



Africa Adventure Day

the complete parent guide — every minute, explained



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Never run an adventure day before? Perfect — this guide assumes exactly that. Five pages, every activity broken into steps, every supply linked. You've got this.

The Day at a Glance *≈ 4 hours · suggested clock times*

9:00	Boarding call — passports, plane, touchdown	p. 2
9:10	The grand tour — Africa video + talk	p. 2
9:40	Trivia showdown — teams, big prize	p. 2
10:00	Stencil studio — savanna sunset canvases	p. 3
10:45	Drum circle — the kitchen band	p. 3
11:15	The feast — cook together, eat with hands	p. 4
12:15	The movie — The Lion King	p. 4

The Night Before *10 quiet minutes of prep = a smooth morning*

- ☐ Shop everything on the list below (one Amazon cart + one grocery run).
- ☐ Hard-boil 4 eggs; refrigerate. Chop nothing yet — kids help tomorrow.
- ☐ Queue both videos on the TV (links below) so they're one click away.
- ☐ Hide the art and drum supplies — the reveal is half the magic.
- ☐ Stack plain paper + stapler for passports; find a spray bottle and fill it.

Shop It All *tap the gold links — one cart, done*

ART — [canvas boards \(8×10, 12-pack\)](#) · stencils: [savanna animals](#) or [African patterns](#) · or one [all-in-one canvas + paint kit](#). Acrylic colors: red, orange, yellow, purple, black. Sponges + painter's tape from any craft aisle.

DECOR (optional) — [mud-cloth tapestry backdrop](#) · [savanna animal figurines](#) · sunset-colored tablecloth · battery candles.

WATCH — [“Africa for Kids — the complete guide”](#) (free, YouTube) · The Lion King (Disney+). GROCERIES — full list with the recipe on page 4. DRUMS — free: pots, pans, buckets.

THE GOLDEN RULE

You don't have to do it all. One activity done with your full attention beats seven done in a rush — pick what sparks joy, skip the rest, and let the movie carry the afternoon.



Takeoff, Tour & Trivia

three easy wins to start the day

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Boarding Call *9:00 · 10 minutes*

- 1 **Grab the passports**
Your explorer's official passport booklet arrived by mail from the school — the little blue one with gold letters, ready and waiting. Extra explorers joining? Fold 2 sheets of paper, staple the fold: instant passport.
- 2 **You're the captain**
Best captain voice: "Flight 54 to Africa, now boarding!" Everyone shows their passport to board. Seatbelts (imaginary) on.
- 3 **Fly and land**
Play the first minute of the Africa video (queued last night) as your "window view." On touchdown, mist the spray bottle over their heads — African rain! Stamp or sticker every passport.

The Grand Tour *9:10 · 25 minutes*

- 1 **Press play**
"Africa for Kids — the complete guide" (link on page 1). It covers the Great Migration, the Nile, the pyramids — everything you need.
- 2 **Pause three times**
Ask: "Which country would YOU visit?" → "What animal would you want to see?" → "What surprised you?" Wiggly kids can draw animals while they watch — that's still watching.
- 3 **Your secret job**
While it plays, jot 8 quick questions from the video on a notepad. That's your trivia — written for you, by the video.

Trivia Showdown *9:40 · 15 minutes*

- 1 **Split into two teams**
Team Lion vs. Team Elephant — mix the ages so it's fair. Teams huddle and answer together.
- 2 **Ask your 8 questions**
Alternate teams. Wrong answer? The other team can steal. Keep score big and dramatic on paper.
- 3 **Name the prize NOW**
The winning team gets first serve at the feast and picks the movie seats. Announcing the prize before you start doubles the effort.

IF YOU ONLY REMEMBER ONE THING

Energy is contagious. If the captain is having fun, the passengers will be too — commit to the bit.



Stencil Studio & Drum Circle

the messy, joyful middle of the day

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Stencil Studio *10:00 - 40 minutes + drying*

- 1 **Set the table (5 min)**
Old sheet or trash bags over the table. Per kid: 1 canvas, 1 water cup, paper towel. Squeeze paint onto paper plates — red, orange, yellow together (sunset), black on its own plate.
- 2 **Paint the sunset FIRST**
Wide brush, horizontal stripes: yellow at the bottom, orange, then red or purple at the top. Let stripes blend where they meet. Dry fully — a hair dryer on low does it in 2 minutes per canvas.
- 3 **Tape the stencil down**
Painter's tape on all corners so nothing slides. Flat stencil = crisp silhouette.
- 4 **Dab, never brush**
Sponge with a TINY bit of black paint — dab it almost dry on a paper towel first, then press straight up and down. Brushing sideways pushes paint under the edges.
- 5 **Peel while wet**
Lift the stencil straight up immediately — the most satisfying moment of the day. Rinse the stencil, next kid goes. If paint bled a little? That's "weathered rock art." It's beautiful.

Drum Circle *10:45 - 20 minutes*

- 1 **Raid the kitchen**
Everyone picks an instrument: flipped bucket (big boom), pot (bang), pan lid (crash), or just the table. Little ones get a shaker — dry rice in a water bottle, lid taped.
- 2 **Start the heartbeat**
Circle up, knees almost touching. One slow beat, everyone together: boom... boom... boom. Hold it until it locks in — you'll feel the moment it does.
- 3 **Teach the rhythm**
Two palm hits + one fingertip tap: BOOM-BOOM-tap, BOOM-BOOM-tap. Loop it. Speed it up slowly until someone giggles — that's the goal.
- 4 **Call & response**
You play a short pattern, the circle echoes it back. Then pass the leader role around the circle — the youngest leaders invent the best patterns.
- 5 **The big finish**
Everyone drums faster and louder into one giant rumble... then the leader throws both hands up: instant silence. Do it twice. Chills, guaranteed.

MESS MATH

Stencil cleanup: 5 minutes if you laid the sheet down. Drum cleanup: put the pots back. Worth it: forever.



The Feast & The Movie

gentle doro wat, then lights down on the savanna

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Groceries *serves 4 • not spicy*

- ☐ 1½ lb chicken thighs
- ☐ 2 yellow onions
- ☐ 3 tbsp butter
- ☐ 2 garlic cloves
- ☐ 1 tsp fresh ginger
- ☐ 1 tbsp sweet paprika
- ☐ ½ tsp turmeric
- ☐ pinch of cinnamon
- ☐ 1 cup chicken broth
- ☐ 4 eggs (boiled last night!)
- ☐ flatbread or naan
- ☐ rice + fruit for the side

No Ethiopian kitchen nearby? This is the homemade stand-in for the stew our explorers loved.

Passport stamps: print the stamp sheet on the last page — one to cut and glue per explorer.

Cook It Together

- 1 **Kids peel the eggs & measure spices**
Grown-up chops 2 onions. Melt butter, add onions, cook LOW 15 min until deep golden — this is the whole secret. Don't rush it.
- 2 **One fragrant minute**
Stir in garlic, ginger, paprika, turmeric, cinnamon. When the kitchen smells amazing, you're there.
- 3 **Simmer**
Add chicken chunks + broth. Lid half on, 25 minutes. (Perfect stencil-drying window.)
- 4 **The egg moment**
Kids nestle the peeled eggs in for the last 5 minutes. Salt to taste — heat goes in grown-up bowls only.
- 5 **Serve it the real way**
Flatbread flat on each plate, stew on top, NO FORKS — tear and scoop with the bread. Toast together: "To Africa!"

MOVIE TIME • THE LION KING • 88 MIN • DISNEY+

Dim the lights, build a blanket den, pass the popcorn. When the sunrise scene starts, whisper: "that's the savanna you painted today."



Send us a photo of the canvases, the drum band, or the no-forks feast — we'll stamp it into the school Adventure Book.



Passport Stamp Sheet

one stamp per explorer, glued in on touchdown

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Print this page (plain paper is perfect), cut along the dotted circles, and glue a stamp into your explorer's official passport booklet when the plane lands. Then write the date of YOUR adventure on the stamp's little line — every family's stamp gets its own date. One per explorer; print again if the expedition grows.



Grown-up tip: cutting these is a great quiet job for an early riser while you make coffee.