

KWANZAA

Lesson

Kwanzaa is an African-American celebration which celebrates harvest and African values such as unity. It begins on the 26 of December and lasts for 7 days. There are 7 letters in the name “Kwanzaa” in order to emphasize the 7 values of Nguzo Saba, which are unity, self determination, collective work and responsibility, cooperative economics, purpose, creativity, and faith. Kwanzaa is a time for remembering African heritage and trying to emulate the values of



Lesson Continued

Nguzo Saba. Share your Kwanzaa traditions with your child, emphasizing your heritage and family unity. There are many symbols involved with Kwanzaa— help your child recognize them and come to understand what they mean. Most of all, help them feel the love of their family during this special celebration of life.

Snack Time

Since “Kwanzaa” means “first fruits of the season,” enjoy a fruit platter together. Use traditional African fruits such as kiwi, bananas, and pineapple to make it more authentic. Enjoy with a yogurt dip if you desire.



Arts & Crafts

Materials: Rubber cement, paper, paint
Make a Kwanzaa placemat! Dribble rubber cement over a piece of paper in your desired design. After it has dried, paint over it with the Kwanzaa colors of red, green, and black. Peel off the rubber cement to reveal the finished placemat with a fun design on it.



Reading Time

- The Seven Days of Kwanzaa, by Melrose Cooper
- My First Kwanzaa Book, by Deborah Chocolate
- K is for Kwanzaa, by Juwanda Ford