



Ubuntu Collage

Ubuntu Collage (South Africa)

Ubuntu (*ooh-BOON-too*) is an important idea in South Africa. The word comes from the Zulu language and refers to the bond that connects all people. It is often translated as, “I am because we are.” The practice of ubuntu means caring about the needs of others by being kind, helpful and generous. Ubuntu reminds us that we are all connected!

You'll need:

- paper
- poster board
- crayons
- scissors
- glue (optional)
- photographs or printouts of photos (optional)



Let's get started:

- 1 On your paper, make a list of all the important people in your life — family, friends, teachers, helpers — and why you are grateful for them.
- 2 Draw a picture of yourself or glue a photo of yourself in the middle of the poster board.
- 3 Around the drawing or photo of yourself, draw or glue photos of all the people who are on your list.
- 4 Next to each person, write down why you're grateful for them. Make sure you leave empty spaces on your ubuntu collage so that you can add people when you make new friends or remember more people who make a difference in your life.
- 5 Hang your collage where you can look at it every day. Notice all the people you're connected to! Ask yourself, “What acts of kindness did I perform today?”



Ubuntu Every Day

Try to remember to do an act of caring and gratitude every day!

- Thank an adult who is always there for you — and try to think of how you might help them!
- Invite a kid who is new in your school or community to play with you.
- If a friend seems sad, try to make them smile or help them out.