

Seeds of Change

A RIF GUIDE FOR PARENTS AND FAMILIES

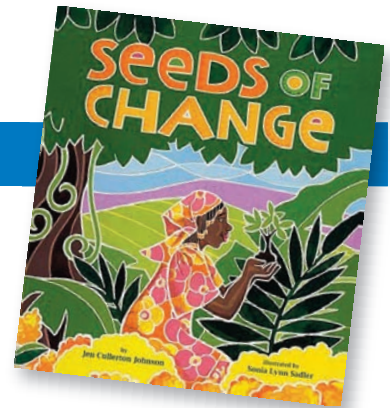
Themes: Heroic Women, Hard Work, Deforestation, Earth Day, Restoration, Nobel Prize

Grade Level: K to 2nd grade

Book Brief: A Kenyan woman works to save her country, one tree at a time.

Author:
Jen Cullerton Johnson

Illustrator:
Sonia Lynn Sadler



TIME TO READ!

Before reading, build background: What does your child know about helping other people? When has he or she helped someone else? How did it feel?

While reading, look for clues: Help your child find clues to understand hard words. Show how other words in the sentence or the pictures in the book can help.

After reading, ask questions:

- ◆ Why couldn't Wangari go to school at the start of the book?
- ◆ When Wangari went to Nairobi, how do you think her parents felt?
- ◆ What are some of the differences between Kenya and America?
- ◆ Do you think leaders in Kenya knew the land would be hurt?

RELATED ACTIVITIES

SCRATCH ART PICTURE

Materials: heavy paper, crayons, washable black paint, dish soap, paintbrush, toothpick

1. Color the paper with crayons; use lots of different colors. Be sure to make the colors dark and waxy. Cover the entire paper.
2. Mix 2 tablespoons of black paint with a drop of dish soap. Paint the entire surface of the paper black. Let dry.
3. Using a toothpick, scratch a tree, flower or other picture on the paper. Watch the beautiful colors from earlier come through!

OUT AND ABOUT

Here are 3 ways you can help your community like Wangari helped hers:

1. Take care of your neighbors' plants when they are away on vacation.
2. Plant flowers, a garden or a tree where the whole neighborhood can enjoy it.
3. Grow or pick fresh flowers and give them to someone to brighten their day.

GITHERI - MAIZE AND BEAN STEW

(Githeri is a simple, healthful dish from the Kikuyu tribe in Kenya.)

Ingredients: 2 cups frozen corn, 2 cups cooked beans (kidney beans or your choice), water, salt, pepper

Put the corn and beans in a large pot with just enough water to cover them. Add a little salt and pepper. Bring to a boil over medium heat. Reduce heat to low and simmer for 8 to 10 minutes, until cooked through.

ADDITIONAL RESOURCES



OTHER BOOKS ABOUT WANGARI MAATHAI

Mama Miti, Donna Jo Napoli and Kadir Nelson (2010),
Planting the Trees of Kenya, Claire Nivola (2008),
Wangari's Trees of Peace, Jeanette Winter (2008).



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