

A Better Catch, A Better Harvest

Activities for KS1 and KS2

Introduction/starter activities

Start by asking your group what they understand the word “*harvest*” to mean. Harvest is the time when all of the crops are fully grown and can be picked and eaten or used. What sort of things can be harvested? Fruit, vegetables, it can even be used to refer to fish and cotton. What sort of things might affect a harvest and make it a good or a bad one? Weather, climate change, chemicals and disease can all be factors which effect when the harvest takes place and how big the harvest is.

In the UK, harvest is traditionally a time of plenty and a time for celebration. We like nothing better than to celebrate harvest time with a harvest festival or harvest supper. Harvests can come in all shapes and sizes, and include lots of different products, from fruit and vegetables to cotton and fish.

Harvest time is the most important time of year for farmers in the UK and overseas, especially for smallholder farmers, some of whom have only a small plot of land to grow crops or farm on. The crops that come from this harvest are often sold at market, the rest feeding the family. The money that the farmer gets from selling this harvest can be used to improve housing, buy better food or pay for medical care and education.

Many farmers, in the UK and overseas, find it hard to make enough money from their harvests to support their families. Good harvests need good weather and in many poor countries climate change (especially too much or not enough rain) is a big problem for farmers. Some farmers also struggle to get a fair price for their goods at market.

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Holding a harvest festival

Organise a harvest festival at school to celebrate harvests around the world and to remember those in the UK and overseas for whom harvest hasn’t been a time for celebration. Encourage your group to bring in some produce to make a display; fruit, vegetables, tinned and dried foods to show all the different kinds of foods that are available to us in this country. Encourage them to bring as much fair trade food as they possibly can because buying fair trade goods helps small holder farmers in some of the world’s poorest countries. Why not ask your group to find information about your local food bank and donate the tinned and dried food afterwards?

Use your harvest festival to tell the story of Afroza and her family (see accompanying PowerPoint for images).

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Afroza's story



Afroza is 11 and lives in Northern Bangladesh with her parents, grandparents and sisters. Afroza's family used to be very poor, living in two rooms with no water supply of their own. However she and her sisters now attend school and can look forward to a bright future because of the extra income her dad, Dulal Miah, gets from fish farming.

Afroza's dad is part of Traidcraft's Bangladesh project and has received vital training which is helping his fish farming business to thrive. He's been taught lots of things,

including how best to look after his fish, the best things to feed them and how to get a good price for them at market.

Before joining the Traidcraft project Dulal worked very long hours to support his family, but he found it difficult to meet their needs. He's not alone – around 80% of people in the area have the same problems.

The extra money that Dulal gets from his **fish harvest** means that he will be able to provide Afroza and her sisters with everything they need to thrive, things we may take for granted like education, healthcare, a safe home and enough food. The training has also increased his skills and self confidence.



Dulal says, "I hope to earn more to meet the needs of my family, provide enough food, improve my home, provide education for my children and better health and sanitation."

This is just one example of a harvest that Traidcraft has helped to flourish. We work with smallholder farmers and producers across the world to help them work their own way out of poverty through trade.

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Activity ideas

When Afroza and her sisters aren't at school they often help their dad to catch the fish so that he can take them to sell at market.

Play the fishing game in your class. You will need:

- Fish templates, drawn onto coloured paper and cut out (appendix 1)
- A paper clip for each fish

- A pencil for each child taking part
- Thread
- Small bar magnet for each child taking part

How to play:

1. Give each child a fish template, a paper clip, a pencil, a magnet and a piece of thread.
2. Ask the children to attach the paper clip to their fish to make them magnetic
3. Ask them to tie their piece of thread round one end of the pencil and the magnet at the other end to make a fishing rod. Depending on the age of the children you may have to help them tie their thread.
4. Place the fish in a basket. Children can 'catch' the fish by dangling the magnet in the basket.

Once all the fish have been caught explain to the children that Afroza and her dad don't use fishing rods to catch the fish, they have a different system. It's Afroza's job to encourage the fish into the net so that the other helpers are able to lift it out when it's full. Ask the children if they have any chores to do around the house after school or on the weekend. Helping to catch the fish is one of Afroza's chores and her help makes a real difference, as it means her dad has a bigger harvest and more to sell at the market. With this money he's able to send Afroza and her sisters to school, renovate their house, buy enough food for the family and is hoping to build a well so that they don't have to rely on their neighbours for drinking water.

Activity two:

Make an origami fish

In preparation for the harvest festival, encourage your class to make these lovely origami fish to decorate the classroom, and to remind them of the life changing potential of a good harvest.

Easy fish origami instructions

You will need:

- A piece of square paper for each child
- Pens, pencils, paints and anything else the children might like to decorate their fish with

Step one:

Start with a square piece of paper. You can use any colour, pattern or texture you like. How about using



Traidcraft packaging cut into squares and mounted on card, or a variety of bright colours to decorate your venue. Younger groups might want to decorate their fish so bring coloured pens/pencils, glue, material/paper scraps and paints.

Step two:

Fold the upper left corner to the lower right corner, and then unfold

Step three:

Fold the upper right corner to the lower left corner, and then unfold.

Step four:

Fold the top half back, and then unfold

Step five:

Poke the centre in with your finger so that the centre pops in.

Step six:

Bring the left and right sides together so that the paper collapses into a triangle.

Step seven:

Rotate the triangle left 90 degrees (counter clockwise)

Step eight:

Fold the bottom corner flap closest to you up a little above the centre as shown.

Step nine:

Fold the top flap over the bottom one as shown.

Step ten:

Turn the fish over and you're done! Why not draw an eye and mouth and decorate your fish.

When the children have made and decorated their fish collect them all in and display them at your harvest festival, maybe in a net, to show the rest of the school.

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How you can help families like Afroza's

Traidcraft works with some of the world's poorest producers to help them work their own way out of poverty for good. Here are some ideas if you would like to support our work as a school:

- Take a collection at your harvest festival and donate the money to Traidcraft Exchange.

- Buying fair trade goods helps fight poverty and hunger through trade. Why not sell Traidcraft goodies at your harvest event or set up a regular Traidcraft tuck shop (details at www.traidcraftschools.co.uk/buyfairtrade)
- Raise money to buy one of our Gifts for Life including a certificate for your school (www.traidcraftshop.co.uk/giftsforlife)

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A Harvest Prayer..

Dear Lord,

In spring, summer, autumn and winter we see your creation growing and changing.

We see harvests grow and ripen, from apples to wheat, fish to potatoes.

Thank you for all of the food we have to eat

And for harvests, feeding people across the world.

Help us to remember those who do not have enough to eat,

Those for whom harvest is a struggle and a time of worry

People who do not know where their next meal is coming from

Thank you for organisations like Traidcraft.

Be with them in their work, helping poor producers to work their own way out of poverty.

Amen.

Appendix 1

