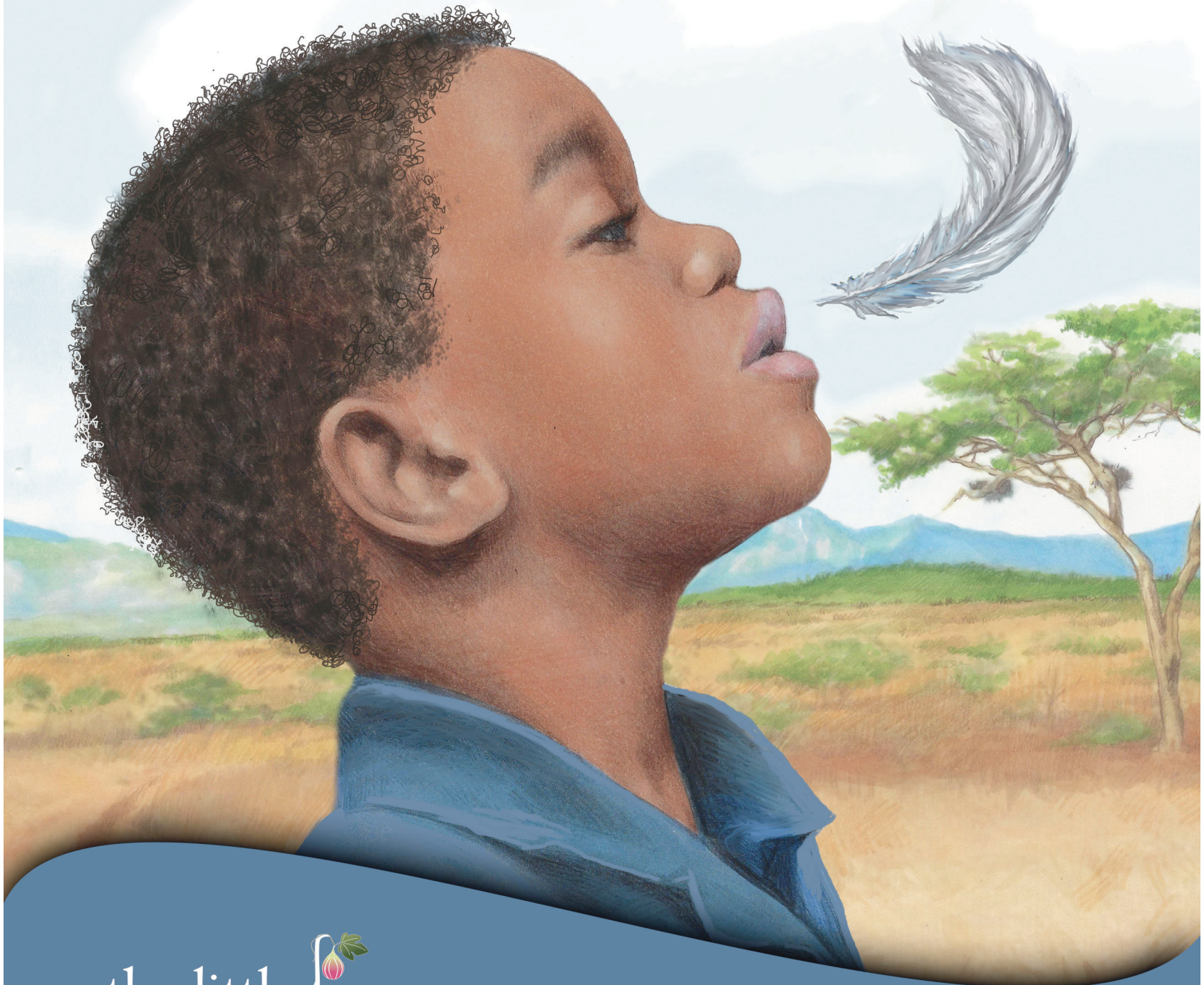


ENHANCED ACTIVITY & CURRICULUM GUIDE

# Fire and Ashes



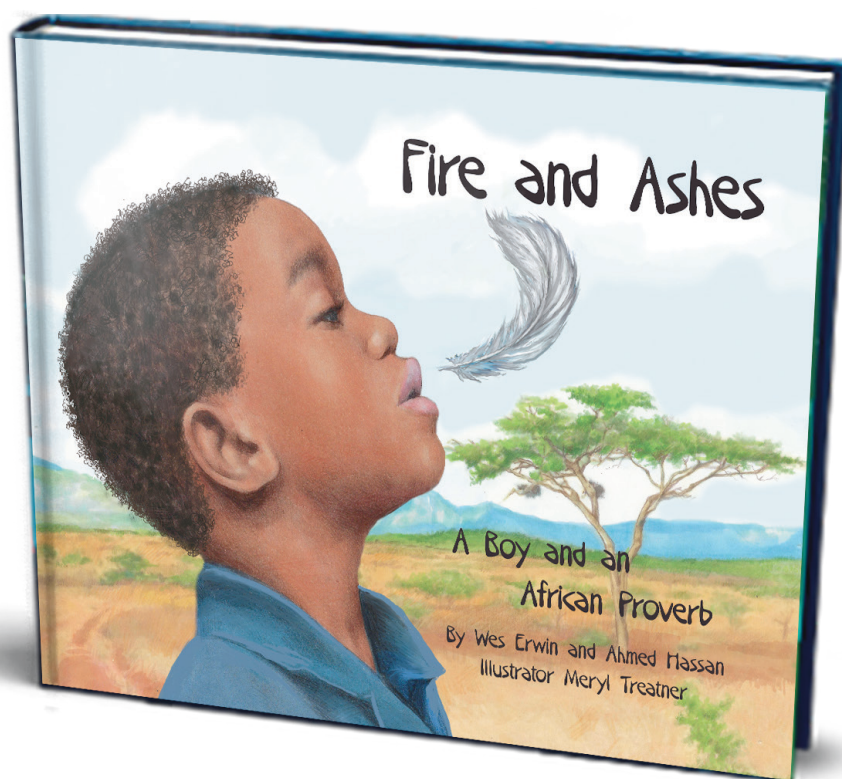


# Fire and Ashes

## Enhanced Activity & Curriculum Guide

### INTEGRATION ACTIVITIES INCLUDE:

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# ART

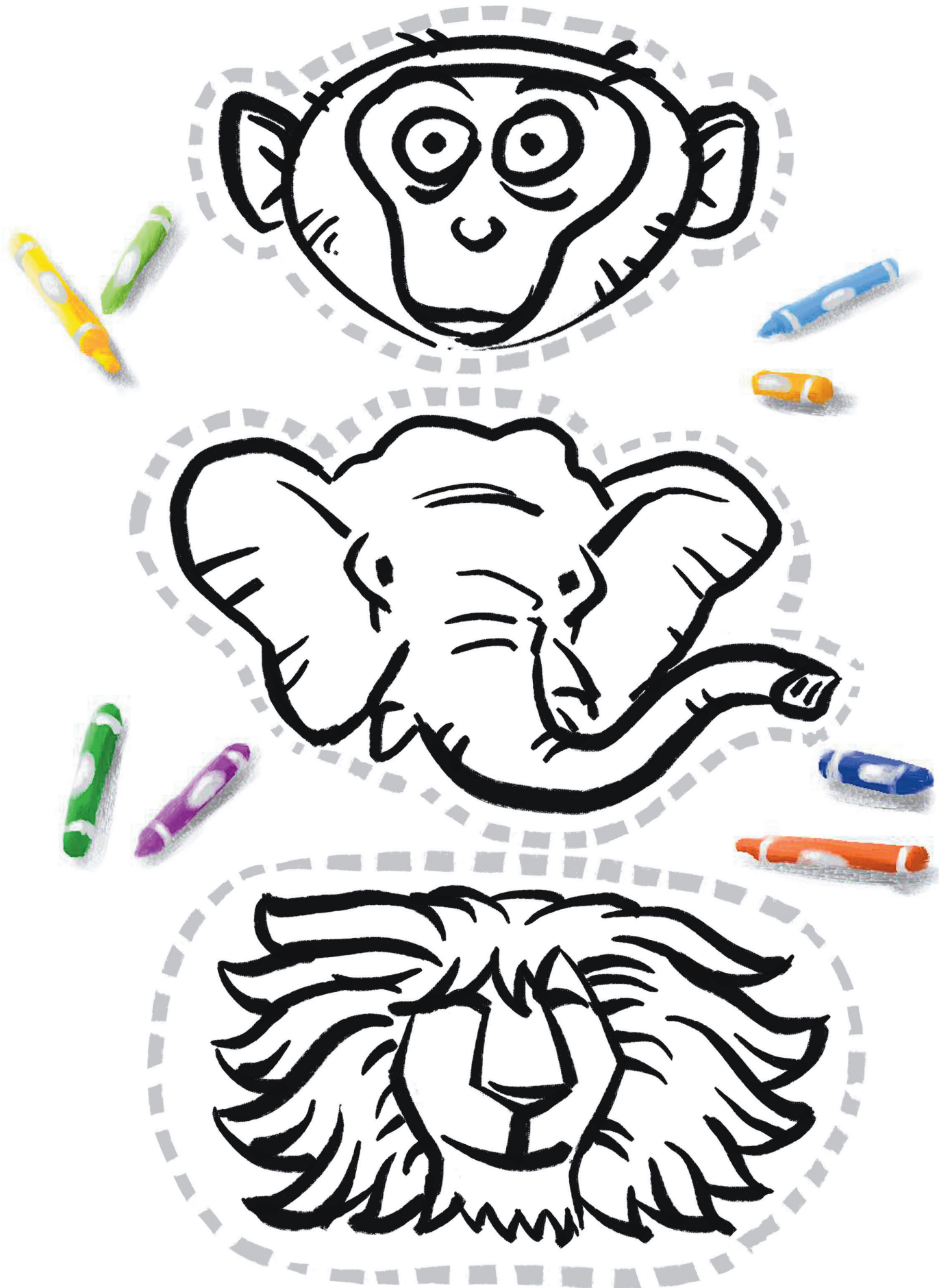
*Hands-on discovery • Creative thinking • Personal expression*

- **African Savanna:** Using empty toilet paper rolls and the template provided, create African animal figures. Color the templates and then cut them out. Glue the animal figures to the empty toilet paper rolls. Next, decorate a cardboard box lid to make the savanna. The savannas are grasslands found in Africa. Research what different savannas look like and add natural elements such as sand, rocks, and dirt to the lid.
- **Fire and Ashes Poster:** The proverb in the story taught Warfa that ashes represent his memories while fire represents the actual events that happened in his life. His grandmother helped him learn to cope by assuring him that his memories cannot hurt him. This helped Warfu feel safe and loved.

Using markers or crayons, create a fire and ashes poster. Draw pictures of events that have happened in your life like Warfu did. Discuss ways to overcome the “fire” in your life such as deep breathing or talking to a trusted adult.

- **Be An Illustrator:** Review the illustrations in the book and discuss the job of an illustrator. Notice the detail and color on each page. Then create your own illustration for the story showing what you think will happen next. Or you may create a different ending.
- **Bleach-dyed Head Scarf:** Cut both sleeves off an old colored t-shirt or scarf. Next cut the shirt in half leaving a large rectangle piece of fabric. Use rubber bands to bundle different parts of the shirt or scarf. Place the bundled parts in bleach and let sit for at least one hour. Remove cloth from the bleach and hand-wash in the sink. Once dry, wrap the scarf around your head. Discuss the different reasons to wear a headscarf, such as relief from the heat.





# ENGLISH LANGUAGE ARTS

Reading • Writing • Listening • Speaking

- **Advice Poster:** Use these questions to begin a discussion: In *Fire and Ashes*, Warfa is anxious about creating his poster about Somalia and sharing it with his class. Why is he nervous? What scares him? What advice would you give Warfa? *Fire and Ashes* is told from Warfa's point of view. Create a group poster and retell the story using advice from another point of view: from Warfa's grandmother's, from another student, or from a teacher. Discuss the similarities and differences in each person's point of view.
- **Compare/Contrast Activity:** Compare yourself to Warfa. Use the Venn Diagram template provided to determine how you are alike and how you are different from Warfa.
- **Nicknames:** In the story, Warfa's grandma called him by his nickname. A nickname is a sentimental or humorous name a person is given instead of using his or her real name. Warfa's nickname is "My Little Lion." Do you have a nicknames? Discuss different nicknames other family members may have. Create fun nicknames with your friends. Use the first letter of someone you know to create a kind word about them. Say the kind word before their name, for example, Wise Warfa.
- **Famous Proverbs:** A proverb is a short saying that usually has some truth or wisdom to it. This book is based on an African proverb. Use the Famous Proverbs template provided and write a sentence or draw pictures of the meaning of each proverb.



## Famous Proverbs

## Meaning or Illustration

Two wrongs don't make a right.

Better late than never.

Absence makes the heart grow fonder.

Like father, like son.

Don't judge a book by its cover.

# MATH

Abstract math concepts • Number sense • Number relationships

- **Currency Conversions:** Coins from Somalia are called senti and are very similar to the U.S. cent. Currency from Somalia is called shillings and is similar to dollars in the U.S. Currently, one dollar is equal to 582 shillings. Calculate how much certain items would cost in shillings. For example, a large order of french fries may cost roughly \$2, which would be equivalent to 1,164 shillings.
- **Somali Spice Mix:** Warfa and his grandmother enjoyed time in the kitchen. Create this easy spice mix with a partner or in a small group. Discuss the different measuring spoons and be sure to visit your local grocery store for supplies beforehand. Take home the spice mix and encourage others to try it as a meat rub.

## Xawaash (Somali Spice Mix):

½ cup Cumin

1 Tbsp Cinnamon

2 Tbsp Turmeric powder

½ cup Coriander

1 Tbsp Cardamom powder

2 Tbsp Black pepper

1 tsp Ground cloves

- **Estimation:** Acacia trees are common in warm climates such as Africa. They can typically grow to the height of 40 feet. Use a yardstick to visualize what 40 feet looks like. Then using the attached table, estimate different objects in comparison to an Acacia tree. If possible, find the actual measurements to check the estimations.

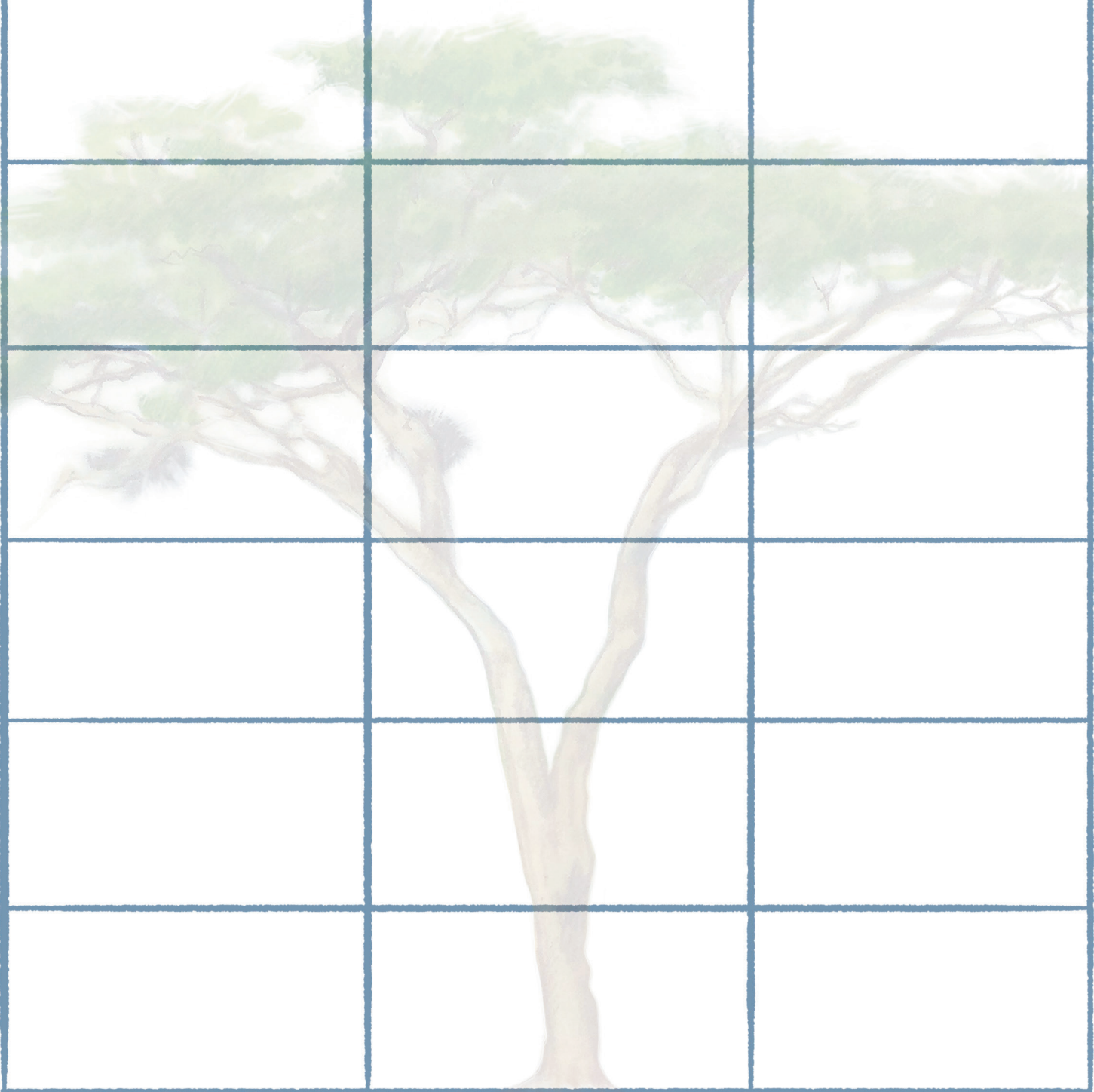




**Items shorter than  
an Acacia tree:  
below 40 ft.**

**Items shorter than  
an Acacia tree:  
below 40 ft.**

**Items shorter than  
an Acacia tree:  
below 40 ft.**




# MUSIC

Voice • Rhythm

- **Create a Djembe Drum:** A djembe drum is a West African drum played by using your hands. The purpose of the drum is to create gatherings through music. Create your own West African djembe drum. Use this video for guidance.
- **Share** the joy of music with family and friends.
- **Feel the Beat:** Play the song “Fire Fall Down” by Jennifer Daniels. Use the djembe drum to play a steady beat with the music.



## **Fire Fall Down**

*by Jennifer Daniels*

Gravity  
The elements  
The air is thin  
With our regrets  
Smoldering  
Embers kept  
Turn to ashes on the ground

Fire fall down  
Bygone flame  
Take this ash  
And you write your name  
You're so much stronger now  
Stronger than you know  
Stronger than the doubt  
Breathe in. Breathe out.  
Fire fall down.

The lion's roar  
The blazing sun  
The mighty mountain  
Is what you've become  
You can't forget  
But you can move on  
Make your mark upon the world

Fire fall down...

<https://thelittlefig.com/collections/shop/products/fire-and-ashes-coming-soon>

# PHYSICAL EDUCATION

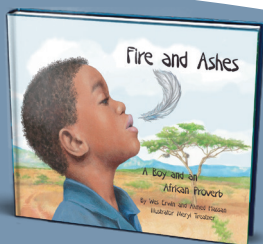
## Gross motor activities

- Hoop and Stick Game:** The book *Fire and Ashes* includes an illustration of children in Africa playing the Hoop and Stick game. Find several hula hoops and the same number of dowel rods. Begin rolling the hula hoop while using the dowel rod to guide the direction. Play competitions and chart the winners.
- History of the Hoop and Stick Game:** The hoop and stick game has been around for centuries. Research to discover different names for the game. Map the worldwide locations where it has been played.
- Hoop and Stick Graph:** Play three rounds and determine a winner from each round. The winner is the player whose hoop rolls the farthest. Create a graph to calculate a champion from the Hoop and Stick Game,



Players	Round 1 Winner	Round 2 Winner	Round 3 Winner

The champion is the player who wins the most rounds!



# SCIENCE

Earth • Weather • Health • Living things

- **Sense of smell:** Somali foods are heavy in spices, triggering the sense of smell. Taste and smell each one. Describe the smell, and then tell how Somalis use the spice in their cooking. Use this website to help. <http://www.somalikitchen.com/spices-and-herbs/>

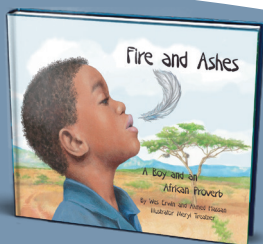
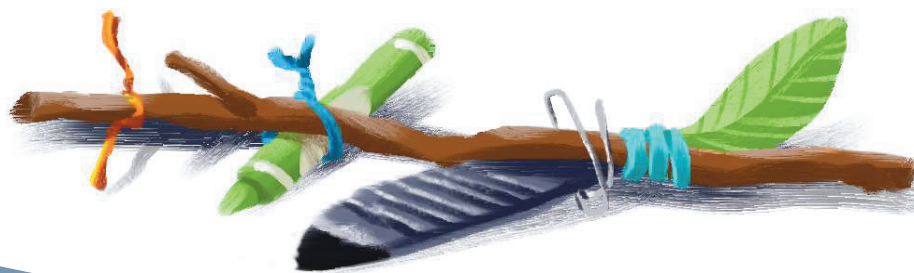
Somalian Spice	Smell	Use
cumin		
cardamom		
turmeric		
nutmeg		
coriander (seeds or leaves)		

- **Endangered Species:** Many traditional African animals in Somalia are now declining in population. Research which animals are in danger and what causes their endangerment.
- **Make a Cyclone:** Somalia is on the east side of Africa and borders the Indian Ocean. The Indian Ocean is known for its cyclones, which are circular storms -- similar to hurricanes -- that form above warm waters. These cyclones move westward and can hit Somalia. Use the steps below to create a cyclone in a bottle.
  1. Fill an empty soda or water bottle  $\frac{3}{4}$  full with water. Save the cap.
  2. Add a few drops of household dishwashing liquid to the water.
  3. To make the cyclone more visible, add a few drops of glitter.
  4. Replace the bottle cap and tighten.
  5. Turn the bottle upside down and watch the cyclone form.

# SOCIAL EMOTIONAL

Self-awareness • Relationships • Decision making

- **Belly Breathing/Abdominal Breathing:** In the story, Warfa learned about taking deep belly breaths to help ease his anxiety. Using a feather, pinwheel, or small container of bubbles, practice abdominal breathing. Use this type of breathing when feeling stressed or anxious.
- **Calm Down Kit:** Get a small box or plastic tub and add the following items: a small stress ball, feather, pinwheel, stuffed animal, small container of bubbles, Play-doh, emotion cards, comforting book, small blanket, art supplies, headphones with music, and more. Like Warfa, many children experience trauma and need to feel safe. Having a Calm Down Kit allows you to engage in a sensory experience to reduce your stress and anxiety.
- **Movement Therapy:** Play the song “Fire, Fall Down” and follow the lyrics. Dance to the song showing emotions or act out different phrases such as the “lion’s roar.” Then, read the lyrics together and discuss the meaning of the song. Create your own lyrics to capture emotions. If possible, put these lyrics to music and present your songs to others. This can encourage the importance of music as a way to cope and heal.
- **Talking Sticks:** Find a stick and decorate it with yarn, beads, construction paper cutouts, feathers, and more. Once finished, sit in a circle and pass around one of the sticks. Only the person holding the stick will have the opportunity to share a story or emotion. This activity promotes sharing, turn-taking, fairness, and patience.



# SOCIAL STUDIES

Surroundings • Community

- **African Geography:** Using the map of Africa, complete the worksheet. In small groups create dioramas of the varied African terrains: mountain, rainforest, savannah, desert, river, ocean. Determine which animals live in their ecosystem. Dioramas can be decorated with construction paper, natural elements such as sand, twigs, and stones. Modeling clay can be used to form mountains and animals.
- **Cultural Fair:** In *Fire and Ashes*, Warfa came from Somalia. Learn where your family comes from around the world and create a cultural fair. Display information about your country of origin. If possible, bring food from the country for others to try. Print out or draw pictures of the country's flag, geography, big cities, and more to add to the display. Invite parents or grandparents to come and talk about their country which will greatly enhance the experience for you and your friends.
- **Refugee Research:** Research different refugee situations to better understand what Warfa went through in this story. Use the attached link to find out more about the Somalian refugee crisis. Create posters encouraging how to help refugees from Somalia or other countries, such as donating food or clothing, volunteering, showing compassion, and acceptance.
- <https://www.unrefugees.org/news/somalia-refugee-crisis-explained/>
- **Global Language:** The two most popular languages spoken in Somalia are Somali and Arabic. Using the table below and the pronunciation key, learn a few simple phrases from Somalia. You may download the free language-learning app, Duolingo, to learn more languages..

Phrase	Somali	Pronunciation	Arabic	Pronunciation
Hello	Haye	Hay	Marhabaan	Mar-hubba
How are you?	Sidee tahay	set-uh-hi	Kayf halik	kafe-hel-ic
Thank you	Mahadsanid	ma-hot-su-nid	Sukran	show-kron
Goodbye	Macasalaamo	mas-uh-lama	Ma'a al-ssalamah	ma-sol-a-muh

**Read the following paragraph about Africa, then answer the following questions.**

Africa is the second largest continent in the world. The Nile River is the world's longest river. Africa is surrounded by the Mediterranean Sea, the Indian and Atlantic Oceans. There is a wide variety of terrain in Africa. The world's largest desert is the Sahara Desert which encompasses 11 countries. Rainforests are in six of Africa's countries. Savannahs are found in central Africa. Other terrain includes grasslands, mountains, plains, and rolling hills. Africa is home to thousands of animal species. It is home to the largest land animal, the elephant, and the tallest animal, the giraffe. Africa is the hottest continent in the world, and Ethiopia is considered the hottest place on Earth.

What is the longest river in the world?

---

What are the bodies of water that surround Africa?

---

Name the different types of terrain.

---

What is the world's hottest country?

---

List some different African animals.

---

# WARFA'S GLYPH

Using the template on the next page to fill in the picture according to each of your answers to the statements below. When all the images are finished, display them and share with others.

## Fire and Ashes Poster

- If you like to create art, color the shirt blue.
- If you don't like creating art, color the shirt yellow.

## Hoop and Stick Game

If you play sports, color the pants...

- Orange - soccer
- Yellow - basketball
- Black - American football
- Purple - swimming
- Green - dancing

If you play more than one sport, make your pants multicolored. If your sport is not listed, choose another color and add it to the list!

## Classroom Projects

- If you like to work alone, add one book to Warfa's hand.
- If you like working with others, add a bag of several books.

## Classroom Presentations

- If you like sharing in front of others, add brown shoes.
- If you do not like sharing in front of others, add black shoes.

## In the Kitchen

- If you like to cook, draw a chef's hat.
- If you like to eat, draw a fork in Warfa's other hand.
- If you like to eat and cook, draw both!

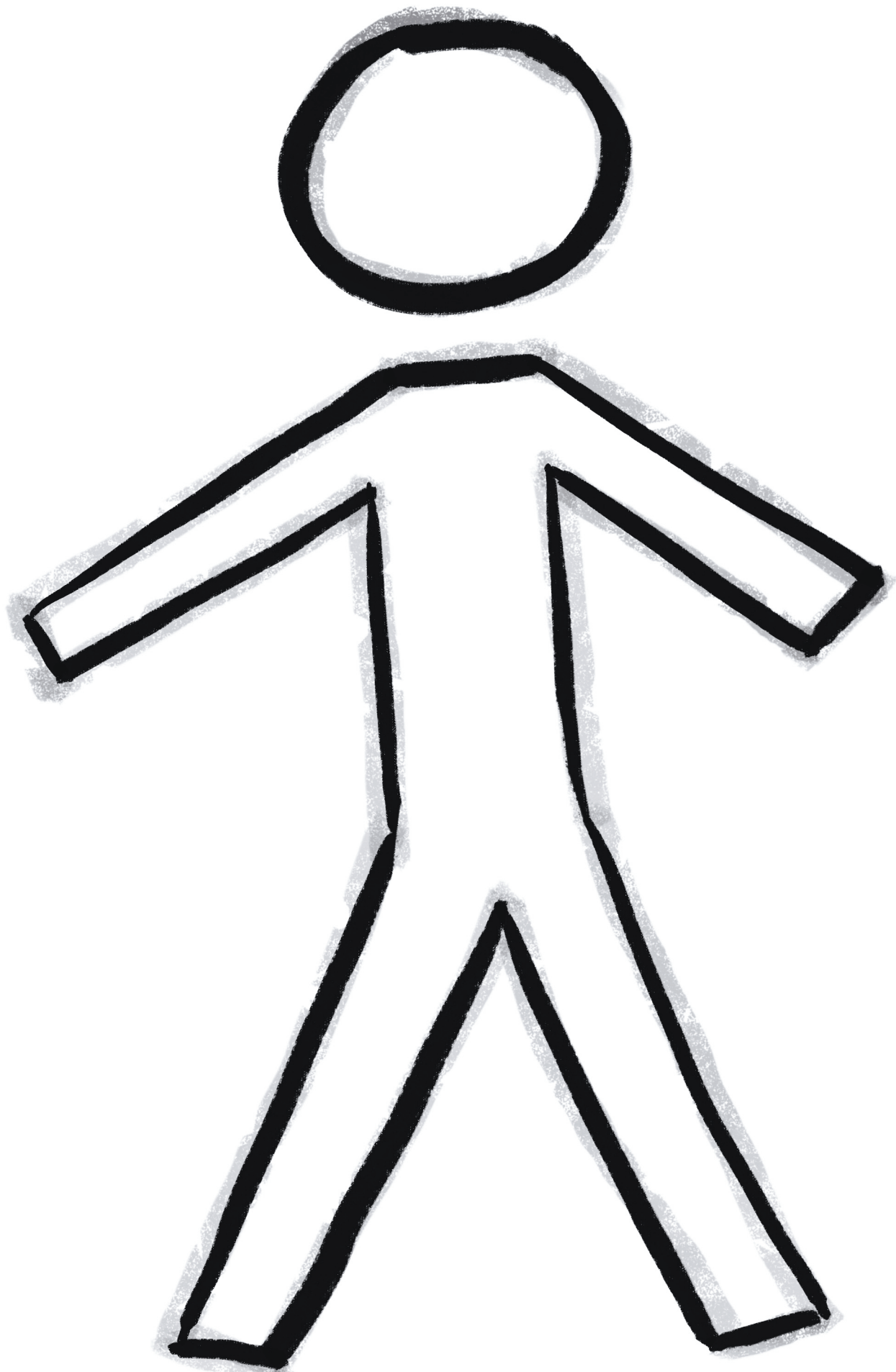
## Little Lion

- If you have a nickname, add a thought bubble with your nickname written in blue letters.
- If you don't have a nickname, add a thought bubble with a nickname you want in black letters.

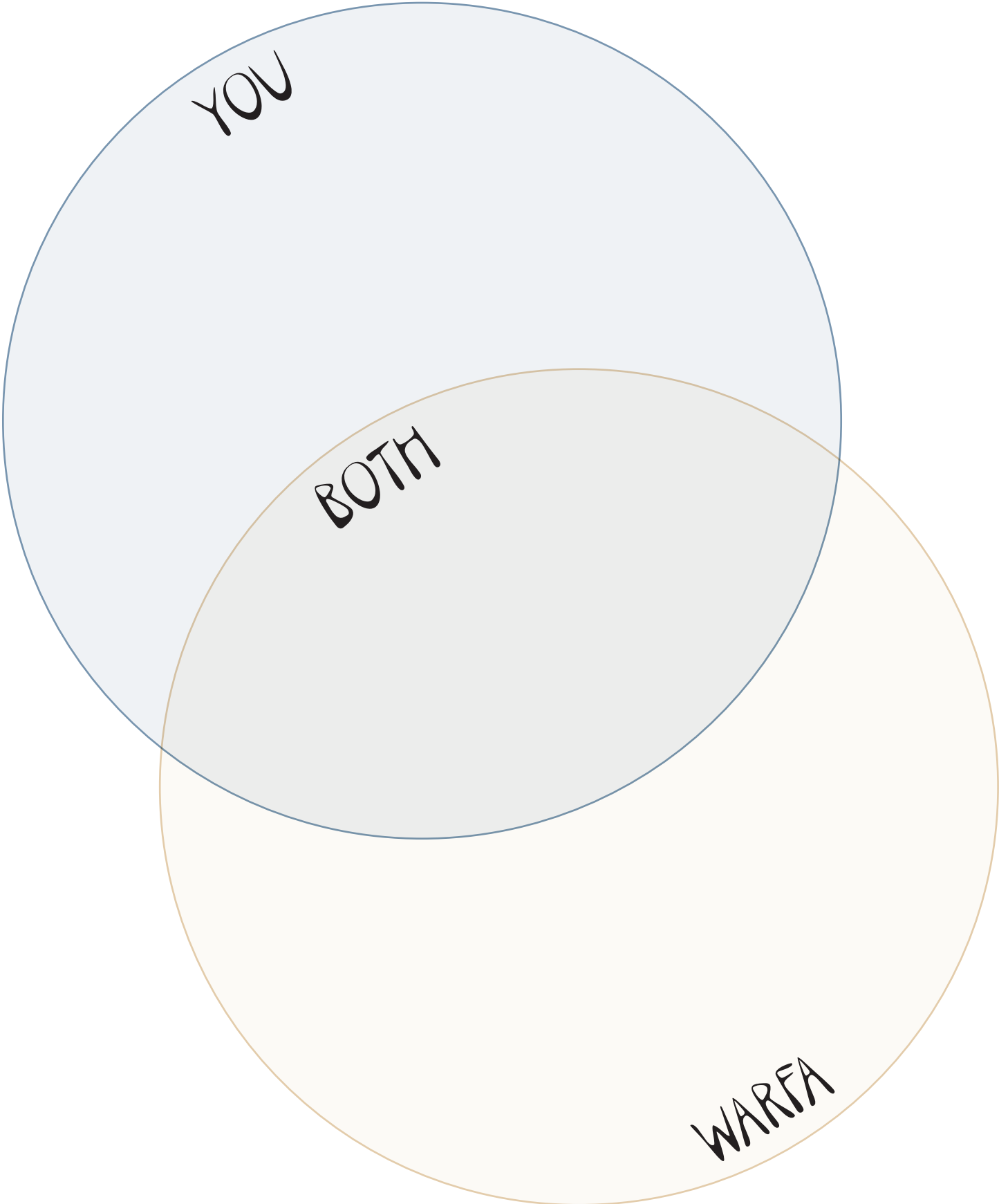
## Special Family Members

- If you have a family member you can talk to, add a smile.
- If you have a friend or teacher you can talk to, add a smile.

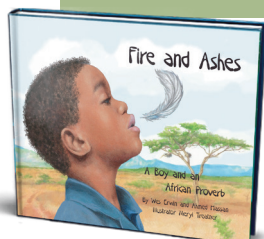




# Venn Diagram



# GUIDE INFO



## FIRE AND ASHES: A BOY AND AN AFRICAN PROVERB

Coauthors Ahmed Hassan / Wes Erwin   Illustrator Meryl Treatner   ISBN# 978-1-63333-054-2

*Fire and Ashes, A Boy and an African Proverb* is the debut story in a series of children's picture books that brings the relevance of African proverbs to our modern world. Warfa, a Somalian refugee, struggles to adapt to his new elementary school. Haunted by distressing memories, he turns to his grandmother and her sage African proverb:

*Ninna dab buu ka baqaa, ninna dambaas buu ka baqaa.  
One man fears fire; another man fears ashes.*

This picture book is a story, lesson, guide, and inspiration to all children, but especially to those dealing with trauma. This and future wisdom-rich African proverb stories are intended to expand the narrative of nonfiction inclusion in social emotional learning (SEL) curricula. Each book in the series helps children move forward with confidence and healthy coping skills.

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