

Shajara

3RD EDITION

Magazine

PAST PERFECT

MISSIO
ACCOMPLISHED



PODCAST



Enjoy and Explore, Dream and Create Magazine



Table of Content

21 RHYMING WORDS
WORLD OF POEM

10 LITTLE CHEF

1 ITS STORY TIME!

15 GET TO KNOW
AFRICAN CITIES

18 DID YOU KNOW

16 LETS TALK
ABOUT HEALTH

19 SPORTS TRIVIA

7 FASHION KIDOS

4 MOVIE REVIEW

Sharjarians Assemble



As always Our first stop is at our Time Keeper Lady K, Lets hear What She has in store for us



This month, we're stepping back in time to learn from the past. It may be fashion trends that are coming back or how our ancestors ate and stayed healthy and happy.

You will also get to explore fun facts, challenge yourself with activities, and go into stories that show how the past shapes our future. And don't forget, you're a part of this journey too! Try out the activities, share your thoughts, and let your creativity shine!

So, grab your favourite snack, find a comfy spot, and start right away.

Let's have some fun, learn new things, and celebrate the amazing world we live in! Until next time, stay curious, stay creative, and most of all, stay YOU!

Excited as you are,
Your Chief Editor
Lady K

Editors in chief

Khadija Mbesa
Jennifer Kaberi

Writers

Brian King
Joseph Atulo

Children Contributors

Shillah Lwangu
Karen Mwikhoma
Benedetta Muema
Eric Namayi
Esdaisy Njoroge
Alice Njoki

Design Layout
Brian Omondi



Thank You So Much Lady K
it's now time for us to jump
back in time all the way TO
Babu Atulo's Hut



Uuuuuuh Do we know what
year it is Una?



I can't quite figure it out
Jabari hopefully Babu Atulo
will tell us

SHORT By Joe STORY



Omondi, Mabela, Kapelo, Mwanaisha, and Chosefu were best friends who met every month to catch up. They had known each other since they were kids, so each meetup felt like stepping back in time to when they played all day and made up their own adventures.



"Guess what?" Mabela said. "My daughter is going on a treasure hunt in two weeks! But she doesn't get it. She's always on her tablet, and now she's confused why I signed her up."

"That's awesome!" Mwanaisha replied. "Kids today are missing out by staying inside all day. They don't know how fun blada and kati were!"

Kapelo laughed. "Right! We played outside all the time_making soccer balls from plastic bags and exploring everywhere! But now it's all about video games."


Omondi shook his head. "Hey, tech isn't all bad! Kids today know how to code and build cool things online. It's just a different kind of fun."

"Sure, Omosh," Chosefu teased. "But nothing beats climbing trees and going on real treasure hunts like we did."

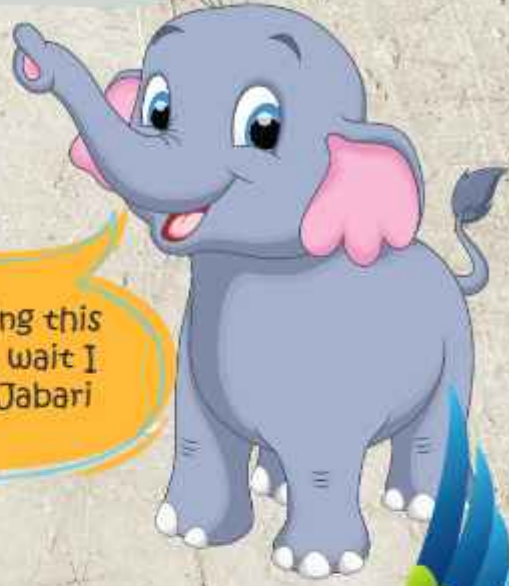
Mabela smiled. "I just want my daughter to enjoy some outdoor fun, like we used to."

Omondi laughed. "Well, at least she'll get outside for once. Let's just hope she doesn't use Google Maps to find the treasure!"


They all giggled, remembering their childhood adventures and hoping their kids would find their own, whether outside or online.



That's an interesting story from Babu Atulo, right Una?



Right I am already loving this Back in time Journey, wait I see someone familiar Jabari



Oh yeah thats our Movie Critique Karen she must be here to take us to an awesome movie somewhere in time lets gooooo

A vibrant movie poster for Disney's 'Coco'. At the top, the word 'MOVIE' is written in large, white, outlined letters. Below it, 'Disney SPOTLIGHT' is written in a smaller font, with 'Disney' in its signature script. The title 'COCO' is prominently displayed in large, colorful, stylized letters (red, orange, pink, blue). The background is a warm, golden-brown wall decorated with colorful papel picado banners and strings of orange marigold flowers. In the center, Miguel, a young boy with black hair, is playing a white acoustic guitar with black floral patterns. He is surrounded by his family members, including his father, mother, and grandparents, all smiling. To the right, several skeletons in traditional Mexican attire are visible, representing the Land of the Dead. The overall atmosphere is festive and celebratory.

MOVIE

Disney SPOTLIGHT

COCO

Coco takes us on an exciting journey to the Land of the Dead, where a young boy named Miguel dreams of becoming a famous musician, just like his idol, Ernesto de la Cruz. But there's a problem: his family has banned music for generations!

When Miguel discovers a magical link to his ancestors on Día de los Muertos (the Day of the Dead), he accidentally crosses into the vibrant Land of the Dead. There, he meets colorful characters, including Hector, a funny skeleton who becomes his guide. Together, they uncover the truth behind his family's past, and Miguel learns the real meaning of family and following your dreams!



Why You'll Love It:

The Music:

The songs in *Coco* are unforgettable! From the emotional "Remember Me" to the lively "Un Poco Loco," you'll be humming the tunes for days.

The Animation:

The Land of the Dead is bursting with color and creativity! It's a beautiful world full of glowing flowers, dancing skeletons, and stunning lights.

The Lesson:

Coco teaches us that family is super important, even when we disagree. It also shows us the power of following our dreams and remembering the people we love.

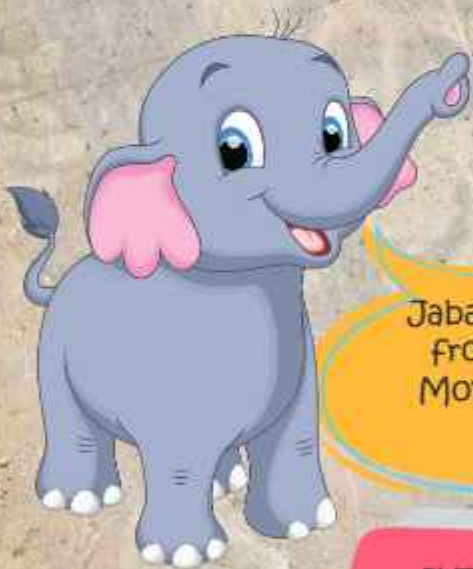
Fun Fact:

Did you know that Coco is based on the Mexican holiday Dia de los Muertos? It's a day when families remember their loved ones who have passed away. They build altars, share stories, and celebrate life!

Imagine you're visiting the Land of the Dead like Miguel! Who would you want to meet?

Watch it with:

Your family! This movie is perfect for a family movie night, filled with laughter, music, and heartwarming moments.

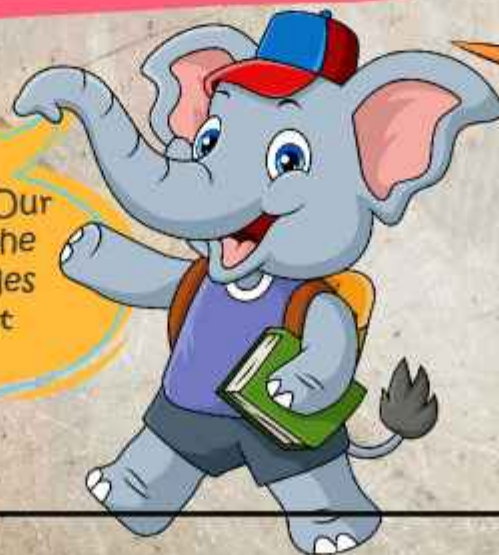


Jabari I dont Remember alot from 2017 but COCO is a Movie I wont be forgetting anyTIME soon

IKR!! I really loved the dresses in the animation too they were so colorful and prettyyyyy



Speaking of Fashion Lets go find Our Bena Katee so she can show us the different and unique fashion styles that our grandparents and great grand parents enjoyed



Fashion Kidos!!



Hey there, fashionistas! Ready to jump into our time machine and explore the coolest styles from the past?

This month, we're bringing you the Throwback Edition, where we take a fashion journey from the '20s to the bold '90s!

Remember the saying, "Old is Gold?" Well, these styles are making a comeback, and we're about to show you why they're still rocking the runways today!



Flapper Dresses: Dance Like It's 1925!

Do you like to dance? Imagine twirling around in a sparkly, sleeveless dress made from silk, chiffon, or satin. That's what the flappers wore in the 1920s! Their dresses were full of beads and shimmer, perfect for a night of jazz and dancing. If you could wear a flapper dress, what colour would you choose?

(Hint: Think glitter, fringe, and lots of movement!)

Polka Dots: Spot the Fun!

In the 1950s, polka dots were the happiest fashion trend! Think of Minnie Mouse remember her red dress with white polka dots? Polka dots were everywhere, from dresses to ties. If you could wear a polka-dot outfit, what would it be? A dress? A hat? A backpack?

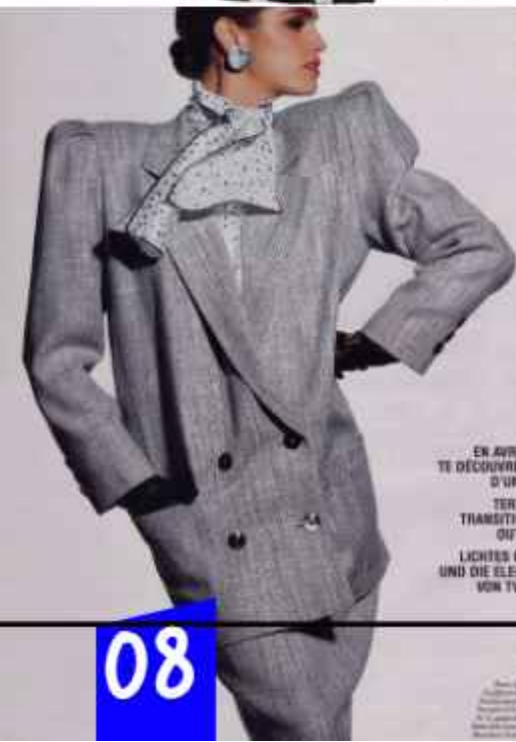
Activity: Try drawing a picture of yourself in a cool polka-dot outfit! Can you make it even more colourful than Minnie Mouse?



Shoulder Pads: Power Up Your Style!

In the 1980s, people loved to add extra power to their outfits with shoulder pads! These made their shoulders look strong and professional—like they were ready to take on the world!

Challenge Time: Can you spot any of these trends in your family photos? Ask your parents or grandparents if they ever wore these cool styles. You might even get to try on something vintage!



EN AVRI
TE DÉCOUVRE
D'UN
TERR
TRANSITI
OUTT
LICHES O
UND DIE ELEG
VON TW

Go-Go Boots: Walk Like a Dancing Queen!

Flash forward to the 1960s, and everyone was grooving in go-go boots! These boots were made for dancing, with their low, comfy heels. Today's go-go boots have even higher heels, but back then, comfort was key.

Let's Play!: If you had a pair of go-go boots, where would you dance? On the moon? In the jungle? Imagine yourself dancing in your boots and writing down the craziest place you'd like to show off your moves!



Bell-Bottoms: Sail Through Fashion!

Bell-bottoms were all the rage in the 1970s! These pants are super wide at the bottom and were originally worn by sailors. Now, they're a symbol of fun and freedom! Guess what? Bell-bottoms are for everyone boys and girls.

Fashion Quiz: Do you think bell-bottoms are cooler than skinny jeans? Why or why not? Share your opinion with a friend and see if they agree!



You know what Una I would've
rocked them shoulder pads



Oh word!!! I would've looked
amazing In polka Dots



All this time travel and imagine
dressup has sure worked up an
appetite

Don't you fret Jabari Shillah is
here to show us how people in the
past calmed their bellies



Nyumbani by Shillah Lwangu Flavors

Nyumbani Flavors: Cook Like Our Ancestors!
Let's take a journey to the heart of Kenya, where families
gathered around fires to cook and share stories. No phones or
Netflix.....just delicious food and fun!

Imagine a warm, hearty bowl of Mukimo_a tasty mix of mashed potatoes, maize, peas, and leafy greens. Families in Kenya used to eat this while sharing stories of brave warriors and wise elders.

Ingredients


- 1 kg Irish potatoes(select fresh for better taste)
- 2 handfuls of pumpkin leaves/spinach(soft and fresh)
- 3 cups of soft maize off the cob
- A bunch of spring onions(finely chopped)
- A spoonful of cooking oil
- Salt to taste




Carefully peel the potatoes and slice them into halves, wash them clean and set aside.




Prepare the pumpkin leaves by removing the stalk and shred them into sizable pieces. You can also blend them for richer colour. If you are using spinach you just need to shred a little bit as well.




Mix the pumpkin leaves, maize and potatoes in a Sufuria and add some water. Just enough for everything to cook well.




Place the Sufuria or cooking pot on fire and let the mixture boil for 30 minutes under medium heat. Open and add a pinch of salt and let it cook for 10 more minutes.



Reduce the heat and mash everything together using a wooden spoon until all blends in well. Remove from Heat and set aside.



In another larger pot/Sufuria, pour in the spring onions and cooking oil and place on fire. Mix until the onions turn golden brown then adjust the heat to minimal and add the Mashed mixture. Mix well.



You can now remove from the heat and serve while hot.

Mukimo can be served with beef stew, chicken stew and Kachumbari on the side and even a cold juice.

Activity:

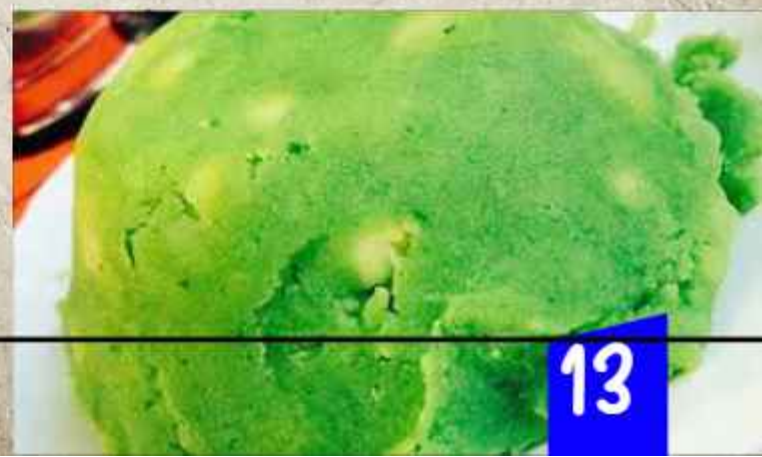
Ask an adult to help you make Mukimo! As you eat, share your favourite story with your family. How does it feel to eat like your ancestors?

Ngwaci Time!

How about some sweet, roasted Ngwaci (sweet potatoes)? Kids ate this while playing and having fun, much like how we enjoy snacks today!

Let's Imagine:

If you could make a new snack from the past, what would it be? Write down your recipe and name your new snack!

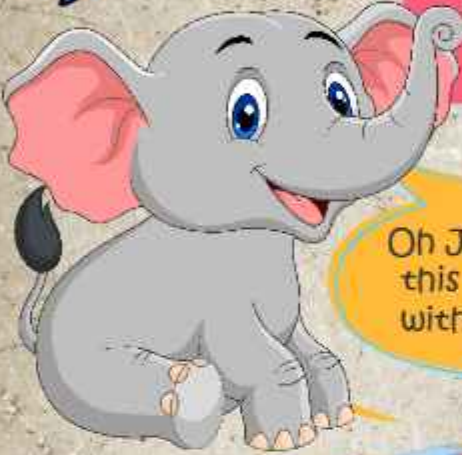




I am so so stuffed right now but if I could get a snack from the past it would definitely be a Dinosaur Ice Cream



Whats a Dinosaur Icecream Jabari?



I dont know either but Im Imagining a T-rex making an ice Cream rynow



Oh Jabari... Our Next Stop is to this months City of the Month with our own tour guide Bena Katee



I would scream for a Dinosaur Ice Cream



INTERESTING FACTS

INTERESTING FACTS

Hello, young explorers! Are you ready for an adventure? Let's travel to Mokhotlong, a beautiful spot in Lesotho known for its tall mountains and twisty roads.

People living in Mokhotlong are called Basotho. They live in small villages with round stone houses, and wear colorful blankets to stay warm. These blankets are a very important part of their culture, used to identify them and their Basotho culture.

The Mokhotlong River flows through the area, and there are lots of animals and birds living there too. It's a perfect place for people who love animals and want to see nature up close.





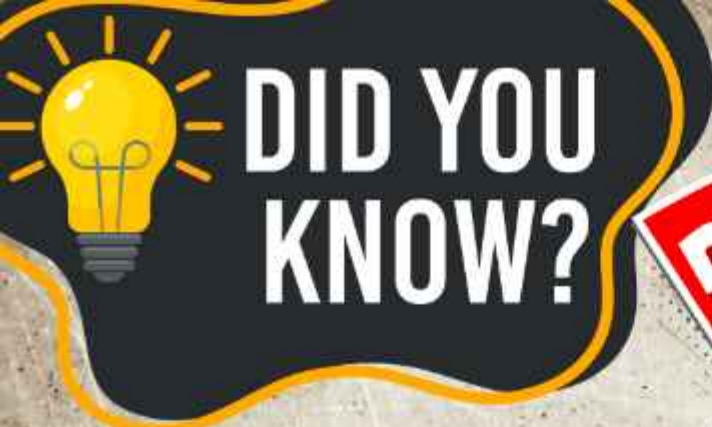
Kids played games like jump rope and tag, which kept them strong and sharp. And instead of sugary drinks, they had maziwa mala (**fermented milk**) and herbal teas to boost their immunity!

Activity:

Go outside today and play a game like jump rope or tag with your friends! How does it feel compared to sitting in front of the TV?



Before we go on, Alice has a question for you, she's asking
DID YOU KNOW?



DID YOU KNOW?



Time Travel:

Some scientists think time travel might be possible! If you could visit the past or future, which would you choose? What year would you go to first?



First Video Game:

The first video game was called Tennis for Two in 1958! What's your favourite video game now?

Ice Cream Dream:

People have been eating ice cream since the 16th century! What flavor would you invent if you could make your own?



Superheroes:

The first comic book, Famous Funnies, was published in 1933! Who's your favourite superhero today?

Old Toys:

The oldest known toy is a doll from ancient Greece! What kind of doll do you play with?



Well this Month Lets find out what was interesting in the past in our world of sports



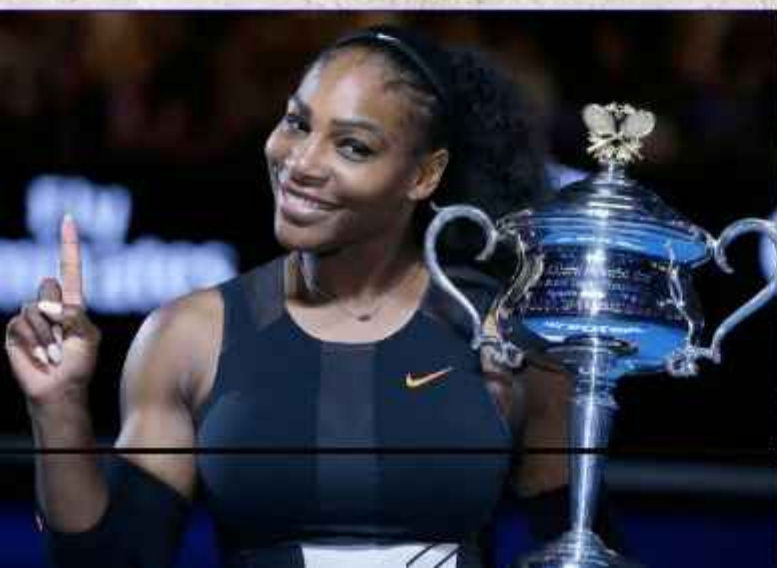
SPORTS SPOTLIGHT

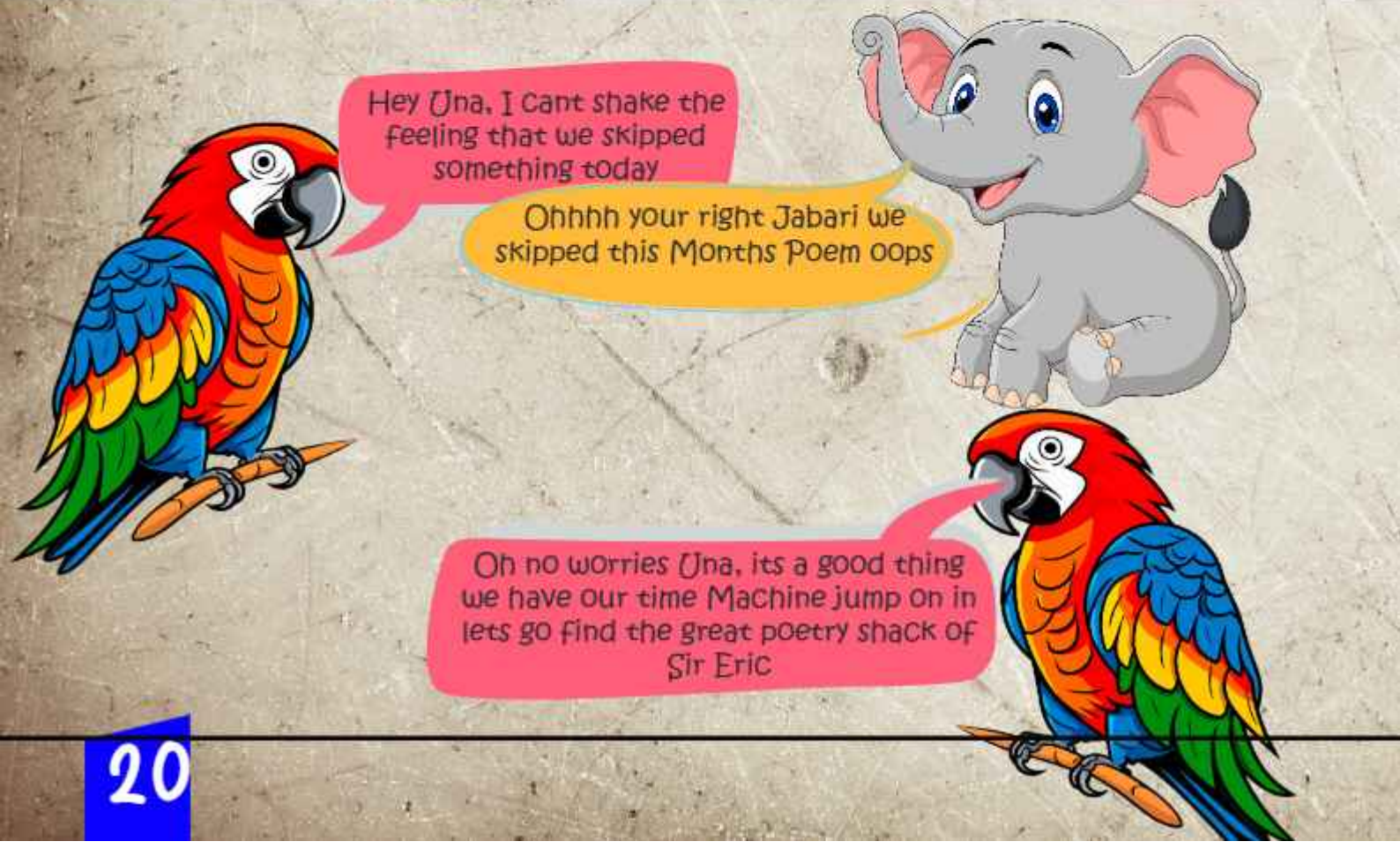
By Daisy Njoroge



Let's rewind to 2017 when Serena Williams won her 23rd Grand Slam at the Australian Open_ while she was 8 weeks pregnant! Talk about superpower! Serena's strength, power, and grace on the tennis court made her one of the greatest athletes ever.

Question for You: If you could break a sports record, what sport would it be and why? Write your answer below !





DEAR PAST ME

By Eric Namayi



Dear past me, I received your letter today
And it brought me back to a different day
A time when worries plagued my mind
where I worried about myself, and whether I'd be fine

I do have the same friends as before
Some old ones left but were replaced with more
They've been there through thick and thin
And our friendship grows deeper beyond our skin

My life is full of love and adventure
I cherish every second of it
I treat every moment like a treasure
And pray I don't forget





Dear Past Me.....

Write a letter to your future self! What do you hope to achieve in the next 5 years? What fun adventures do you want to go on? Remember, the future you is reading!



Ohh I am so glad we didnt skip poetry this Month



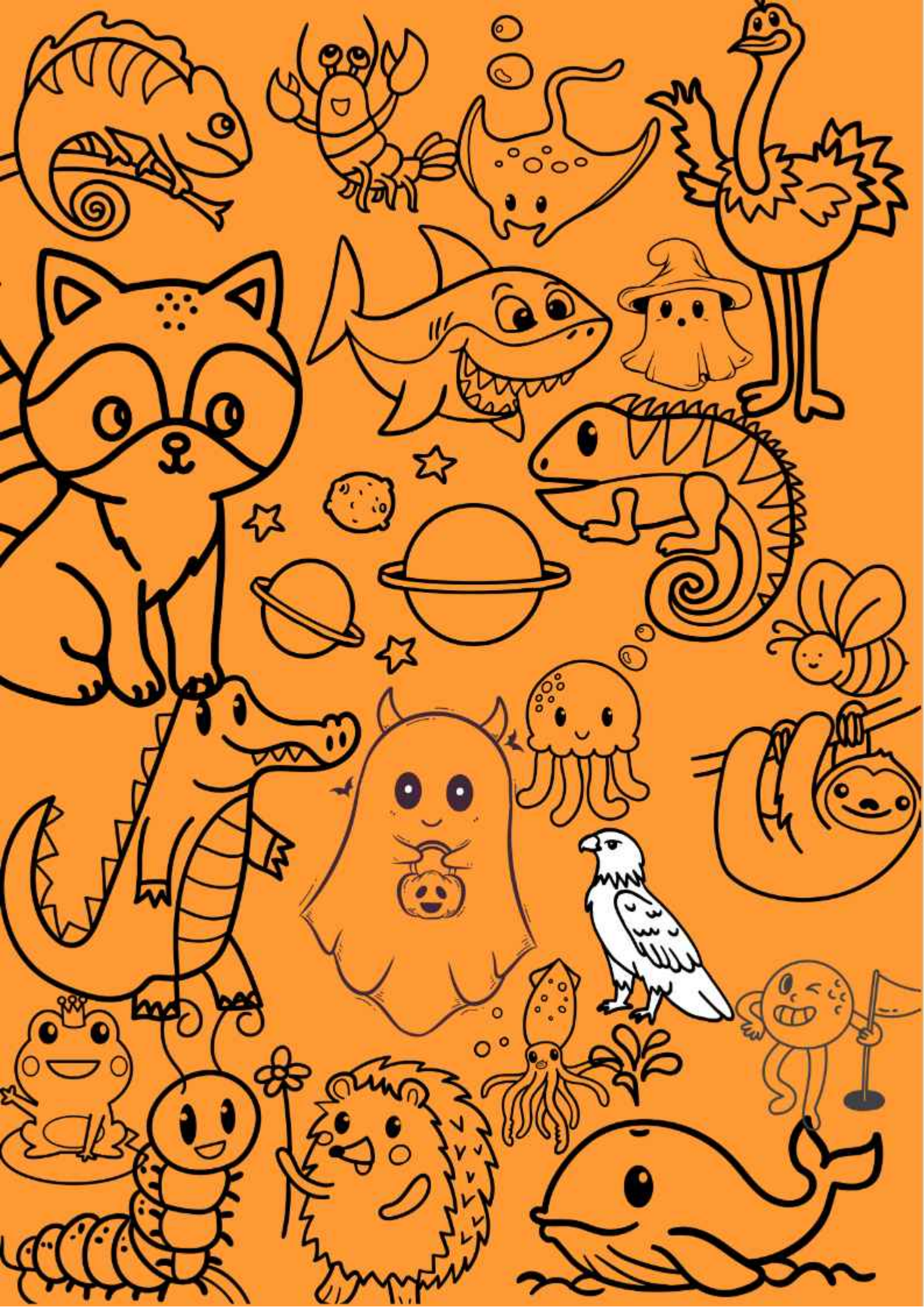
Dear Future me I hope you discovered the recipe for Dinosaur Ice Cream...

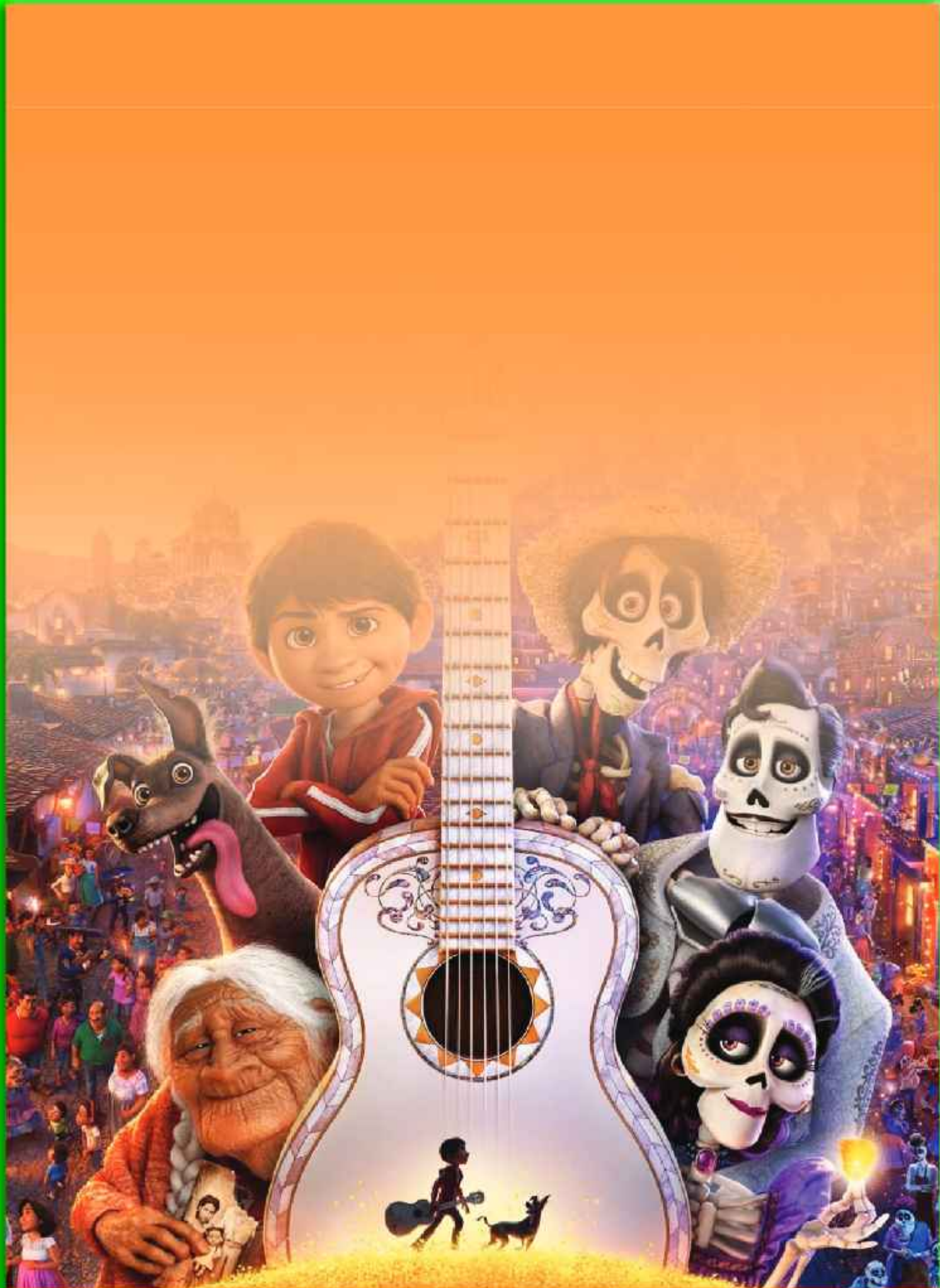
Well this Marks the end of our Amazing Adventure This Month We cant wait to see you all in Next Months Journey



Remember to follow us on all our Social Media Handles @MTOTONEWS and use our #SHAJARIANS







Enjoy and Explore, Dream and Create Magazine

