The Xhosa



Footprints on Our Land

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Introduction

As homeschooling mothers/teachers, we have discovered that our children take great pleasure in creating something about what they are learning. We do a lot of literature-based learning in our homes, so for them it is special to have something tangible to show for their efforts.

We enjoy using a combination of 'living books' and appropriate reference books when learning about any topic. By reading carefully selected fiction, our children pick up a lot of 'general knowledge' on any given personality, event or era and we enjoy presenting that knowledge in various ways.

We mainly use narrations and notebooking pages to record our work, but to break the monotony we have created various other projects - posters, theme books and these project packs consisting of a collection of mini-booklets.

For free printable notebooking pages on South African themes, visit the Footprints On Our Land site at www.south-african-homeschool-curriculum.com.

Traditionally, school children create theme books about the various people groups of southern Africa, but we realized that for younger children, even with help and supervision, this can be quite an overwhelming task.

However, a mini-book project enables children to work with small bits of information at a time and this is not as overwhelming as having to write a project from scratch.

This project pack is aimed at children aged 7-11 and can be adapted for multiple age levels, commonly found in the homeschooling situation.

On many of the booklets or templates, children can choose to either write or draw the appropriate information, or in the case of younger children, they can dictate the text and a parent or older sibling can write it for them.

The benefits of using a file folder project pack

- 1. A file folder project will enable your children to work on and review key information about the topic being studied.
- 2. It will develop auditory and comprehension skills as well as the ability to search, sift and find answers in a written text.
- 3. The hands-on activities are fun and develop fine motor skills.
- 4. Children love to learn by doing!
- 5. The creative possibilities are endless. Children can be creative and add their unique touch to their projects.
- 6. File folder projects are ideal for multi-level learning.
- 7. Project packs can be incorporated into unit studies, supplement topics of study or stand alone.
- 8. A project gives the children a reason for writing and drawing.
- 9. File folder projects are compact, easy to store and retrieve again later.

10. A file folder project can become part of a child's portfolio of work and are a great tool for reviewing completed work.

Adapting a project

If the suggested activities are too difficult for your student, here are some ways to adapt them:

- 1. Let your child dictate the written answers to you.
- 2. Write words that your child can copy.
- 3. Allow your child to draw her narration.
- 4. Shorten the questions or requirements to suit your child.

Likewise, for more advanced students, you can adapt a project as follows:

- 1. Help them to research the topic further using the internet, library or other resources that you may have.
- 2. Let them write longer narrations. You could add a pocket or an extra flap to the folder and store additional work there.

Be creative

Use this file folder as the basic starting point of your project.

- If you study a topic in depth, you could add photos of crafts or hands-on projects that your students did, outings and field trips relating to the topic, photos of relevant places of interest or historical objects.
- Add brochures or souvenirs you may have from places you visited.
- Add book reviews of relevant books, fiction or reference that you have read about the topic.
- Add any drawings your student may have done.
- Decorate your file folder with glitter, gel pens, stickers, ribbons, embellishments, just about anything!
- If you find out that there is something extra that you wish to add to the file, then do it! Add another flap. Flaps can be hinged to the top edge or the bottom edge. Be creative here also!
- Feel free to rearrange the booklets if necessary.

You will need:

- 1. Two or more file folders per student
- 2. Safety scissors
- 3. Printing paper or card, preferably in different colours
- 4. Glue
- 5. Brads

The Xhosa Lapbook

- 6. Stapler
- 7. Sticky tape
- 8. Pencils

Recommended books and websites

The website links included are references that contain relevant information. However, the content may have changed or become a "dead" link. Please always review websites before using the internet with your children. If you find the site contains inappropriate material or is no longer a relevant site, please let us know. Thank you.

The Xhosa People of South Africa

The History of the Xhosa

At the time of white settlement of the Cape, Xhosa groups were living far inland, into the area between Bushman's River and the Kei River. Since around 1770, they had been confronted with the Trek Boers who approached from the west. Both the Boers and the Xhosa were stock farmers. The competition for grazing land led first to quarrels between the two groups, and eventually it came to a number of wars.

The politics of the colonial government attempted to enforce the separation of white and black settlement areas with the Fish River as the border. But the more the colony developed into a modern state with a strong military organization, the more the whites tended towards a policy of land annexing and the subjugation of the black population. In the middle of the 19th century, all the land formerly inhabited by Xhosa was in the hands of white settlers.

With the founding of the South African Union in 1910, the British colony and the independent Boer Republics were united. A modern "democratic" state was formed. In which only the white population could execute the right to vote.

The black people were subjected to a policy of concealed expatriation. Through the Native-Land Law of 1913, first 7.5 per cent, and later 13 per cent of the land in South Africa was declared reservations for blacks. No white person was allowed to purchase land there and, vice versa, no black was allowed to buy land in the remaining 87 per cent of the territory of the Union. So, the foundation of the disastrous policy of Apartheid was laid.

In the sixties, the black settlement areas were declared autonomous homelands. For the Xhosa people these were the homelands of Ciskei and Transkei. Only after the first really free elections in South Africa in 1994 was the homeland policy abolished, after which these areas were integrated into the new provinces.

Appearance

Women in traditional Xhosa dress drape a blanket around their shoulders and wear a long skirt decorated with braids. They cover their heads with loosely wound turbans. Beadwork is an integral part of their lifestyles and is worn for special occasions. Married women have distinctive headdresses and hair that is twisted into tight ringlets and smeared with animal fat and red ochre. Unmarried women generally wear beaded skirts versus the goatskin skirts worn by married woman.

Traditionally men wear skins, feathers and blankets. They also use the hair from Angora goats on their arms and legs. Young men undergoing initiation smear themselves with white clay and cover themselves with a blanket and no other clothes.

In this century the Xhosa people in cities are westernized and their clothing does not differ from other population groups.

Homes

In the rural areas the traditional Xhosa rondavels can still be seen dotted around on the landscape. These are made by interlacing branches around a framework and then plastering the branches with mud to form the walls. The floors are smoothed over with a combination of cow dung and anthill soil.



The outer walls are traditionally decorated with patterns and there is one doorway and a few small windows. The roofs are made from thatch or grass matting.

For the Xhosa, on earth, "house" would be any building that you can or do stay in while "home" is where you belong. It is where you would feel most comfortable. In African culture, home is where your ancestors are based, a place where you are spiritually protected.

The Xhosa live in extended family communities with the houses arranged in a circle all facing onto a central courtyard where the daily tasks are performed. Cooking areas can be screened off from this central area where mud ovens are built for baking.

There is also a central grain store made from branches and another similar kraal enclosure for goats and cattle.

Xhosa Food



Food in the traditional community is very simple the basis being maize meal, sorghum, porridge, meat and sour milk.

Cooking is done in cast iron pots over open fires. Herbs and wild plants collected by the women are used for flavouring.

Vegetables grown in their own family plots, like pumpkin, potatoes and other tubers, are also added to their diet.

Crafts

Beading is done by the women where intricate patterns are created. Beaded patterns can tell stories, write love notes or just be a form ornamentation. Beads became part of the Xhosa culture when trade began with the white settlers in the mid 19th century.

The weaving of mats, which is now an industry supplying a large international market, started simply with Xhosa women creating floor coverings.

Weaving of baskets for storage and carrying items is another Xhosa pastime.

Wood carving on walking sticks, fighting sticks or for ornamental purposes is a craft that is marketed today in the Eastern Cape.

Pottery, in all forms, is also pursued for sale to the tourist market but began for cooking and storage purposes.



Religion, beliefs, and folklore

Many of the Xhosa people are Christian however they still have their traditional beliefs woven into their Christianity. They believe in one supreme being who created everything. They call him uThixo. They also believe in ancestral spirits whom they have to appease and who are their channel to their god.

Traditional healers - often called a witch doctor - are sought for health issues or misfortunes of any kind.

The Thikoloshe is one of their folklore characters who is an evil dwarf like creature who takes the blame for all sorts of issues. Another creature is the "lightening bird" that is a very frightening being, the size of a man and with a large wingspread.

Initiation

When boys enter their late teens, they go through a time of initiation. The leave their village and live as a group in a temporary shelter during which time they undergo a series of rituals to prove their manhood. These rituals include stick fighting, dancing, meditation, limited food and pain endurance.

Xhosa girls also go through an initiation period. They stay within the confines of the village but have a time of separation from the community.

Marriage

In a traditional Xhosa marriage, the bridegroom's family has to negotiate with the bride's family on a bride "price" called lobola. This payment is normally made in cattle. The wedding ceremony takes place over a few days with feasting and dancing. The bride leaves her family community and lives with her husband's family after the wedding.

Xhosa wars

The Xhosa wars were fought from 1779 until the last one in 1878. When the White settlers - Dutch trekkers and 1820 settlers - arrived in the Eastern Cape the area was totally inhabited by the Xhosa.

In 1778 Governor Joachim Van Plettenberg made the Great Fish River the boundary between the Xhosa lands and the settlers' lands. This area was not governed by any laws therefore both parties often raided one another's cattle which became the basis for the enmity that developed between the groups.



In our file folder project about the 1820 settlers, you will discover how the colonial government tried establishing an agricultural settlement along the eastern frontier of the Cape Colony, in an attempt to bring peace and order to this troubled area.

1st War - 1779 - 1781 - Due to an attempt to "peacefully" remove the Xhosa people from the land to be habituated by the white settlers.

2nd War - 1789 - 1793 - Two warring Xhosa clans were aided by white farmers.

3rd War - 1799 - 1803 - The Khoi-Khoi and Xhosa groups moved into the Graaf Reniet district and when the British forces tried to force them out, battles erupted.

4th War - 1811 - 1812 - The Xhosa tried to occupy the neutral territory between the Keiskama and Great Fish rivers. They were forced out and 27 forts were built along the border.

5th War - 1818 - 1819 - Cattle raiding was at its all-time high in the Zuurveld and this war resulted in the death of many Xhosa and 23 000 cattle seized.

6th War - 1834 - 1835 - In December 1834 4000 Khoi-Khoi and Griqua people were settled in the fertile Kat River Valley by the Cape Government. Another Xhosa chief became enraged by this act and went on the rampage burning farmsteads and killing settlers.

7th War - 1846 - 1847 - Due to one man stealing an axe from a local store war broke out near Fort Beaufort. Both sides - Xhosa and Colonial - suffered heavy losses.

8th War - 1850 - 1853 - The Ngqika chief, Sandile, attacked a colonial patrol on Christmas Eve 1850. Thereafter he attacked and burnt three white villages. Other Xhosa clans joined them in a full-scale war between the colonial powers which lasted 3 years.

9th War - 1877 - 1878 - This time a local flare up between two tribes had to be quelled by Colonial Police.

Language

The Xhosa language forms part of the Nguni group of languages. Just like the Khoekhoen people the Xhosa language has a series of clicks which they inherited from the KhoeSan group.

Basic Clicks:

"c"- as in "ucango" is a click made by dropping your tongue from your front teeth.

"gq" - as in "ugqirha" is a heavy clicking sound made by dropping your tongue off your palette.

"q" - as in "inqwelimoya" is a strong clicking sound made by tongue and palette like a cork popping.

"xh" - as in Xhosa is a side clicking sound made by sucking your tongue against the side of your cheek and teeth.

Xhosa Phrases



Ninjani? - How are you all? Siyaphila. - We are fine.

Learn to greet one-to-one: **Molo Sarah - Hello Sarah** Molo Lucy

Unjani? - How are you? Ndiyaphila. - I am fine.

Learn to greet one-to-many:

Molweni. - Hello everyone.

Molo Sarah.

Saying goodbye one-to-one:

Hamba kakuhle Sarah. - Go well Sarah Sala kakuhle Lucy. - Stay well Lucy

Saying goodbye one-to-many:

Salani Kakuhle. - Stay well everyone.

Hamba kakuhle Sarah. - Go well Sarah.

Introductions:

What is your name? Ngubani igama lakho?

My name is Sarah. Igama lam nguSarah.

What is your surname? Ngubani ifani yakho?

My surname is Brown. Ifani yam nguBrown.

Greeting family members:

Molo tata - Hello Father Molo bhuti - Hello Brother Molo makhulu - Hello Granny Molo sisi - Hello Sister Molo mama - Hello Mother Molo tatomkhulu - Hello Grandfather.

National Anthem

The South African National anthem was composed by Enoch Sontonga in 1897. The first verse of the anthem was added to "Die Stem" and is now the official anthem of South Africa.

Nkosi sikelel' iAfrika Maluphakanyisw' uphondo lwayo, Yizwa imithandazo yethu, Nkosi sikelela, thina lusapho lwayo. Morena boloka setihaba sa heso, O fedise dintwa la matshwenyeho, O se boloke, O se boloke setjhaba sa heso, Setjhaba sa South Afrika - South Afrika. Uit die blou van onse hemel. Uit die diepte van ons see, Oor ons ewige gebergtes, Waar die kranse antwoord gee, Sounds the call to come together, And united we shall stand. Let us live and strive for freedom. In South Africa our land



Translation

Lord, bless Africa
May her spirit rise high up
Hear thou our prayers
Lord bless us.
Lord, bless Africa
Banish wars and strife
Lord, bless our nation
Of South Africa.

Ringing out from our blue heavens From our deep seas breaking round Over everlasting mountains where the echoing crags resound ...

Famous Xhosa people



Nelson Mandela

Nelson Mandela was born in the village of Mvezu in Mthata on the 18th July. Nelson Mandela played a large part in the Freedom Struggle fighting against the government of the 60's and 70's who enforced the apartheid system.

He spent 27 years of his life in jail and was eventually released after much international and local pressure in 1990. For the next 4 years running up to the first democratic elections, he became a champion for peaceful reconciliation in the country.

He was elected President of South Africa in 1994. He is an icon to the majority of people in South Africa and to many worldwide.



Thabo Mbeki

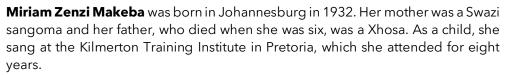
Thabo Mbeki is the current (2008) president of South Africa. Born into a family who were active in the ANC during the apartheid years, Thabo followed them in their struggle for freedom. He spent 28 years in exile after a series of arrests of ANC activists took place.

He returned to South Africa just before the first democratic elections in 1994 and was made deputy president under Nelson Mandela.

Desmond Mpilo Tutu was born on the 7th October 1931. Tutu was elected and ordained the first black South

African Anglican Archbishop of Cape Town. He has been the man accredited with the saying that South Africa is a "Rainbow Nation."

He received the Nobel Peace Prize in 1984, the Albert Schweitzer Prize for Humanitarianism, and the Magubela prize for liberty in 1986.





Desmond Tutu

She first toured with an amateur group. Her professional career began in the 1950's with the Manhattan Brothers, before she formed her own group, The Skylarks, singing a blend of jazz and traditional melodies of South Africa.

In January 2000, her album, Homeland, produced by Cedric Samson and Michael Levinsohn was nominated for a Grammy Award in the "Best World Music" category.



Miriam Makeba

In 2001 she was awarded the Gold Otto Hahn Peace Medal by the United Nations Association of Germany (DGVN) in Berlin, "for outstanding services to peace and international understanding". In 2002, she shared the Polar Music Prize with Sofia Gubaidulina.

In 2004, Makeba was voted 38th in the Top 100 Great South Africans. Makeba started a worldwide farewell tour in 2005, holding concerts in all of those countries that she had visited during her working life. She is still touring as of May 2008.

SOUTH AFRICAN HISTORY PROJECTS

www.south-african-homeschool-curriculum.com/south-african-history.html



PRINTABLE HANDS-ON PROJECTS PACKS

to create your own lapbooks about eras and people groups in SA History

"A perfect match for ANY curriculum, unit study or stand-alone history."

FUN – CONVENIENT – CREATIVE – VISUAL – MULTI-LEVEL

Instructions

Make your mini-books

After carefully reading the information provided, complete the mini books using the facts you have learned.

1. Map

- Colour the sea blue
- Colour the mountains brown
- Outline the rivers in blue
- Outline the boundaries in red
- Colour the land green
- Highlight any towns you have read about
- Cut out and stick on your project folder

2. History of the Xhosa

Cut out as a WHOLE. Fold Left flap in; fold right flap in, fold bottom flap up.

Write on each flap about the following three history points:

1770 -1878

1913 Land Act

1994 Vote

Cut out the clipart and stick on the front of the bottom flap.

3. Xhosa Appearance Crossword

4. Xhosa Homes

Let your children colour them in. Write on each of the last three houses the characteristics of a Xhosa home and village. Punch a hole through all 4 where marked with a circle and put your brad/split pin through to make a fan book.

5. Xhosa recipe pocket

Cut out the template. Fold bottom flap backwards. Fold on dotted lines to hold bottom flap in place. Glue on flaps. Glue back of pocket to your folder.

6. Xhosa Crafts

Cut out as a square. Fold in on diagonal lines. Under each flap draw and write about one Xhosa craft

7. Xhosa religion, beliefs, and folklore

Cut out shape. Fold the flaps inward. On each flap write one of the points about the Xhosa belief. Decorate the outer flaps. Stick the back to your folder.

8. Xhosa War

Cut out as one long piece. Fold on each solid horizontal line. This will create an accordion type book. Use each side to write down the date of one war in the Eastern Cape. You can add any other details for which you have space.

9. Xhosa Words

Cut out the rectangle; fold in half on solid line, cut on dotted lines. Place the clipart on the outside flap and write the English and Xhosa words under the flap.

10. Xhosa Phrases

Cut out the booklet and add the English phrase on one side and the Xhosa phrase on the other. Fold as a concertina and glue the back of the English section to your folder.

11. Xhosa Introductions

Fill in the Xhosa translation in the empty speech bubbles. Glue the back of the English section to your folder.

12. Family Greetings

Fill in the Xhosa translation in the empty speech bubble. Glue the back of the picture section to your folder. Fold the two side columns over. Decorate the outside.

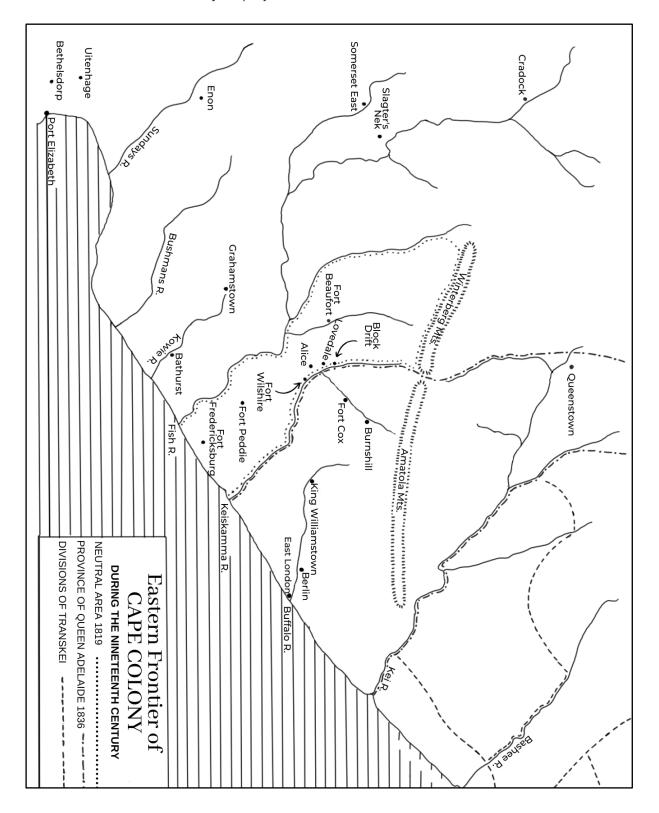
13. National Anthem

Copy the South African anthem onto this scroll. Add to your folder.

14. Famous Xhosa People

Tabbed booklet. Cut out the bottom right-hand block of each page. Staple the pages together to form a booklet so that the largest tab is in front. Except for the front page (which can be decorated by your child) they can write about one of the famous Xhosa people they have studied and draw a picture. Label your tabs accordingly. (Note: these books are lying horizontally for printing but need to be stood vertically to work.)

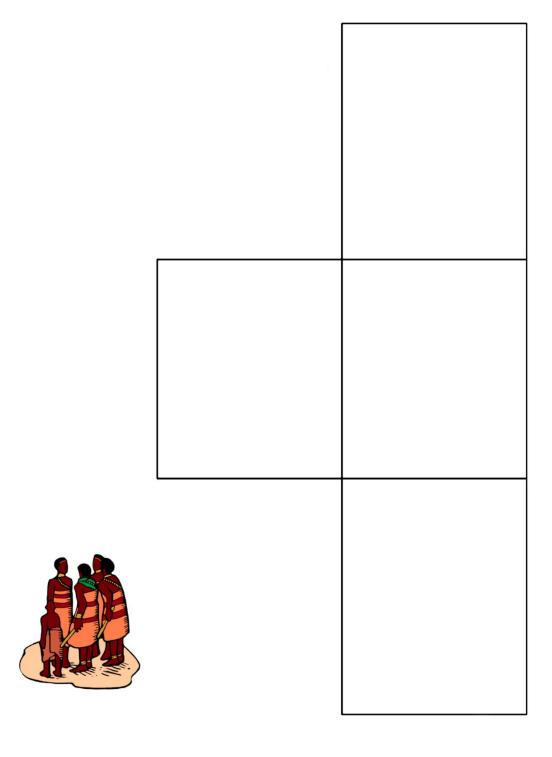
- Colour the sea blue
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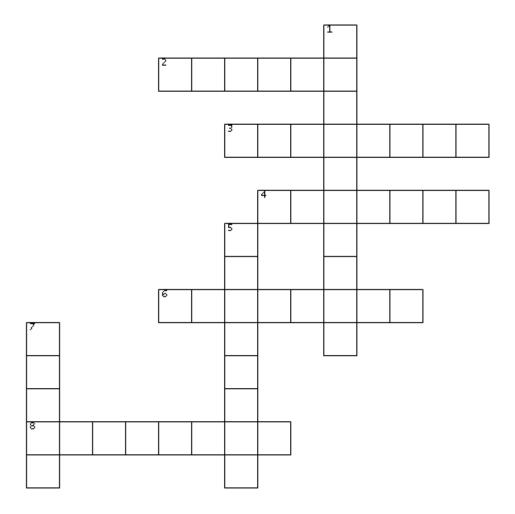
History of the Xhosa - Cut out as a WHOLE. Fold Left flap in; fold right flap in, fold bottom flap up. Write on each flap about the following three history points:

- 1. 1770 -1878
- 2. 1913 Land Act
- 3. 1994 Vote

Cut out the clipart and stick on the front of the bottom flap. (Cut out is printed on its side)



Xhosa Appearance Crossword Puzzle



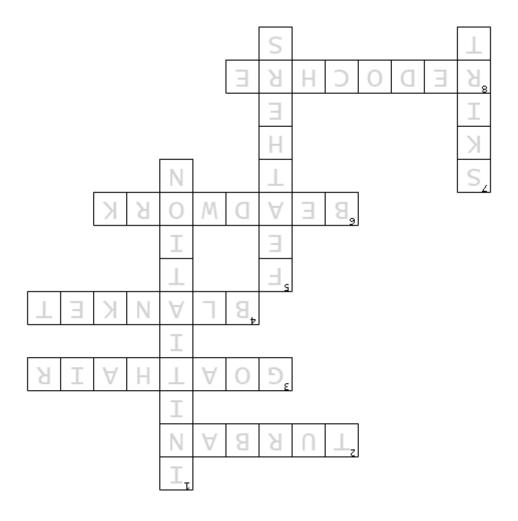
DOWN

- 1. Covering worn from waist of married woman
- 2. Used in headdress
- 3. Young men have to go through this process to achieve manhood
- 7. Clay used to colour hair red

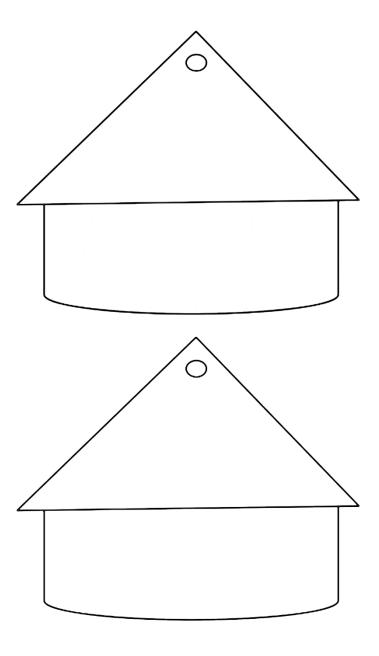
ACROSS

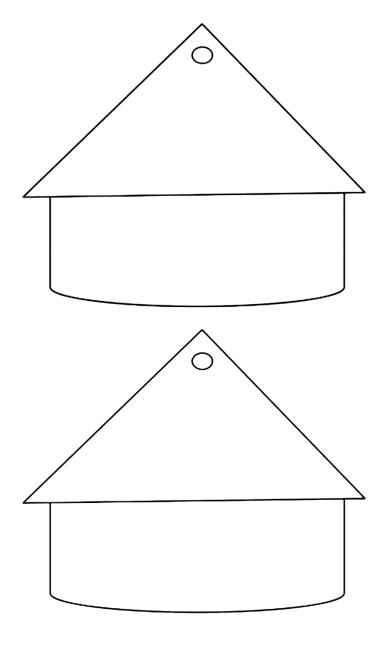
- 4. Covering for warmth
- 5. For decoration
- 6. Used in men's ceremonial dress
- 8. Covering for head

Crossword Answers (Upside down)

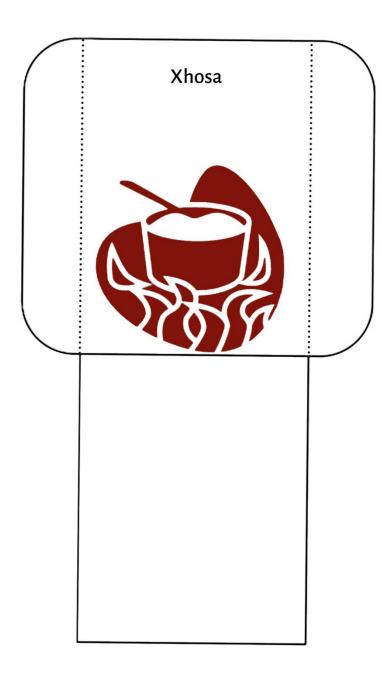


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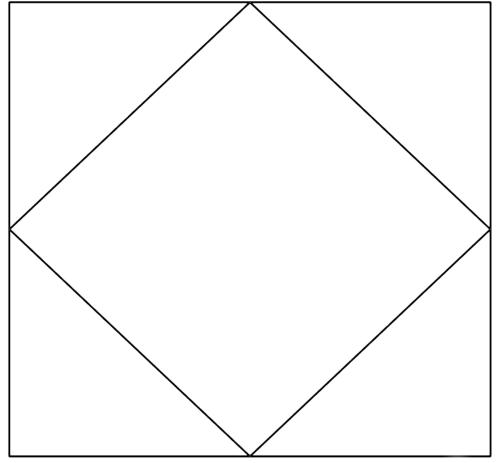


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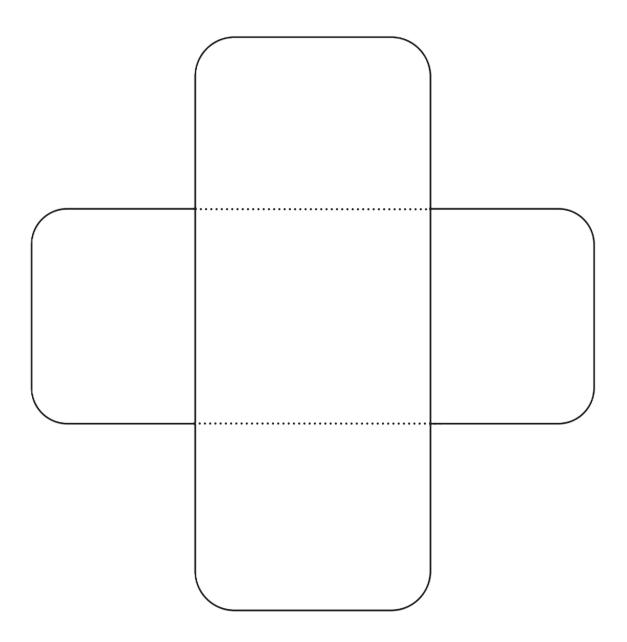


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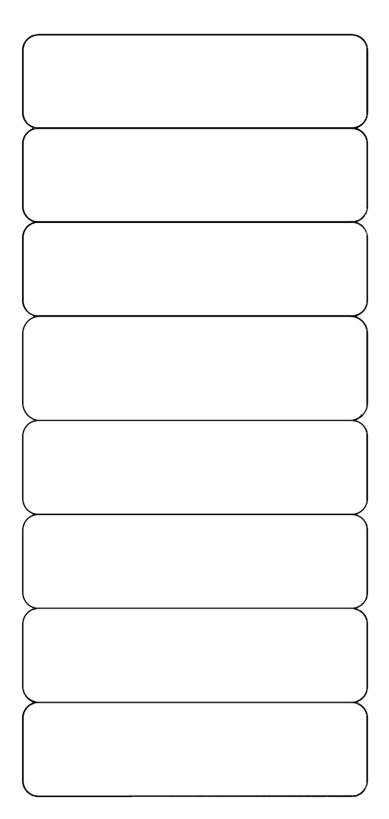




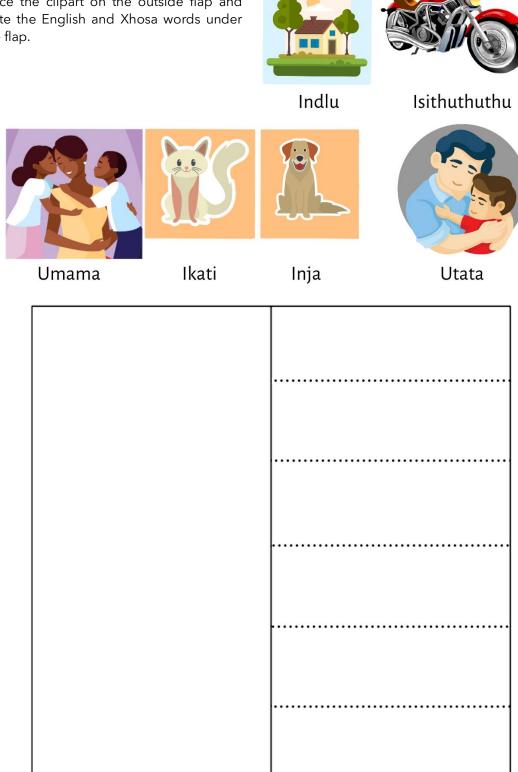
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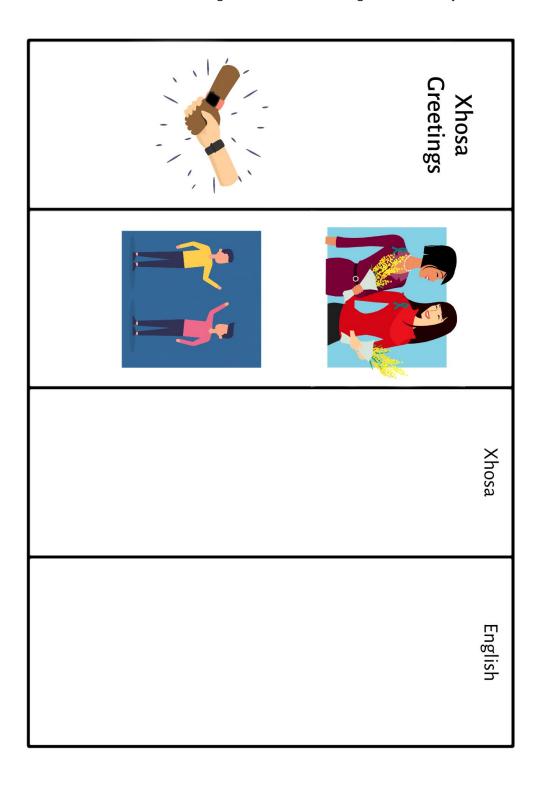
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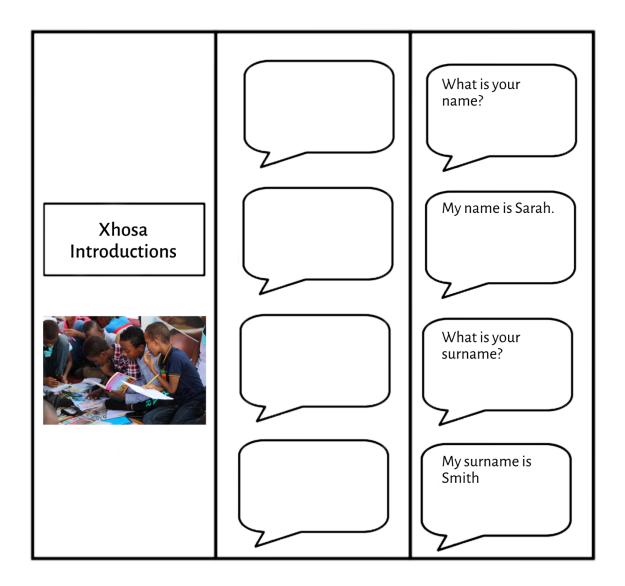
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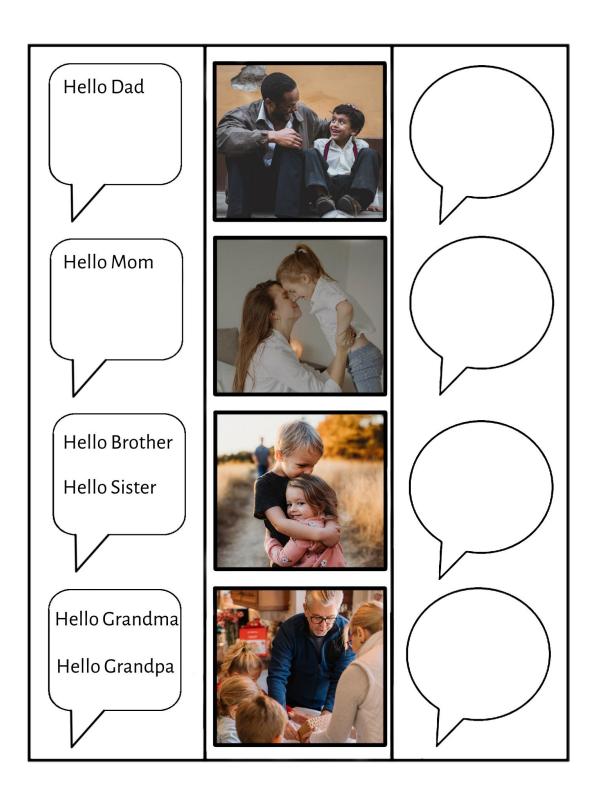
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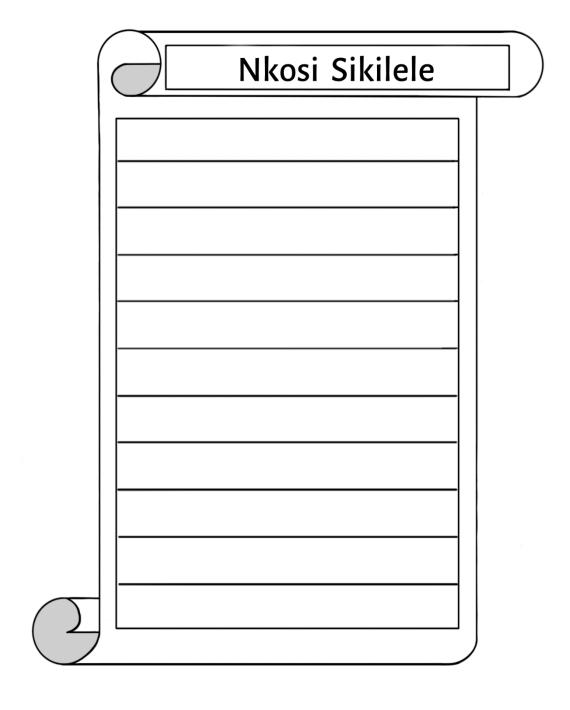
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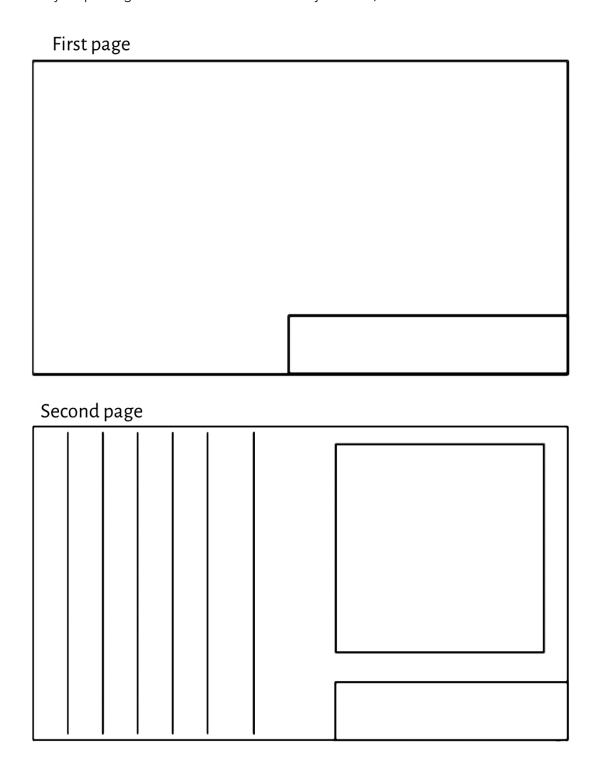
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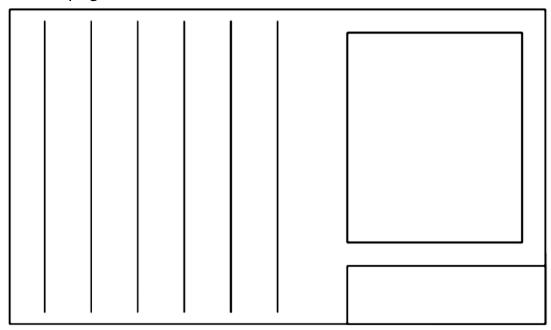
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Famous Xhosa People - Tabbed booklet. Cut out the bottom right-hand block of each page. Staple the pages together to form a booklet so that the largest tab is in front. Except for the front page (which can be decorated by your child) they can write about one of the famous Xhosa people they have studied and draw a picture. Label your tabs accordingly. (Note: these books are lying horizontally for printing but need to be stood vertically to work.)



Third page



Fourth page

