

Sankofa



Activity: Colour in Sankofa and the lettering on the front while you think about;

- What can we learn from the past?
- What's in your 'egg of the future'?
- What would Sankofa say about Covid 19?

The **Sankofa** bird flies forwards whilst looking backwards with the **egg of the future** in its mouth.

'Sankofa' comes from King Adinkera of the **Akan** people of West Africa. **SAN** - *to return*; **KO** - *to go*; **FA** - *to fetch, to seek and take*.

The Sankofa bird tells us to **go back** to our roots so that we can move forward.

If we can **reach back** and gather up all the important things that our past offers to us, we will be able to **think big** and be our **best selves**.

Sankofa says that whatever has been lost or taken can be reclaimed and reused to build a **positive future**.

StephenLeeHodgkins

Sankofa

'it is  not
taboo
to go back ...



... and
fetch
what
you
forgot.

1. [one] is
a sweet
cherry
BUN.



2. [two] is
a stinking
SHOE.



3.
[three]
is a
TREE.

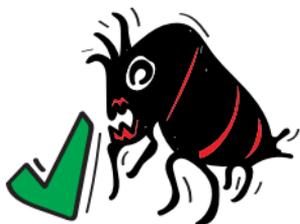


4.
[four]
is an open
DOOR.

5. [five] is
a buzzing
bee HIVE.



6. [six]
is a tic
with a
TICK



7.
[seven] is
Buddha in
HEAVEN.



8.
[eight] is
a garden
GATE.

9. [nine] is
a juicy
grape
VINE.



0. [zero]
is a
super
HERO.



Visual Number Nonsense

It can be difficult to remember numbers. But this can be improved if you use a memory trick called **visual number nonsense**.

So to remember a fact like that earth is **92,955,807 miles** from the sun create a storyline using visual number rhymes (**as shown on the front of this postcard**), like this;

'There's a grape 🍇 **VINE**, in a stinky 👠 **SHOE** on top of another grape 🍇 **VINE** carried by a bee that flies through one 🐝 **BEEHIVE** and then tanother 🐝 **BEEHIVEs**, and then over the garden 🚪 **GATE** of a super 🦸 **HERO** who kicks the bee up onto **BUDDHA's** lap on a cloud in **HEAVEN** 🙏.'

The secret is to see the story happening in your **mind**, adding extra bits to help. Like the horrid stink of the shoe, or the bees pain when it's kicked. The more you practise, the quicker you will be able to create this **visual number nonsense**.



Activity: What's the *visual number nonsense* of your **birthdate** or an important phone number? Can you use these to remember 10, 20 or even 50 numbers?

Stephen Lee Hodgkins





Rosie is a ladybird warrior who fights for '***insect rights***'. Create your very own Rosie puppet by cutting out the shapes on the front of this postcard and sticking them together with tape or glue, fix it to a stick and then make up an insect rights adventure.

Read '**The Understated LadyBird and the Big Pale Foot**' here - <https://biturl.top/b6NbQr>.

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