

Rakaraka

If you have space, set up 'rakaraka', a game for two teams of any size. The field is a square with a safe zone at each corner and one in the centre to start from.

Team A starts inside the square and team B outside. The safe zones are marked 10, 20, 30 and 40 going anti-clockwise around the circle. Members of team A each run from the central safe zone to each of the other safe zones in turn.

Team B meanwhile throw a (soft) ball, trying to hit the runners. If a runner is hit with the ball, they are out. If they manage to catch the ball, they can throw it as far as they can to make it difficult for team B players to retrieve it. Team A keeps a total of the scores for each safe zone reached by members of the team, keeping on adding them to the team score until everyone in their team is out. Then the teams swap over.

Songs

Pray together

Generous God, we thank you for the richness of our lives.

We thank you for the chance to hear about the lives of people in Zimbabwe.

Our lives are so different but also so similar: we all love to play, to eat, to wonder at creation,



