



Kids Corner

Women and girls in Congo have amazing strength! You will often see them walking long distances carrying heavy bundles on their heads. They carry things like food, clothing, water, firewood, supplies, and many other materials. People in Congo are very busy with these tasks on a daily basis, and families live together so everyone can help out. This is how people survive difficult conditions. When we help communities build new clean water sources, it helps people with their daily tasks of collecting water at a reliable, clean source. And clean water helps keep children healthy so they can go to school, learn new things, and have new opportunities in the future!

“Use Your Head” Relay Race

In this relay, kids can see how well they'd do in Congo! Prepare ahead of time a bundle of clothes, a bucket of water, a plate of food (like a bunch of bananas), or other items to carry. It will need to be fairly self-contained, no loose ends flopping around.

Gather the children together and form teams for the relay. Each person must carry a bundle on his or her head to a fixed point across the room and then back again to hand it off to the next person. You may want to make a rule that if a bundle drops, that person goes back to the starting (or the halfway) line. You can have the teams run the relay in turn, one team at a time, or both racing at the same time. In that event, you'll need two bundles, as alike as possible.

This game is especially fun in the summer if you use buckets of water!