Tobeta Maboko (African Clapping Game)

Tobeta Maboko is a game kids can often play at school or even between household tasks. It is essentially played like our “Rock, Scissors, Paper” game, only it is done with the feet to a clapping beat.

First, the clapping beat: The beat is a 1, 2, 3 pause 1, 2, 3 pause 1/beat. Second, the action: As the players clap the last, single beat they jump into the air. Then, in a quick motion as they are about to land, they make their choice. The choices are:
1. Right foot out in front.
2. Left foot out in front.

For simplicity, we’ll say the Right Foot Forward (as it begins with “R”) will be ROCK (as it also begins with “R”). Next, we’ll say the Split (as it begins with “S”) will be SCISSORS (as it also begins with “S”). And finally PAPER will be the left foot forward as it’s the only one left. It is important to mention that the players (especially in pairs) be looking at each other’s faces and not the other’s feet! The game can be played with any number of participants or in small groups.

Variation 1: Illumination – Large group reduces to one last player as everyone competes with leader. All who win over the leader remain in the game and others sit down.

Variation 2: Round Robin – Large or medium size group. Stand in circle and begin with random player. The player “plays off” with person on the right. Loser sits and winner passes on to the next person on the right. Last one standing wins.

Variation 3: One-on-One – Pairs play for a set number of points. The first one to arrive wins. The players simply compete against each other and the winner gets a point.

Variation 4: Triples – Three players play and the “odd-man-out” gets a point. If all are different, they play again. Players try to avoid points and the first one to the set number ends the game and the lowest points win.

Kids Korner

Lingala Lesson for Kids

1. Mbote! (Mm-BOH-tay) Hello!
2. Ojali? (Oh-ZAH-lee) How are you?
4. Nkomna yo nani (n-KOHM-boh nah yoh nah-nee) What is your name?
5. Nkombo ny ngai (n-KOHM-boh nah n-gahee) My name is (your name).
6. Ojali kosa lan? (Oh-ZAH-lee koh-SAH-lah nee-nee) What are you doing?
7. Merki mingi! (mair-SEE ming-GEE) Thank you very much!

Watch a video of the clapping game at vimeo.com/paulcarlsonpartnership/clapping-game.

Snacks for Kids

Plantains (fried bananas)

Materials needed:
- Plantains
- Knife
- Oil
- Pan
- Paper towels
- Salt

Directions:
1. Peel as a banana.
2. Slice as potatoes.
3. Deep fry or pan fry in oil.
4. Drain on paper towels.
5. Salt to taste.