

## BITE RECIPE – MAKE A FOOTBALL

*This is a great bite for children, as they can play with the ball they have made. They admire greatly the footballs made by African children (GLADE has examples from Ghana and Zambia as part of our Football Collection, along with photographs of children using them). It only takes a few minutes of careful, concentrated activity to make a passable ball, using entirely recycled materials. The children will identify with their friends in other countries and it helps remove the stereotypes of helplessness and passivity of poorer people.*

### Ingredients:

- Collect plastic bags beforehand – you will need lots.
- Old newspapers
- Look out for recycled string or similar to use for binding the balls.
- We found it was effective to have other toys about as well, especially “galimoto” wire toys (available from GLADE) which attracted attention and admiration by children and adults alike at fairs and fêtes, and helped engender discussion.
- GLADE’s Football resource will help. It includes homemade footballs, photos and lots of background materials, including a photostory of making a football.
- Scissors – only a couple of pairs needed.



**Method:** 10 – 20 min at most      **Age range:** 5 years upward

- Work in pairs, or child and parent/carer
- Crumple a few sheets of newspaper and form them into a fairly well packed ball.
- Place inside a plastic bag and wrap into a good ball shape.
- Add additional plastic bags one at a time, being careful to make sure the ball stays tightly wrapped and spherical. Use about 10 to 15 plastic bags in all.
- Be particularly careful with the final bag, making it evenly and tightly wrapped.
- To bind the ball you can use thin string, fibres from sacking or other material, elastic bands, raffia or whatever you can find that doesn't cost anything. Something thin and strong will last best.
- There are many ways of binding the ball – this is one. Bind round a 0 degree and 90 degree longitude first, then round the “equator”, using knots to fix the string in place, a bit like wrapping a parcel. (Younger children will need help here)
- Add additional bindings almost randomly, in such a way as to create a net with fairly evenly spaced holes. Make sure the ball stays spherical and that bits of plastic bag cannot escape – this will largely direct the positioning of the string.
- Try the ball out! If possible, use the ball for a real game of football.

**Global issues raised:** Poverty, inequality, children's rights (right to play), recycling, fair trade (using the GLADE football pack which covers manufacture of footballs)

**Where to use this global bite:** Fairs, fêtes, holiday schemes

**Variations on the theme:** Competition for best football. Part of a games afternoon.