who are people in life that keep you from being at peace?

Purposeful Play: Ask the group: who are some people who can protect the peace in your community? Have new players represent these different protectors and supporters named by the players (players in red in the diagram). They can protect the players who are running from one side to the other by catching or kicking out the ball. The protectors can use their whole body to stop the ball. You can give them time to strategize on how best they can protect all the other players. Play this round for about the same length of time as the first round. With Protectors, there *should* be more 'safe' players still able to run by the end of the session. If there are still 0 safe players, ask the participants why their Protectors were not effective. What could the protectors do (in this game and in real life) to more effectively protect their youth?

Purposeful Questions after playing the game:

- How is the game this time?
- What is the difference?
- Who can you go to in life when you or your community is not at peace?
- What can you do to prevent violence in your community?
- Can you have disagreements and still be at peace?

Purposeful Play:

If you play multiple times, encourage the Protectors to strategize how to more effectively protect the youth in this game.



RWANDAN VALUES

NDI UMUNYARWANDA

THEME - MIDDLE ACTIVITY

Ndi Umunyarwanda



Purposeful Play:

- This is a tag game where every player is a tagger
- Participants run around in an area try to tag each other
- Once tagged, the player must crouch to the ground and wait.
- When the person that tagged you becomes tagged then you are released and can resume chasing others.

Questions While They Are Playing:

- How easy is it to tag someone?
- What conflicts occur in this game?
- How can we resolve conflicts?
- Why is Unity important to Rwanda?
- Is there an element of trust needed for this game to work?
- Do you feel trust is needed in a community? if yes, why?

Purposeful Play Progression:

- Use the answers from the questions to decide how best to resolve a dispute of whom tagged whom first. *e.g 'rock, paper scissors game'*
- Add a rule that at any point the coach can call out a characteristic and if you are crouching and you have this characteristic you then become free to chase others once more. For example 'if you have long hair', 'if you are older than 12', 'if you have two brothers'

Questions After the Game:

- How did it feel if you were crouching and the coach called a characteristic which you didn't have therefore leaving you stuck?
- Is it OK to treat people differently based on how they look?
- Is equality important if Rwanda is to be united and proud?

Purposeful Play Progression:

- Play again for a third time but If the Coach shouts 'Ndi Umunyarwanda' which means 'I am Rwandan' then everyone who is crouching can get up and start tagging and chasing again.



RWANDAN VALUES

UMUKOBWA ARASHOBOYE

THEME - MIDDLE ACTIVITY

Umukobwa Arashoboye



Purposeful Play:

- ❑ The field is divided into four quadrants.
- ❑ Each quadrant represents something women and girls need in order to be equal and empowered: education, health, choice, etc.
- ❑ First both teams have a ball and each team tries to pass the ball through all four quadrants as quick as possible.
- ❑ Next, the two teams play against each other. The team that is able to pass or dribble the ball through all four quadrants is successful.
- ❑ When they enter the quadrant, they then yell out what that quadrant represents.

Purposeful Questions While They Are Playing - Ask Questions and Listen to Answers:

- What are areas of our life where boys and girls should be equal?
- What are some rights that everyone should have and that bring empowerment and equality to girls and women?

Purposeful Play - Use Your Imagination or Our Suggestions to Create New Ways of Playing:

- ❑ Ask your players for some suggestions on how we can empower women and girls. Use these to rename the four quadrants and play again.

Purposeful Questions After the Game - Ask Questions and Listen to Answers:

- What can we do to empower girls and women to become equal in the areas that have been identified?
- You can assign the answers to the four quadrants and play again.



RWANDAN VALUES

KWITEGANYIRIZA EJO HEZA

THEME - MIDDLE ACTIVITY

Kwiteganyiriza Ejo Heza



Purposeful Play:

- This game can be played one at a time (in multiple groups) or as a team.
- A player checks to the ball and asks for it, receives and then scores a goal (either by dribbling ball, passing it through gate, or shooting it at a target).
- The player or team will have 3-4 options that don't represent anything at the start but each time they have to make a clear choice of where to put the ball.
- After a few turns the goals represent choices on how to spend/invest money. Imagine that the ball represents a loan from the community or a family member.
- Ask the players for ideas on how people in their community use money, pick a few and label the goals.

Purposeful Questions During the Game:

- How is the game so far?
- How are you choosing where to spend your money?
- How do you make those choices in life?
- What strategies do you need in the game to circulate the balls?
- What about to circulate money in your community?

Possible Progressions:

- You can play in groups so they have to move the ball together to one of the "choices".
- You can add restrictions on how they move the ball i.e. no hands or no feet to challenge players to come up with new creative solutions.
- Another progression can be that the player receiving the ball has to ask for it by shouting a reason that the community or bank or family member should give them a loan - such as their idea for a small business/investment or resources/knowledge they have.

Purposeful Questions after the game:

- How else you can play?
- Is the theme relevant to your group? If so, how can you take it further? If not, how can you adapt the game to another topic?



RWANDAN VALUES

GUKUNDA UMURIMO NO KUWUNOZA

THEME - MIDDLE ACTIVITY

Gukunda Umurimo no Kuwunoza



Purposeful Play:

- ❑ Ask a player to demonstrate a skill (A) of their choice (e.g. step over, Muvala Velens, flick flack). Ask all of the group to try and perform that skill, emphasize the importance of completing the skill accurately, it is not a race.
- ❑ Ask a second player to demonstrate a skill (B)
- ❑ Now progress to doing skill A and add on a second skill, skill B.
- ❑ When everyone has practiced and worked hard to perfect the combination of skills you can add a third skill A, B and C. Depending on the ability of your group you can add as many skills as you like, make it challenging.

Purposeful Questions While They Are Playing - Ask Questions and Listen to Answers:

- Did you find this game hard?
- Why was it more challenging when you add more skills?
- How did you feel when you got it wrong?
- Do you take your time when you do everyday tasks or do you sometimes rush?
- Why is it important to take pride in our actions and everyday tasks?

Purposeful Play - Use Your Imagination or Our Suggestions to Create New Ways of Playing:

- ❑ Now stand in a circle and repeat the game but speed it up, player 1 adds skill A, player 2 adds skills B, player 3 adds skill C. Do not allow everyone to practice the skill sequence at each progression.
- ❑ Players will have to watch it once and remember.

Purposeful Questions After the Game

- How did the game differ this time?
- How did that affect your ability to complete the skills accurately?
- In life what steps should we take to be able to take pride in our work and actions?

