



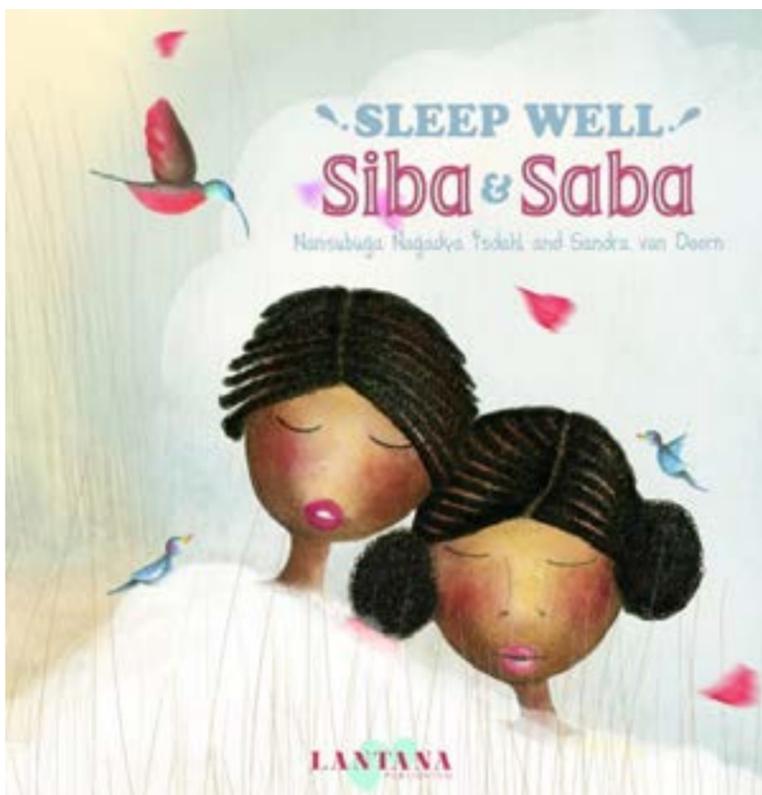
Bringing Africa to your Classroom

Sleep Well, Siba and Saba
by
Nansubuga Nagadya Isdahl

Topics Covered | Things to Introduce:

- Ugandan geography
- Family
- Counting and Poetry

- Level: Primary, Age 4 - 8
- Country Focus: Uganda
- Language Focus: Kiswahili



Forgetful sisters Siba and Saba are always losing something. Sandals, slippers, sweaters – you name it, they lose it. When the two sisters fall asleep each night, they dream about the things they have lost that day. Until, one night, their dreams begin to reveal something entirely unexpected... With playful illustrations and a lullaby-like rhythm, this heart-warming story set in Uganda is truly one to be treasured.

From Publisher's Blog: About Nansubuga Nagadya Isdahl

Nansubuga Nagadya Isdahl was born to Ugandan parents in Cambridge, MA, USA. After receiving a Bachelor's Degree in Sociology and a Master's Degree in Diplomacy, she eventually landed in Kampala, Uganda to work in international development. For over ten years, Nansubuga has worked in international development in East and Southern Africa. In her current role as a technical writer and editor, she produces a range of written work for international organizations such as the UN and the World Bank. Having lived in seven countries across three continents, creative writing has always been her way to re-connect with her cultural heritage. Nansubuga is currently based in Johannesburg, South Africa where she resides with her husband and daughter, Nsaba. *Sleep Well, Siba and Saba* is her first children's book.

Discussion Questions

- What is one thing Siba and Saba lost?
- What is one thing Siba and Saba dreamt about?
- Siba and Saba are ____?
- Name one place Siba or Saba went.
- What is one thing Siba and Saba recieved for the future?
- What is something you have lost?
- What are some animals common where you live?
- Where are some places you visit?
- What is a lullaby you know?
- What kind of currency do you use?

Activity Suggestions/ Resources

Write a short story similar to Sleep Well Siba and Saba. Include numbers, nouns, and your family. Think about things you might have lost, ways in which your family has helped you, and things you might do or places you might see with your friends or family members. If you can, try to make it rhyme!



Country Fact Box: Uganda



Capital:
Kampala

Population:
41 Million People

People from Uganda are called:
Ugandans

Main Languages Spoken in Uganda:
Kiswahili, English, Luganda, and other Bantu Languages.

Language Box: Kiswahili

How many people speak Kiswahili as their mother tongue?

5 Million, with speakers in Uganda, Tanzania, South Africa, Congo, and many more!

Practice some Kiswahili!

| English | Number | Kiswahili |
|---------|--------|-----------|
| One | 1 | Moja |
| Two | 2 | Mbili |
| Three | 3 | Tatu |
| Four | 4 | Nne |
| Five | 5 | Tano |
| Six | 6 | Sita |
| Seven | 7 | Saba |
| Eight | 8 | Nane |
| Nine | 9 | Tisa |
| Ten | 10 | Kumi |

For more information on Kiswahili and what it sounds like, visit
<http://aboutworldlanguages.com/swahili>