

Sticky wicket word search

In groups, find the 25 words hidden in the puzzle below.

WORDS TO FIND

CAFOD, Paralympian, celebration, friendship, competition, inclusivity, excellence, cooperation, determination, equality, flame, respect, inspiration, courage, international, solidarity, justice, karate, Olympics, peace, running, solidarity, sports, Kenya, team, torch

E	J	E	S	P	O	R	T	S	G	C	N	K	Y	Y
C	U	G	F	I	A	D	R	O	O	O	A	B	L	T
N	S	A	L	E	R	E	Y	M	I	R	A	A	I	I
E	T	R	A	E	S	T	P	T	A	I	N	R	N	V
L	I	U	M	P	I	E	A	T	S	O	O	E	P	I
L	C	O	E	L	T	R	E	O	I	K	I	R	I	S
E	E	C	A	I	B	M	L	T	E	S	T	A	H	U
C	T	U	T	E	F	I	A	N	L	C	A	E	S	L
X	Q	I	L	C	D	N	Y	O	P	I	R	B	D	C
E	O	E	P	A	R	A	L	Y	M	P	I	A	N	N
N	C	S	R	E	I	T	E	A	M	M	P	D	E	I
O	I	I	T	P	N	I	L	C	N	Y	S	O	I	U
O	T	N	A	T	T	O	R	C	H	L	N	F	R	O
Y	I	G	N	I	N	N	U	R	D	O	I	A	F	O
C	O	O	P	E	R	A	T	I	O	N	N	C	G	I

Jambo!

GET READY

A netball sized ball

TIP:

You could use a Fairtrade football or a recycled ball made with plastic bags. You'll find instructions on how to make a recycled ball in our sports icebreaker 'Reality relays' (pp 7-8)

GET STEADY

Make a circle. One person stands in the centre with a ball.

Tell the group: Jambo (Jam-bow) is a Swahili word meaning "hello". It's how players at the CAFOD-supported St John's Sports Society in Korogocho, Kenya greet each other before training.

Korogocho is a large slum in Kenya's capital city, Nairobi. Around 100,000 are squeezed into an incredibly tight space. They are not legally allowed to live on the land, but there are not enough affordable houses in the city.

St John's Sports Society helps young people to change their lives through sport. Basketball, volleyball, football, athletics and many other teams meet three days a week to play, talk and pray.

We're going to try one of their warm-up games for netball.

GO!

The person in the centre shouts "Jambo! I'm [NAME]" and throws the ball at random to someone in the circle without looking at them.

The person who catches the ball swaps places with the thrower and does the same.

If the person the ball is thrown to drops it. He or she stays where they are and the thrower throws again.

Continue until all the group have introduced themselves.

TIP:

If any players have a sporting claim to fame, you could also ask them to say this as well as their name.

Where in the world am I?

GET READY

A 'Where in the world am I?' country clue card for each participant (pp 4-6), one sticky note per participant and a pen.

GET SET

On each sticky note write one of the 'Where in the world am I?' countries. You can use each country more than once if you have a group larger than 12.

Cut out the country clue cards. Each clue card bears the name of the country and three clues. If you have used a country more than once on your sticky notes, make sure you prepare the same number of country clue cards.

Stick a country sticky note on the back of each player and give each player a country clue card. Make sure you don't give them the clue card to their own country!



TIP:

If you are in a classroom or other space where there isn't much room to move around, have people sit and work in pairs.

Example

Give person A:
Bangladesh sticky note
Zambia country clue card

Give person B:
Zambia sticky note
Bangladesh country clue card

GO!

Tell the group: on your back you each have a sticky note bearing the name of an Olympics 2012 competitor country where CAFOD works.

You each also have a country clue card with a country name and three clues.

Look at the country on your country clue card now. You have 10 minutes to identify the person who has this country on their back and help them guess which country they are. You may give them all three clues, but you cannot tell them their country. They must guess it from the clues!

Where in the world am I: countries and clues

Bangladesh	<p>Clue 1 You are a low-lying, rice growing country in South Asia.</p> <p>Clue 2 You were struck by floods during monsoon rains in August 2011.</p> <p>Clue 3 The first syllable of your name is also a word used to describe a loud noise like a firework going off.</p>
Brazil	<p>Clue 1 You are the most unequal country in the world, where the poorest 10% of citizens receive just 1% of national income.</p> <p>Clue 2 Latin American country for World Youth Day 2013.</p> <p>Clue 3 You are going to host the World Cup in 2014.</p>
Bolivia	<p>Clue 1 You are a Latin American country and your capital city is La Paz.</p> <p>Clue 2 The Andes mountain range passes through you and snow from the peaks provides more than half the drinking water for La Paz. But it's melting fast.</p> <p>Clue 3 Your name is not Olivia, but you only need one more letter.</p>
Cambodia	<p>Clue 1 Your most famous temple is Angkor Wat where you will often see Buddhist monks wearing orange robes. 95 per cent of your citizens are Buddhist.</p> <p>Clue 2 Natural beauty and world famous temples in this south-east Asian country, have led to a boom in tourism, but below the surface are 14 million people living on less than 29p per day.</p> <p>Clue 3 Hundreds of thousands of your citizens died in the Khmer Rouge genocide from 1975-79.</p>

El Salvador**Clue 1**

Archbishop Oscar Romero who famously said: "Aspire not to have more but to be more", was celebrating Mass here when he was assassinated.

Clue 2

Guatemala and Honduras are your neighbours.

Clue 3

Your name means "the Saviour" in Spanish.

**Kenya****Clue 1**

As an east African regional trade hub with tourist-filled safaris and economic growth, you have a lot of potential. But bad governance and corruption is worsening inequality and conflict.

Clue 2

You have world respected distance runners because they train in the high altitudes of the Rift Valley, sometimes barefoot. It is excellent training for marathons. Celebrated runners Paula Radcliffe and Mo Farah have both travelled here to train.

Clue 3

CAFOD's regional office in your capital, Nairobi, works with church partners to tackle corruption, drought, a changing climate, and HIV.

**Pakistan****Clue 1**

In 2010 and 2011 torrential monsoon rains caused flooding in this Asian country. CAFOD provided food, shelter, hygiene kits and more for people who had seen their homes and lives devastated.

Clue 2

Afghanistan is your neighbour and the UK plays you at cricket.

Clue 3

The majority of your citizens are Sunni and Shiite Muslims, followed by Christians and Hindus. The national language is Urdu.

**Peru****Clue 1**

The first syllable of your name sounds like the noise a contented cat makes.

Clue 2

You are a South American country home to the Andes mountain range and your capital city is called Lima.

Clue 3

According to the famous children's story Paddington Bear came from here.



Philippines**Clue 1**


You are a collection of 7,000 islands covering 300,000 km, and are populated by 88.5 million people. But 43 per cent of people survive on less than £1.28 per day.

Clue 2

Around 12 million of your citizens belong to indigenous groups, with the indigenous population highest on the southern island of Mindanao, where much of CAFOD's work is located.

Clue 3

The name given to your citizens: Filipinos, is spelled slightly differently to the name of your country.

**Rwanda****Clue 1**


The infamous genocide of 1994 in this African country seems long ago, but many survivors are still mourning their loved ones.

Clue 2

There is a famous film called "Hotel" The second word of the title is also the name of your country.

Clue 3

The first syllable of your name is pronounced "Roo".

**UK****Clue 1**


Children and young people in schools and youth groups raised £90,000 for CAFOD's *Aim high!* appeal in Autumn 2011 supporting brighter futures for young people around the world.

Clue 2

Hosted the Olympic Games three times including 2012.

Clue 3

You are here now!

**Zambia****Clue 1**

This African republic, featured in CAFOD's *Give it up for water* campaign highlighting that every 20 seconds a child dies from diseases related to dirty drinking water.

Clue 2

Your citizens might have to walk for 45 minutes to collect river water contaminated by animal dung which can spread water-borne diseases like cholera.

Clue 3

You won the Africa Cup of Nations in 2012.



Reality relays

GET READY

A row of five cones or markers closely spaced for each team, a copy of the team challenge card (pp 8) for each team and a whistle.

At one end of each row of cones:

- 6 plastic bags for recycling
- 1 pair of scissors
- 1 small ball of string
- 1 bucket filled near to the brim with tap water made dirty by adding cocoa powder and a little rice
- Kitchen paper (recycled or FSC) or other material to mop up spilled water

Optional: bar of Fairtrade chocolate for the winning team.

TIP:

If you have a large group or don't have very much time, you can choose just one of the relays.

GET SET

Split your group into teams of equal size (suggested maximum per team: 6).

Ask each team to line up in front of one of the rows of cones, at the equipment end.

Ask each team to decide on a name.

Give each team a copy of the team challenge card and three minutes to read it.

GO!

Tell the group: on your team challenge card you have two relays.

On my whistle, you will begin.

As soon as you have completed the first relay, begin the second.

When you have finished both relays, sit down in a line in front of your cones at the equipment end.

The first team to have completed both relays and be sat down in front of the cones wins!



Blow the whistle.



Team challenge card

CHALLENGE 1

Did you know?

CAFOD uses sport to help change lives. After an earthquake or a flood, a familiar game of netball or football is comforting. Team work increases trust and cooperation so disagreements can be solved peacefully. And the skills you learn can be used to find a job off the pitch if you don't make it onto the national team! In Kenya footballs are often home-made.

Instructions

- You have plastic bags, string and scissors.
- On the whistle, quickly work together to scrunch the first bag up and wrap it inside another bag. Keep going until you have used all the bags. Rolling the ball in different directions will make it roughly round.
- Tie a knot with the handles of the last bag and wind string around the outside to keep it firm.
- Each member of your team must then successfully dribble using your feet or a stick/paddle, in between the cones and back again to the starting position.
- Pass the ball to the next person. Each member of the team must complete the challenge.

CHALLENGE 2

Did you know?

884 million people worldwide don't have access to clean water. In many parts of the world young people your age have to collect heavy containers of water from rivers more than 45 minutes' walk from home.

Instructions

- Pick up the bucket of water.
- Carrying the bucket, carefully weave in between the cones and back again to the start position.
- Pass the bucket to the next person. Each member of the team must complete the challenge.

If anyone spills any water he or she must mop the water up and return to the start of the cones to go again.

False start

GET READY

A scarf or similar piece of soft material with which to tie two legs together and two lines of masking tape or start/finish lines 100m apart.

At the far end of the track, per pair:

- A bag of Fairtrade sugar or rice
- A small handful of pens or pencils
- Several loose sheets of paper, not in a pile
- A roll of toilet paper
- A small plastic bottle for recycling, filled with tap water and lid screwed on

GET STEADY

Ask each person to pair up with someone they don't already know.

Give each pair a scarf or similar piece of soft material.

Ask them to tie two of their legs together. Alternative: link arms.

GO!

Tell the group: this game is based on the familiar 'three legged race'.

In your pairs you must make your way as quickly as you can to the other end of the track.

Collect all the items from the pile in front of you.

Carry them back to the start line.

If you drop anything, you must go back and pick it up.

The first pair to arrive back at the start and carefully sit down with all their items in front of them, wins. Ready, steady, go!

DID YOU KNOW?

- 20 per cent of roast and ground coffee and 28 per cent of bananas sold in the UK are now Fairtrade.
- 72 million children will not go to school this year.
- 884 million people worldwide don't have a safe place to go to the toilet. Going to the toilet in the bush risks being attacked by insects, animals and other people.
- Every 20 seconds a child dies from diseases caused by dirty water.