

The 7 principles of Kwanzaa

Theme 1

Umoja (**oo-MO-jah**) Unity stresses the importance of togetherness for the family and the community, which is reflected in the African saying, "I am We," or "I am because We are."

Theme 2

Kujichagulia (**koo-gee-cha-goo-LEE-yah**) Self-Determination requires that we define our common interests and make decisions that are in the best interest of our family and community.

Theme 3

Ujima (**oo-GEE-mah**) Collective Work and Responsibility reminds us of our obligation to the past, present and future, and that we have a role to play in the community, society, and world.

Theme 4

Ujamaa (**oo-JAH-mah**) Cooperative economics emphasizes our collective economic strength and encourages us to meet common needs through mutual support.

Theme 5

Nia (**NEE-yah**) Purpose encourages us to look within ourselves and to set personal goals that are beneficial to the community.

Theme 6

Kuumba (**koo-OOM-bah**) Creativity makes use of our creative energies to build and maintain a strong and vibrant community.

Theme 7

Imani (**ee-MAH-nee**) Faith focuses on honoring the best of our traditions, draws upon the best in ourselves, and helps us strive for a higher level of life for humankind, by affirming our self-worth and confidence in our ability to succeed and triumph in righteous struggle.

The Nguzo Saba of the seven days of Kwanzaa:

Day 1. **Umoja** means unity.

Day 2. **Kujichagulia** means self-determination.

Day 3. **Ujima** means working together.

Day 4. **Ujamaa** means supporting each other.

Day 5. **Nia** means purpose.

Day 6. **Kuumba** means creativity.

Day 7. **Imani** means faith, especially faith in ourselves.

The 7 symbols of Kwanzaa

- **Mazao—corn:** Symbolic of African harvest celebrations and of the rewards of productive and collective labor
- **Mkeka—woven mat:** Symbolic of our tradition and history and therefore, the foundation on which we build
- **Kinara—candle holder:** Symbolic of our roots, our parent people—continental Africans
- **Muhindi—corn:** Symbolic of our children and our future which they embody
- **Mishumaa Saba—the seven candles:** Symbolic of the Nguzo Saba (7 principles), the matrix and minimum set of values which African people are urged to live by in order to rescue and reconstruct their lives in their own image and according to their own needs
- **Kikombe cha Umoja—unity cup:** Symbolic of the foundational principle and practice of unity which makes all else possible
- **Zawadi—gifts:** Symbolic of the labor and love of parents and the commitments made and kept by the children.

7 Secondary Principles of Kwanzaa

- I. **NGUZO SABA (En-GOO-zoh Sah-BAH)**
Symbolizes the seven principles of Kwanzaa which were developed by Maulana Ron Karenga. The Nguzo Saba are social principles dealing with ways for us to relate to each other and rebuild our lives in our own images.
- II. **BENDERA YA TAIFA**
The flag of Black Nationalism symbolizes the struggle of Liberation. The Red represents the blood of our ancestors; Black is for the collective color of all Black people, and Green reminds us of the land, life and new ideas we must continue to strive to obtain.
- III. **TAMBIKO**
Symbolizes the libation by which honor is given in a special way to our ancestors and a call to carry out the struggle and the work they began. It clearly symbolizes the recognition of and respect for the contributions of those before us, our history and the models it offers us to emulate.
- IV. **HARAMBEE**
Symbolizes a call to unity and collective work and struggle. The word means *Let's pull together!*
- V. **HABARI GANI**
What's the news; what's happening Swahili term used when greeting others.
- VI. **KWAHERI**
Swahili term used as an expression of parting with good wishes and an expectancy to meet again.

Activity ideas:

- 🕯 Have students make a family tree
- 🕯 Have students bring in family albums or photographs
- 🕯 Play the Kwanzaa counting game (directions follow)
- 🕯 Make special food for a Kwanzaa feast in your classroom (one recipe follows)
- 🕯 Work on one of the following puzzles:

Kwanzaa Word Search (easy)

C O N K M E H T O T H H N E Z
M I U S I E A U M S K A G W A
A A N Z A N B A C E L R U A W
K U J I C H A G U L I A Z B A
E B R A T I R R J O O M O M D
N E B M O K I K A A S B S U I
E U M O J A G N M Z E E A U T
K A R A M U A H A A E E B K C
M K E K A A N L A M E N A D A
R P A G U J I M A E I R M C S

HABARIGANI
KARAMU
KUJICHAGULIA
MKEKA
UJAMAA
ZAWADI

HARAMBEE
KIKOMBE
KUUMBA
NGUZOSABA
UJIMA

IMANI
KINARA
MAZAO
NIA
UMOJA

Now go back and find all the letters you didn't circle. Write them down in order on the spaces below for a special message from the Museum!

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(-----.)

Kwanzaa Word Search (hard)

K Z U A C A R E I K G K A W B
A I N M B A E M I C U W A S E
P H K M A B B N Y J Q A M O N
C J U O M R A A I Y I N U I D
F U C A M R A C S M Q Z H R E
K Y R W A B H K A O Y A S D R
N A H I M A E N Q C Z A I V A
H L Q P G V I C Z O K U M X Y
T N Z U X M I P H K H K G J A
I A L I N A G I R A B A H N T
D I M U H I N D I E U A I W A
A P T B I D A W A Z J M T N I
E Q P Q I M K E K A I A O Y F
H D Y U W K J L R G M J I J A
P H G Z T T O H V R A U V X A

BENDERA YA TAIFA
IMANI
KINARA
KWANZAA
MUHINDI
TAMBIKO
UMOJA

HABARI GANI
KARAMU
KUJICHAGULIA
MISHUMAA
NGUZO SABA
UJAMAA
ZAWADI

HARAMBEE
KIKOMBE CHA UMOJA
KUUMBA
MKEKA
NIA
UJIMA

Decrypt the Kwanzaa messages (hard)

Cryptograms are codes that are made by substituting a different letter for each letter of the alphabet. In one cryptogram, the letter R may be replaced with the letter T and the letter T may be replaced with the letter C. Each cryptogram uses a different code.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z

22 12 18 23 25 18 18 10 9 23 14 17 12 9 23 18 6 9 1 17

Answers: **Habari gani?** *phrase*, What's the news?
Kwanzaa yenu iwe na heri! *phrase*, May your Kwanzaa be happy! (also translated as) Happy Kwanzaa!

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Decrypt the Kwanzaa messages (easy)

Cryptograms are codes that are made by substituting a different letter for each letter of the alphabet. For these secret messages, try replacing the letter you see with the letter that comes just **before it** in the alphabet.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z

G Z A Z Q H F Z M H ?

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z

J V Z M Y Z Z X D N T H V D M Z G D Q H !

Answers: **Habari gani?** *phrase*, What's the news?
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Kwanzaa is an African-American cultural holiday which originated in 1966. Created by Dr. Maulana Karenga, Kwanzaa is celebrated from Dec. 26 - Jan. 1. Each day of the celebration focuses on one of seven principles ("Nguzo Saba"). The name, "Kwanzaa", is taken from the Swahili phrase "matunda ya kwanza" which means "first fruits."

Kwanzaa Word Jumble

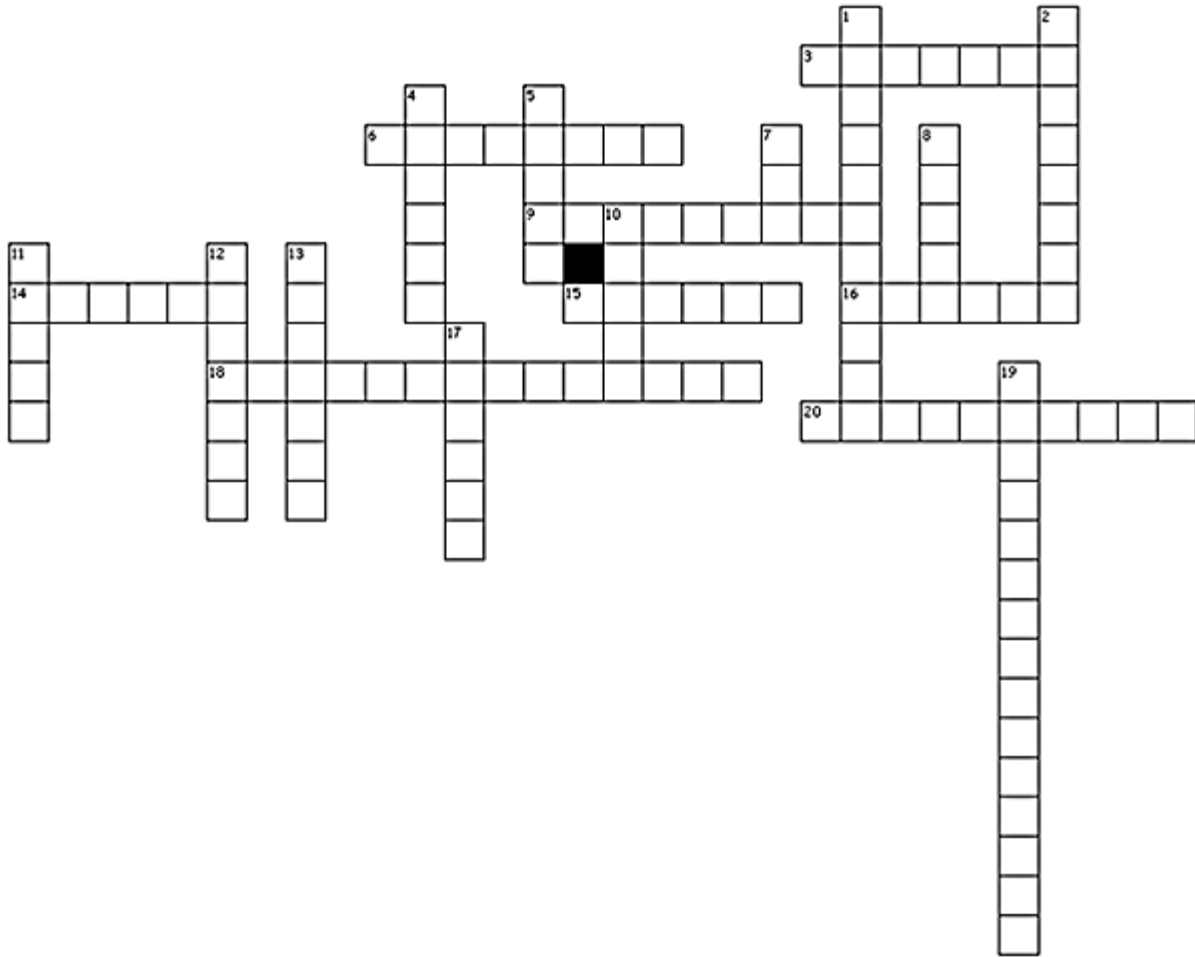
Unscramble each of the clue words.

Take the letters that appear in boxes and unscramble them for the final message.

NAAWZKA	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
NIMAI	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					
BUUMAK	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>					
INA	<input type="checkbox"/>	<input checked="" type="checkbox"/>								
UAJAMA	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
JAIUM	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
JUMAO	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
IACAGLUUKHJI	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

 S

Can you pick out which seven unscrambled words go with the two-word phrase?



Across

- 3. Corn
- 6. Cooperative society
- 9. Seven principles
- 14. Creativity
- 15. Candle holder
- 16. Cooperative economics
- 18. Flag of Black Nationalism
- 20. What's the news?

Down

- 1. Self-determination
- 2. Candles
- 4. Feast
- 5. faith
- 7. Purpose
- 8. Unity
- 10. Collective work and responsibility
- 11. Straw mat
- 12. Libation, offering
- 13. African-American cultural holiday
- 17. Presents
- 19. Unity Cup

Kwanzaa Glossary

- **Kwanzaa** *noun*, African-American cultural holiday.
- **bendera** *noun*, flag, banner.
- **bendera ya taifa** *phrase*, flag of the Black nation.
- **gani** *pronoun*, what.
- **harambee** *noun*, cooperative society.
- **habari** *noun*, news.
- **Habari gani?** *phrase*, What's the news?
- **imani** *noun*, faith.
- **karamu** *noun*, banquet, feast.
- **kikombe** *noun*, cup.
- **kikombe cha umoja** *phrase*, unity cup.
- **kinara** *noun*, candlestick.
- **kiswahili** *noun*, Swahili (ki- (language) + swahili (the Swahili region)).
- **kujichagulia** *noun*, self-determination.
- **kuumba** *noun*, creativity.
- **kwanza** *adjective*, first.
- **Kwanzaa yenu iwe na heri!** *phrase*, May your Kwanzaa be happy! (also translated as) Happy Kwanzaa!
- **matunda** *noun*, fruit.
- **matunda ya kwanzaa** *phrase*, first fruits.
- **mazao** *noun*, produce (fruit, nuts, etc.).
- **mkeka** *noun*, mat.
- **mishumaa saba** *phrase*, seven candles.
- **mshumaa** *noun*, *pl* **mishumaa**, candle.
- **muhindi** *noun*, maize plant (corn).
- **nia** *noun*, purpose.
- **nguzo** *noun*, basis, principle.
- **nguzo saba** *phrase*, seven principles
- **nzuri** *adjective*, good.
- **Nzuri Kwanzaa** *phrase*, Good Kwanzaa
- **saba** *adjective*, seven.
- **swahili** *adjective*, of the Swahili people or region.
- **taifa** *noun*, nation, tribe.
- **tambiko** *noun*, offering, libation.
- **ujamaa** *noun*, cooperative economics.
- **ujima** *noun*, neighborhood cooperation, collective work and responsibility.
- **umoja** *noun*, unity.
- **ya** *adjective*, of.
- **zawadi** *noun*, memento, present, gift.

Kwanzaa Counting Game:

To make the game pieces you'll need:

- 🕯 7 dried lima beans
- 🕯 Permanent markers in green, black and red
- 🕯 A container with lid (like a margarine tub)

1. **Add colored dots to beans.** Take your red permanent marker and dot on one side of 3 beans. Do the same with your green permanent marker on another 3 beans. Take your black permanent marker and dot one side of the last bean.
2. **Play the game.** Put all the beans into the container and snap on the lid. Give the container a shake. Take off the lid. How many red beans do you see? How many green? How many black? Count all the beans with their painted side up. Let each person have a turn. The one with the highest number of painted beans wins.
3. **Give point values to each color.** If you have older children, you can play the game by giving each color a value, like one point for red, two points for green, and five points for black. Add up the points for your score.

	Black beans	Red beans	Green beans	Points
1st time				
2nd time				
3rd time				
4th time				
5th time				

Kwanzaa Mazao craft

At the Kwanzaa celebration, each ear of corn represents a child in the family. Moms or Grandmas won't think this necklace is too "corny" to show off.

What You Need:

- Red yarn
- Black cardboard
- Glue
- Hole punch
- Scissors
- Indian corn



Instructions:

1. **Make corn shapes.** Cut a corn shape from the black cardboard for each ear on your necklace. Take the hole punch and punch two holes at the top to string yarn through.
2. **Decorate shape with corn.** Take the corn kernels and glue them on the corn-shaped cardboard. Try to make rows to make it look like a real ear of corn.

Benne Cakes Recipe

- o You will need: oil to grease a cookie sheet
- o 1 cup finely packed brown sugar
- o 1/4 cup butter or margarine, softened
- o 1 egg, beaten
- o 1/2 teaspoon vanilla extract
- o 1 teaspoon freshly squeezed lemon juice
- o 1/2 cup all-purpose flour
- o 1/2 teaspoon baking powder
- o 1/4 teaspoon salt
- o 1 cup toasted sesame seeds

Preheat the oven to 325°. Lightly oil a cookie sheet. Mix together the brown sugar and butter, and beat until they are creamy. Stir in the egg, vanilla extract, and lemon juice. Add flour, baking powder, salt, and sesame seeds. Drop by rounded teaspoons onto the cookie sheet 2 inches apart. Bake for 15 minutes or until the edges are browned. Enjoy!

Benne cakes are a food from West Africa. Benne means sesame seeds. The sesame seeds are eaten for good luck. This treat is still eaten in some parts of the American South.

Recipe by HarperCollins