

## Living and Learning With Gourds

Study guide (rev. 5/04)

# 10 Workshops

(Sample lesson plans.)

### 1. The Botanical Beginnings of Gourds.

All supplies and materials will be presented as a kit - construction paper, oak tag, all binding materials, and envelopes - per kit per student.

### 2. The Edible Gourd

### 8. My Favorite Gourd Instrument Story and Bookmaking

### 3. Design a New Gourd Instrument

### 9. Ode to the Gourd - Gourd Poetry

### 4. Introduction to Gourd Instruments

A) Activities of this workshop:

- 1) Reading of poems - writing down answers to questions
- 2) Gourd word crossword puzzle - gourd activity sheet
- 3) Writing our poems - preparing our anthology

### 5. The Decorated Gourd

B) Objectives of the workshop:

- 1) Students will have a basic knowledge of the gourd
- 2) Students will have an understanding of different types of poetry
- 3) Students will know how to write a poem to a specific theme

### 6. Make and Play the Shekere

A) Activities of this workshop:

- 1) Introduction to gourd instruments - hands-on samples of actual instruments.
  - 2) Introduction to gourds - hands-on samples
- B) Objectives of the workshop:
- 1) Students will know how the different shapes relate to instruments
  - 2) Students will know how to put the beads on a gourd to create an actual instrument called the Shekere
  - 3) Students will have a basic knowledge of how to play the instrument

### 10. Learning with Gourds - Grafting With Gourd Seeds

A) Activities for this workshop: making and displaying gourd seed mobiles, collage Pictures and seed story books.

### 7. Follow the Drinking Gourd Story and Bookmaking

**Performance standards for Applied Learning:** Problem Solving; Communication Tools and Techniques; information Tools and Techniques; Learning and Self-management tools and Techniques; Tools and Techniques for Working with Others.

A) Activities of this workshop:

- 1) Introduction to gourds - hands-on samples
- 2) Reading of story - writing down answers to questions
- 3) Illustrate and write text for our book

Workshop: please call ½ day and full day, plus materials and supplies.

Residency fee: two class minimum, plus materials and supplies

B) Objectives of the workshop:

- 1) Students will understand how to illustrate, write text and bind their own books
- 2) Students will understand oral history and symbolic codes
- 3) Students will have a basic understanding of the part the gourd played during slavery for African and African-Americans.

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Study guide (rev. 5/04)



**Canteen Gourds**



Extremely thick shells and beautiful, symmetrical shape! They are perfect for making bowls, purses, tortilla warmers, and more!

**Bottle Gourds**



Bottle Gourds come in such a wide variety of shapes, they can be used for almost anything! The smaller

sizes make great rattles, and the medium sizes make excellent birdhouses!

The bottle gourd has many uses: African shekeres, drums, sculptures, vases, bowls, and pots are but a few of them!

This gourd shape is typically used for Hawaiian dancing Ipu

**Pear Gourds**



The shapes of these pear gourds make them natural vases, bowls, birdhouses, figurines, and pots.

The shorter pear shapes, shown at the top, are great for pots, bowls, and lidded containers.

The taller pear shapes, shown at the bottom, make beautiful vases, figurines, and sculptures, and be stabilized easily with a stand.

**African gourds along with rope and beads**



The Living and Learning With Gourds

Study guide (rev. 5/04)



## Workshop 1

### Lesson Plan for: Learning With Gourds - The Botanical Beginnings of Gourd

#### A) Activities of this workshop:

- 1) Introduction to gourds - hands-on samples
- 2) Hard-shell gourd identification - gourd activity sheet
- 3) Soft-shell gourd identification - gourd activity sheet
- 4) How to grow gourds - hand out info
- 5) Sprouting gourd seeds - actual hands-on activity
- 6) Growing gourd seedlings from gourd seeds - actual hands-on

activity

- 7) Hydroponically growing gourd seeds - actual hands-on activity
- 8) Recording our findings - preparing our info
- 9) Recording our findings - preparing our info
- 10) Sharing and showing our three types of plantings

#### B) Objectives of the workshop:

- 1) Students will know types, shapes of gourds
- 2) Students will know three ways to plant seeds
- 3) Students will know how a gourd grows
- 4) Students will get an introduction to plant science

#### C) Suggested follows up activities:

- 1) Students can continue to record their findings and watch their gourd seeds grow and see if they grow into gourds
- 2) Students can visit a pumpkin/gourd farm and interview the farmer about growing pumpkins and gourds
- 3) Students can divide into groups and each group take one of the three ways to plant and chart, compile, report, and compare their findings

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The Living and Learning With Gourds

Study guide (rev. 5/04)

**Workshop 2**

**Lesson Plan for: Learning With Gourds - The Edible Gourd**



- A) Activities of this workshop:
- 1) Introduction to gourds - hands-on samples
  - 2) Hard-shell gourd identification - gourd activity sheet
  - 3) Soft-shell gourd identification - gourd activity sheet
  - 4) Gourd "cousins" - hands-on samples
  - 5) The edible gourds - hands-on samples, photos
  - 6) cultures/people who eat gourd - photos, info, input from students
  - 7) Edible gourd recipes - samples that I have
  - 8) Working on our edible gourd recipe anthology
  - 9) Working on our edible gourd recipe anthology
  - 10) Our edible gourd recipe anthology
- B) Objectives of the workshop:
- 1) Students will know the different types, shapes, cousins of gourd
  - 2) Students will know what gourds are edible and how to cook them
  - 3) Students will know who and why the gourd has been and is eaten
  - 4) Students will be able to appreciate different cultural foods
- C) Suggested follows up activities:
- 1) Since our culminating product is our own edible gourd recipes anthology, the class can experiment and actually cook a few of the recipes
  - 2) Research to find other recipes and other cultures that have or are still eating gourds
  - 3) Grow edible gourds in the classroom

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The Living and Learning With Gourds

Study guide (rev. 5/04)



### Workshop 3

#### Lesson Plan for: Learning with Gourds - Design a New Gourd Instrument

A) Activities of this workshop:

- 1) Introduction to gourd instruments - hands-on samples of actual instruments
- 2) Hard-shell gourd identification - gourd activity sheet
- 3) Soft-shell gourd identification - gourd activity sheet
- 4) Aero phone - Air/Wind instruments
- 5) Chordophone - String instruments
- 6) Membranophone - Skin-covered (Drums) instruments
- 7) Idiophone - Percussion instruments
- 8) Compiling, recording, designing our instrument
- 9) Compiling, recording, designing our instrument
- 10) Our new gourd instrument designs anthology

B) Obi actives of the workshop:

- 1) Students will know different types of gourds used for instrument making
- 2) Students will know the categories of musical instruments
- 3) Students will be able to design a new gourd instrument
- 4) Students will have a copy of each other's designs

C) Suggested follow up activities:

- 1) Try to construct some of the instruments
- 2) Do research on the makers of instruments
- 3) Visit museums with old instruments to study their construction D)

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The Living and Learning With Gourds

Study guide (rev. 5/04)



## Workshop 4

### Lesson Plan for: Learning With Gourds - Introduction to Gourd Instruments

A) Activities of this workshop:

- 1) Introduction to gourd instruments - hands-on samples of actual instruments
- 2) Introduction to gourds - hands-on samples
- 3) Hard-shell identification - gourd activity sheet
- 4) Soft-shell identification - gourd activity sheet
- 5) Aerophone - Air/Wind instruments
- 6) Chordophone - String instruments
- 7) Membranophone - Skin-covered (Drums) instruments
- 8) Idiophone - Percussion instruments
- 9) Begin our Rattle Making project
- 10) Finish our Rattle Making project

B) Objectives of the workshop:

- 1) Students will know types, shapes and sizes of gourds
- 2) Students will know about gourd instruments
- 3) Students will know the categories of instruments
- 4) Students will know how to make a beaded Rattle instrument

C) Suggested follow up activities:

- 1) Students can have an exhibit to display their instruments
- 2) Students can research cultures that use various types of Rattles
- 3) Students can do a show and tell assembly program

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The Living and Learning With Gourds

Study guide (rev. 5/04)



**Workshop 5**

**Lesson Plan for: Learning With Gourds - The Decorated Gourd**

A) Activities of this workshop:

- 1) Introduction to gourds - hands-on samples
- 2) Hard-shell gourd identification - gourd activity sheet
- 3) Soft-shell gourd identification - gourd activity sheet
- 4) Aerophone - Air/Wind instruments
- 5) Chordophone - String instruments
- 6) Membranophone — Skin-covered (Drums) instruments
- 7) Idiophone - Percussion instruments
- 8) use of Native American and Ghanaian Adinkra symbols
- 9) Design and color our dipper gourds
- 10) Design and color our dipper gourds

B) Objectives of the workshop:

- 1) Students will know the types, shapes, uses of gourds
- 2) Students will know why symbols were used on gourds
- 3) Students will know the meaning of the symbols used on gourds
- 4) Students will understand that symbols are a language

C) Suggested follow up activities:

- 1) Visit a Native American museum to view uses of symbols
- 2) Study more about Adinkra symbols of Ghana
- 3) Create symbolic stories on and with other mediums

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The Living and Learning With Gourds

Study guide (rev. 5/04)



## Workshop 6

### Lesson Plan for: Learning with Gourds - Make and Play the Shekere

#### A) Activities of this workshop:

- 1) introduction to gourd instruments - hands-on samples of actual instruments
- 2) introduction to gourds - hands-on samples
- 3) hard-shell gourd identification - gourd activity sheet
- 4) soft-shell gourd identification - gourd activity sheet
- 5) introduction to making a Shekere - kits are passed out
- 6) making Shekere - actual process of beading the Shekere
- 7) finish making Shekere
- 8) First lesson in learning how to play the Shekere
- 9) Second lesson in learning how to play the Shekere
- 10) Group show, tell and play your Shekere

#### B) Objectives of the workshop:

- 1) Students will know how the different shapes relate to instruments
- 2) Students will know how to put the beads on a gourd to create an actual instrument called the Shekere
- 3) Students will have a basic knowledge of how to play the instrument

#### C) Suggested follow up activities:

- 1) Students can put on an assembly program playing their instruments
- 2) Students can continue to play the instrument as a class
- 3) Students can write their experiences about making the instrument

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The Living and Learning With Gourds

Study guide (rev. 5/04)

**Workshop 7**

**Lesson Plan for: Learning with Gourds - Follow the Drinking Gourd Story and Bookmaking**



A) Activities of this workshop:

- 1) Introduction to gourds - hands-on samples
- 2) Hard-shell gourd identification - gourd activity sheet
- 3) Soft-shell gourd identification - gourd activity sheet
- 4) Reading of story - writing down answers to questions
- 5) Reading of story - writing down answers to questions
- 6) Reading of story - writing down answers to questions
- 7) Illustrate and write text for our book
- 8) Illustrate and write text for our book
- 9) Illustrate, write text, and bind our book
- 10) Share and read our own versions of the story

B) Objectives of the workshop:

- 1) Students will understand how to illustrate, write text and bind their own books
- 2) Students will understand oral history and symbolic codes
- 3) Students will have a basic understanding of the part the gourd played during slavery for African and African-Americans

C) Suggested follow up activities:

- 1) Students can research other oral histories and codes that have been used
- 2) Students can research the Underground Railroad and its most famous conductor - Harriet Tubman and take the upstate tour
- 3) Students can read their books to younger students

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The Living and Learning With Gourds

Study guide (rev. 5/04)



## Workshop 8

### Lesson Plan for: Learning With Gourds - My Favorite Gourd Instrument Story and Bookmaking

#### A) Activities of this workshop:

- 1) Introduction to gourd instruments - hands-on samples of actual instruments
- 2) Hard-shell gourd identification - gourd activity sheet
- 3) Soft-shell gourd identification - gourd activity sheet
- 4) Aerophone - Air/Wind instruments
- 5) Chordophone - String instruments
- 6) Membranophone - Skin-covered (Drums) instruments
- 7) Idiophone - Percussion instruments
- 8) Illustrate and write text for our book
- 9) Illustrate, write text, and bind our book
- 10) Share and read our finished books

#### B) Objectives of the workshop:

- 1) Students will have a basic knowledge of gourd instruments
- 2) Students will have a basic understand of the categories of instruments
- 3) Students will be able to focus on the one instrument that they prefer
- 4) Students will be able to illustrate, write text and bind their own book

#### C) Suggested follow up activities:

- 1) Students can continue research on their favorite instrument
- 2) Students can read their books to each other and other classes
- 3) Students can visit museums devoted to music and instruments

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The Living and Learning With Gourds

Study guide (rev. 5/04)

**Workshop 9**

**Lesson Plan for: Learning With Gourds - Ode to the Gourd - Gourd Poetry**

- A) Activities of this workshop:
- 1) Introduction to gourds - hands-on samples
  - 2) Hard-shell gourd identification - gourd activity sheet
  - 3) Soft-shell gourd identification - gourd activity sheet
  - 4) Reading of poems - writing down answers to questions
  - 5) Reading of poems - writing down answers to questions
  - 6) Gourd word crossword puzzle - gourd activity sheet
  - 7) Gourd word crossword puzzle - gourd activity sheet
  - 8) Writing our poems - preparing our anthology
  - 9) Writing our poems - preparing our anthology
  - 10) Share and read our finished anthology of poems
- B) Objectives of the workshop:
- 1) Students will have a basic knowledge of the gourd
  - 2) Students will have an understanding of different types of poetry
  - 3) Students will know how to write a poem to a specific theme
- C) Suggested follow up activities:
- 1) Students can put on a poetry reading
  - 2) Students can go to a poetry reading
  - 3) Students can create illustrated books around their poems

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The Living and Learning With Gourds

Study guide (rev. 5/04)

**Workshop 10**

**Lesson Plan for: Learning With Gourds - Grafting With Gourd Seeds**

- A) Activities for this workshop:
- 1) Introduction to gourds - hands-on samples
  - 2) Hard-shell gourd identification - gourd activity sheet
  - 3) Soft-shell gourd identification - gourd activity sheet
  - 4) Introduction to gourd seeds - hands-on samples
  - 5) Making gourd seed mobiles
  - 6) Making gourd seed pictures
  - 7) Making gourd seed story books
  - 8) Making gourd seed story books
  - 9) Making gourd seed collage
  - 10) Displaying all our gourd seed creations
- B) Objectives of the workshop:
- 1) Students will have a basic knowledge of gourds and their seeds
  - 2) Students will be able to create art from gourd seeds
  - 3) Students will have a new medium to create art
- C) Suggested follow up activities:
- 1) Students can put on an art show
  - 2) Students can create art from other types of seeds
  - 3) Students can plant the seeds that they create the art from

**Performance standards for Applied Learning:** Problem Solving; Communication Tools and Techniques; Information Tools and Techniques; Learning and Self-management Tools and Techniques; Tools and Techniques for Working with Others.