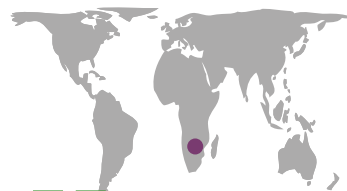


for children

hello

MOZAMBIQUE



How do you say hello in Portuguese?

bom dia

(Say bone DEE-ah)

My name is Vanessa Ricardo.

Age: 12

Lives in: Maule Maule, Mozambique

I live in our village with my mother, father, three brothers and three sisters. I am the oldest child, and I help around our house by taking care of my brothers and sisters and bathing them.

Most days I wake up when the sun rises, about 6 a.m. I go to the garden and water it, and then come back home and bathe. I eat a meal and then go to school in the afternoon. When I come home, I wash dishes, play outside, take a bath, eat and go to bed around 8 p.m.

My best friend is Esmeralda Saidone. She's 16. We wash dishes and read books together. We also play my favorite game, *cheia* (which means full). The goal is to fill a bottle with sand as quickly as possible, while dodging a ball thrown by other players. I'm good at this game.

My favorite food: salad (lettuce, tomatoes, onions and oil)

My favorite subjects: Portuguese and math

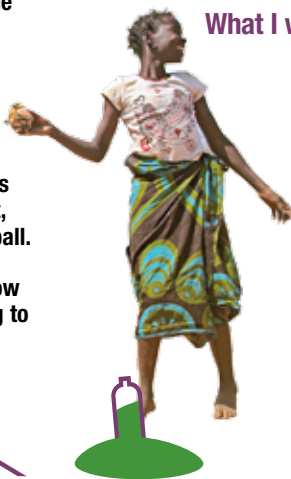
What I want to be: a nurse



Play a game — cheia

What you need: Empty plastic bottle, soft inflatable ball, dirt or sand.

1. Mark off lines about 20 or 30 feet apart, with the bottle in the middle, surrounded by sand.
2. Form two teams. Each team should have three players.
3. One player from Team A begins in the middle by the bottle standing in the sand. That person's goal is to fill the bottle with sand, then empty it, then refill it six times without being hit by the ball.
4. Team B players stand outside the lines and throw the ball back and forth across the middle trying to hit the player in the middle.



5. The player in the middle can catch the ball and throw it as far away as possible. If the player is touched by the ball but does not catch it, he or she is out, and the next player from Team A goes to the middle.
6. When all team members are out, the teams switch sides.
7. The team whose player is in the middle earns a point whenever the bottle is refilled six times.

20-30 FT

