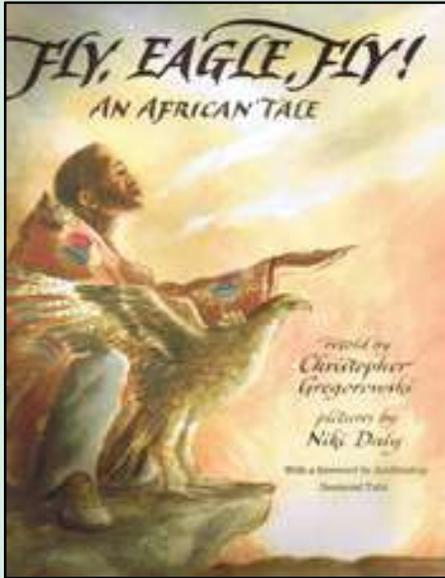


1. Fly, Eagle, Fly!



This classic South African children's story was first published in 1982 and it remains a tale that is well-loved by readers of all ages. The story is simple, but the meaning is profound.

A farmer finds an eaglet and takes it home to his children and raises it among the chickens. A visiting friend sets out to prove to the farmer that the grown eagle has not forgotten its identity but can fly as all eagles do. To his dismay, all attempts to get the eagle to fly fail, until one morning at dawn...

Checklist

- Bible Study
- Memory Verse
- Copywork
- Reading and Narration
- Poetry — Black Eagles
- Nature Study — Birds of Prey
- Art Appreciation — Sunrise
- Music Appreciation — African Sky Blue
- Geography — The Sun
- Science — Light
- Science — Flight
- Social Studies — Xhosa People
- Maths Skills — Measuring Day and Night
- Numeracy — Counting
- Language — Parable
- Craft — Model Hut
- Art — Picture with a Border



Suggested Outings

- Plan an early morning wake up and take your children to a safe place to watch the sunrise with tea and rusks.
- Visit a bird of prey sanctuary in your area.

Bible Study

1. Lost to the Lord

Read the parable of the lost sheep in Matthew 18: 10-14 and Matthew 19: 13-15 and discuss the similarities of the farmer looking for lost livestock and The Good Shepherd looking for us. Children are especially precious to the Lord, and this is a good time to draw an analogy for your young children that they, like us and like the sheep in the story in Matthew, have all gone astray from God. Talk to them about how sheep graze with their heads down and just follow their nose. Instead, God wants us to follow Him, the Good Shepherd. Make this an ongoing discussion in your home.

2. Creation of the Sun

Read the account of the creation of the sun in Genesis 1:14-19. Remind the children that the sun was created by God. However, because all life as we know it would cease to exist without it, some people have worshiped the sun like a god. As Christians, whenever we see the glory of the sun, it should serve as a reminder of God and his great love for us. A lesson about the sun follows further on.

Also read Joshua 10:12-14, where God allowed the sun to stand still for a period during the day. No matter how this was accomplished, it is proof that God is in control of the universe.

Memory Verse

Isaiah 40:31 *“Those who hope in the Lord will renew their strength. They will soar on wings like eagles: they will run and not grow weary.”*



Eagle soaring¹

Copywork

Copy the sentence below onto your notebook page.

- The great bird stretched out its wings to greet the sun and feel the life-giving warmth on its feathers.

Reading and Narration

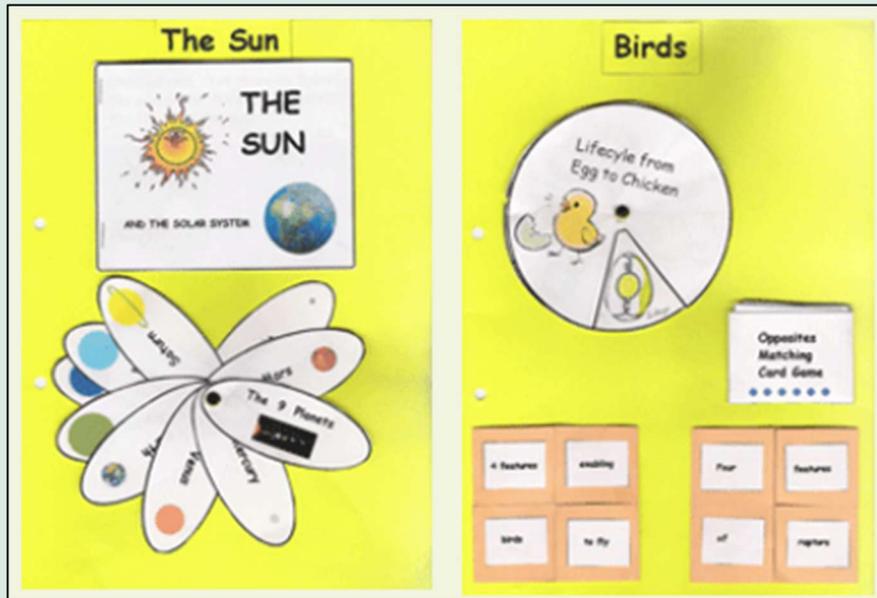
Once or twice during the time of this book study, encourage your child to tell the story back to you. This doesn't need to be done formally; it can simply be when you are outdoors and see a bird, or a comment about the sun or a beautiful sunrise or sunset. If your children are old enough to dictate the story, you can write it down and then they can illustrate the narration.

- Read *Feathered Friends in Get Bushwise*.

¹ Photo: Lip Kee, CC BY-SA 2.0 <<https://creativecommons.org/licenses/by-sa/2.0>>, via Wikimedia Commons

Enrichment Activity

Add in our *Fly, Eagle, Fly lapbook* available online. The link is on the course website.



Sample pages of the lapbook

Poetry – *Black Eagles*

- Read the poem *Black Eagles* in *Fynbos Friends* by Joan Norton.

Nature Study – *Birds of Prey*

Birds of prey or ‘raptors’ are flesh-eaters that hunt other animals for food. Eagles are raptors, as are falcons, owls, vultures and secretary birds.

Raptors have very sharp eyesight, with their eyes well-positioned in the front of their head to help them judge distances accurately when swooping down to grab their prey.

They usually have large feet with long, sharp claws for grasping and crushing their victims. Their beaks are strong and hooked for tearing flesh.

1. Fly, Eagle, Fly! — Sample Lesson from Little Footprints



A tawny eagle²

Let your children examine the features of the eagle in the picture book and compare them with those of the chickens. Pay attention to the position of the eyes, feet, beak and wingspan, etc.

Compare the pictures in the story with illustrations in a bird guide and see if you can tell what species of eagle is depicted in the story book.

- Collect some feathers when you go on a nature outing and try to guess from what bird and where on the bird's body they are found.
- Find age-appropriate reference books about birds if you would like to take the study of their design further.
- For children who are not overly sensitive, watch the short video on the course website of how eagles hunt. It is a robotic prey, no killing is shown.
- Colour in the picture of the African eagle in the colouring in book, *African Animals to Read, Colour and Keep*.

² Photo: Yathin S Krishnappa - Own work, CC BY-SA 3.0,
<https://commons.wikimedia.org/w/index.php?curid=23241626>

Nature Table

Find a place in your home for your children to set up a collection of items. These can be stones, feathers, quills, grasses, nests or anything similar that they find on your weekly nature walk.

Art Appreciation – Sunrise

Sunrise and sunset are always magnificent sights. During the week display the title page for your children to look at and appreciate. Here are some discussion points to encourage deeper appreciation:

- What colours can you see in the sun's rays?
- Describe the river in the picture.
- How has the artist created the feeling of an ever-expanding sky?
- Where is your eye drawn to in the picture?

Later in the week, enjoy looking at and discussing the last two double spread pages of a sunrise.

Music Appreciation – African Sky Blue

Enjoy listening to the song *African Sky Blue* on the course website. The late Johnny Clegg expressed his passion for the African people and our land in his music. He is a musician whose work you may wish to explore further with your children.

Geography – The Sun

The sun is possibly the most important thing in our solar system as it is the greatest source of light and heat. Without the sun's light and heat, nothing on Earth could live or grow.

Our solar system has nine planets, lots of moons and other rocks called asteroids which all move around the sun. The sun's gravity prevents the planets from flying off into space. The Earth takes one year to move around the sun.

1. Fly, Eagle, Fly! — Sample Lesson from Little Footprints

The sun is not made of rock, like the Earth but is a huge, fiery ball of hot, glowing gases. As the Earth moves on its journey around the sun, it spins, making one turn every 24 hours. This is what causes day and night. When one side of the Earth is facing the sun, it is day and when it is turned away, it is night.



The Earth in space, illuminated on one side by the sun

- You can demonstrate the effect of day and night by shining a torch onto a ball or a globe and rotating it slowly.

A lesson about the solar system is included in the lessons for *One Round Moon and a Star for Me*.

Science – Light

Ask the children what colour the light of the sun is. Then demonstrate to them how many colours make white.

You will need:

- white card
- string or strong thread
- coloured pencils or crayons

1. Fly, Eagle, Fly! — Sample Lesson from Little Footprints

1. Cut out a circle of white card about 10cm in diameter.
2. Divide it into sevenths and colour each part a different colour, starting with red, then orange, yellow, green, light blue, dark blue (indigo) and purple (violet).
3. Thread some string through the centre of the circle.
4. Hold each end and begin to swing the card in big loops.
5. Pull the string tight from both ends so that the card spins fast.
6. If you spin very fast, the colours blend and the card almost looks white.



Children with their light wheels

Sunlight may appear to be clear or white, but in fact it is made up of all the colours of the rainbow. A rainbow is formed when the sun shines on water droplets in the air and the sunlight is split up into all the different colours. You can only see a rainbow if your back is to the sun.



Rainbow

1. Fly, Eagle, Fly! — Sample Lesson from Little Footprints

Light gives colour to everything that we can see. We see only the colour that is reflected, so for example, when light strikes green leaves, some colours are absorbed and only the green component is reflected. White surfaces reflect all the light and black surfaces absorb all the colours. At night, there is not enough light to see anything clearly.

The sky above the earth appears blue because of dust and water droplets in the air, which tend to reflect blue light more than the other colours. In space, there is nothing to reflect the sun's light and so space appears black.

□ *Science – Flight*

How do birds fly? We know that they use their wings to fly, but how do their wings work?

By flapping their wings, birds can raise their bodies off the ground and move forward through the air. This is possible because of something called 'lift'. Because of the shape of the wings, the air moving over the top of the wing moves faster than the air moving underneath. This difference causes the air underneath to exert more pressure on the wing and creates 'lift'.



*Tawny eagle in flight*³

³ Photo: By Valentina Storti - Flickr: Tawny Eagle, CC BY 2.0,
<https://commons.wikimedia.org/w/index.php?curid=18214862>

1. Fly, Eagle, Fly! — Sample Lesson from Little Footprints

It is mainly the outer half of the wing that enables the bird to move forward as the long feathers of the wing tips are differently shaped from the other feathers. These flight quills give the bird forward thrust. Most birds, like eagles, can also glide and soar on the air currents with their wings outstretched.

Watch some birds flying and tell your children how God has specially designed their bodies for flight:

- They have powerful breast muscles for moving the wings.
- Their feathers are light and arranged in a way that provides strong strokes against the air.
- The bird's skeleton is very light because the bones are hollow.
- The energy needed for flight is provided by their warm blood, their good breathing system and their ability to digest food quickly.
- On the course website, there is a quick and easy bird flight craft activity for you to enjoy.

□ *Social Studies – Xhosa People*

The story is situated in the Transkei, which is the area from the Mtamvuna River in KwaZulu-Natal to the Zuurveld of the Eastern Cape, which is the traditional home of the Xhosa people of South Africa. Their language, also called Xhosa, is one of the eleven official languages which are recognised in South Africa.

The Xhosa people traditionally lived in large family groups as rural farmers who grew subsistence crops and kept cattle, which were regarded as their wealth. However, today, many Xhosa people are urbanised, living and working in towns and cities all around the country.

Although many Xhosa people today do not practice the traditions of previous generations, it is still common to see Xhosa women carrying their babies on their backs and wearing a head-covering if they are married, as shown in the story.

- Read pages 36-39 in *My First South African Atlas*.
- Help your children locate the Transkei on the map and to place the appropriate picture disc there.
- Your family will learn more about the Xhosa in an upcoming lesson. The role of the Xhosa in the early history of South Africa, as well as Xhosa leaders, are also included in our Footprints curricula for older children.

1. Fly, Eagle, Fly! — Sample Lesson from Little Footprints



Topographical map of Transkei⁴

☐ Maths Skills – Measuring Day and Night

- Either get up early and see what time the sun rises or check the times of sunrise each day on a weather app. Help the children to observe and record the time that the sun sets and then calculate how many hours of dark and daylight you experience, respectively.

⁴ Map: Htonl, CC BY-SA 3.0 <<https://creativecommons.org/licenses/by-sa/3.0/>>, via Wikimedia Commons

1. Fly, Eagle, Fly! — Sample Lesson from Little Footprints



African sunset

For younger children, it might be best to round off the time to the nearest hour or half hour and help them with the calculations. You could repeat this exercise a few weeks or months later and compare the results or do it regularly and plot the results on a graph. There is a simple graph page you can print, to use for this activity, on the course website.

Numeracy – Counting

One-to-one correspondence is one of the first early maths skills your children will learn. It's a fundamental skill, where children learn to match each object they count with a unique number. It's important to give children plenty of opportunities to develop this skill, as without well-developed one-to-one correspondence skills, young children will struggle with basic math concepts.

Encourage your children to count these items in the book:

- chickens on the various pages
- fence posts
- people on each double page spread
- cattle
- trees
- children
- rungs on the ladder
- corn cobs

□ *Language – Parable*

Explain to the children that this story is a parable. A parable is a short story about everyday things or situations, which is used to illustrate a religious or ethical point. In other words, it is a story that has a deeper meaning and is intended to teach a lesson.

Talk about any of Jesus’s parables in the Bible which the children may have heard or read before. They should at least be familiar with the parable of the lost sheep given in the Bible lesson for this book.

Ask them leading questions to help them discover the deeper meaning of this story for themselves. Prompt them with the thought that Christians should never see themselves as mere chickens, because God has created each one of us to reflect His glory in our lives.

□ *Craft – Model Hut*

Look at the homes of the Xhosa people in the book. In rural areas, they usually live in circular huts grouped together around a central cattle kraal. The huts are constructed of mud and clay with cone-shaped, thatched roofs.



A model of an eagle, a hut and chickens to depict this story

1. Fly, Eagle, Fly! — Sample Lesson from Little Footprints

You will need:

- flexible card
- crayons or paints
- glue or sticky tape

Instructions:

1. Make a model hut using the card.
2. Make a cylinder for the wall of the hut and a conical shape for the roof.
3. Let the children decorate their Xhosa hut appropriately using markers, crayon or paint.
4. Encourage them to decorate the walls of the hut with geometric designs similar to those shown on the back cover of the book.
5. They might enjoy painting the walls with mud and 'thatching' the roof with dry grass stalks to make the model hut more authentic.



Candice and her daughter with her model of a Xhosa hut.

□ *Art – Picture with a Border*

You will need:

- drawing paper
- pencil crayons or other drawing medium.

1. Let the children look at the pictures on the cover and the first and last pages of the storybook and point out the border.
2. Ask your children to create a picture within a border.
3. They should use a geometric pattern on the border, perhaps similar to those shown on the huts on the back cover.
4. They could create a much wider border, more like a picture frame, if they like. Let them draw a pictorial narration of the story within their border.

If your children are reluctant to draw, find a lovely African picture in a magazine or online and let them create a cardboard border to frame the picture. They can then decorate the frame.

Older children might be interested in a discussion about which colours in the border will highlight elements of the drawing itself.

Quote

“The best teachers are those who show you where to look, but don’t tell you what to see.”

~ Alexandra K. Trenfor

Encouragement for Mom

Why We Don't Follow Charlotte Mason by the Book

Charlotte Mason believed that children are persons, not vessels to be filled, but souls to be nourished.

That's why Footprints was built on her foundational ideas, but not in a rigid, purist way. We've taken the essence of her philosophy and adapted it for real South African families like yours.

Yes, we value living books, rich language, and exposure to noble ideas.

Yes, we believe in offering children a generous curriculum, one that includes not just reading, writing and arithmetic, but also *poetry, music, art appreciation, nature study and cultural literacy*.

But here's the important part: We believe your family's way of applying those ideas will be unique ... and that's *exactly* how it should be.

Footprints isn't a scripted plan. It's a curated journey, a story-rich, values-rich path to raising thinking, feeling and curious human beings.

We want you to give your children more than inspiration, we want you to offer them inspiration.

Charlotte Mason wrote: *"And all the time we have books, books teeming with ideas fresh from the minds of thinkers upon every subject to which we can wish to introduce children."*