



**RAINFOREST
FOUNDATION UK**

SECURING LANDS, SUSTAINING LIVES

ACTIVITY PACK

LEARN ALL ABOUT THE PEOPLE, ANIMALS
AND PLANTS THAT LIVE IN THE RAINFOREST.



The Rainforest Foundation UK believes that the long-term protection of rainforests is linked with the rights of people living in those forests to land, food, shelter and medicines.

The mission of RFUK is “to provide support to indigenous people and traditional populations inhabiting the world’s rainforests in their effort to protect their environment and fulfil their rights to land, life and livelihood.”

This pack has been designed with the KS2 National Curriculum in mind and can be used alongside the lesson ideas in the Teacher’s booklet. We hope that the information is user-friendly and it will help children learn about the Rainforest and its importance.

**2-4 The Atelier, The Old Dairy Court,
17 Crouch Hill, London, N4 4AP,
United Kingdom**

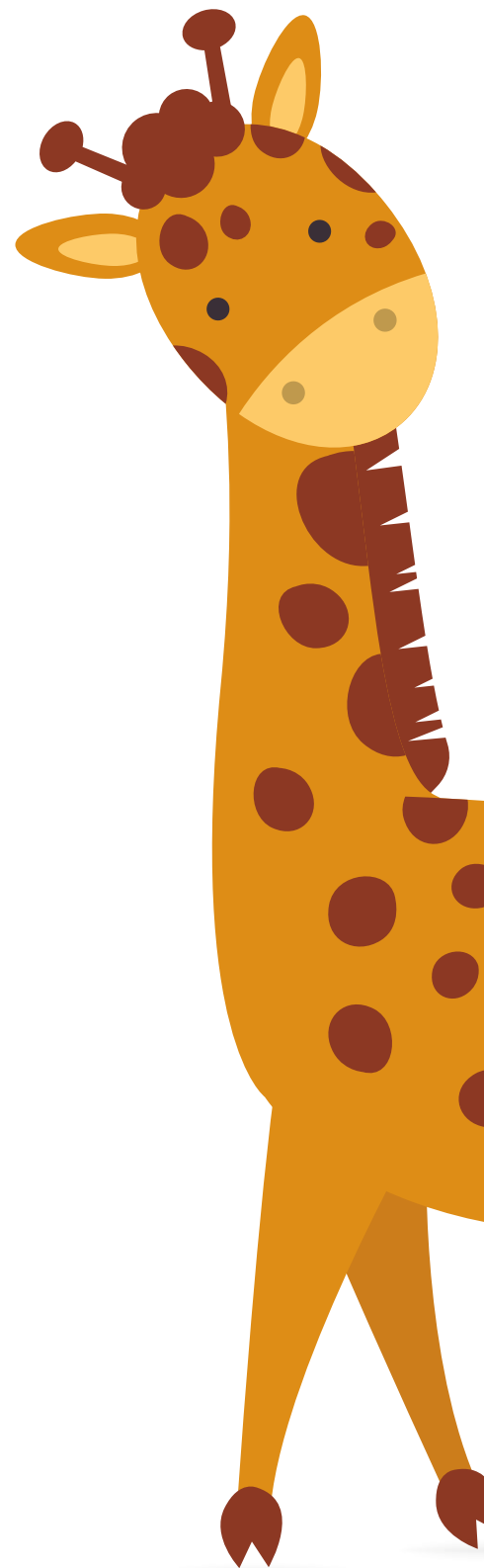
**info@rainforestuk.org
Registered charity No. 1138287**

**For more information visit
www.rainforestfoundationuk.org**



CONTENTS

HELLO, MY NAME IS BOUKOU!	4
WHERE IS MY RAINFOREST?	5
FOOD IN THE RAINFOREST?	6
DAILY LIFE	7
RAINFOREST HOMES	7
BAKA RITUALS AND RELIGION	8
THREATS TO THE BAKA FOREST PEOPLE	9
LET'S MEET THE CONGO BASIN'S RAINFOREST ANIMALS AND PLANTS	11
Gorillas	12
Chimpanzees	13
Mandrill	13
Birds	14
Amphibians and Reptiles	15
Insects	16
Plants	17
Fish	17
HOW DOES THE RAINFOREST FOUNDATION PROTECT PEOPLE, ANIMALS AND PLANTS?	19
Land Rights in Order to Protect the Rainforest	19
Monitoring the Forest	20
Sustainable Forestry	20
Mapping Lands	20
Political Support for Rainforests and Rainforest People	21
HOW CAN I HELP?	22
GLOSSARY	24
RAINFOREST QUIZ	26
WORD SEARCH	27



HELLO, MY NAME IS BOUKOU!



Boukou would like to tell you all about his life in the rainforest.

He's going to teach you all about:

- 1 Where he lives
- 2 What he eats
- 3 How he spends a typical day
- 4 The problems that his people face

“

Me and my family are Baka hunter-gatherers. Our ancestors were the original inhabitants of this rainforest in Cameroon.

The word 'hunter-gatherer' means that we move from place to place collecting and hunting food found wild in the forest.

Baka people speak their own unique language, also known as Baka, which is different from the other languages spoken in the Cameroon.

Our lives depend on the rainforest as it provides us with food and homes.

”



WHERE IS MY RAINFOREST?

My family and I live in a rainforest in Cameroon, can you find it on the map?

The rainforests of Cameroon are among the most diverse habitats in the world, but remain under great threat from commercial logging.

Loggers are quickly destroying the rainforests. But luckily we are able to work with the Rainforest Foundation to set up 'community forests', which allow the Baka people to protect parts of our forest from loggers and developers.

Forest people such as the BaTwa and BaMbuti 'Pygmies' in Democratic Republic of Congo have suffered during the many civil wars that have been fought in the country. The fighting still continues in some parts and the forest people are also threatened by mining.



**CAN YOU FIND
CAMEROON ON
THE MAP?**



RAINFOREST FACT

There are up to 50,000 Baka forest people in Cameroon's rainforest, and there are also similar 'pygmy' communities in Congo-Brazzaville, Gabon and the Central African Republic.

FOOD IN THE RAINFOREST?

Baka communities move from place to place in search of food that the forest provides, including animals, fruit and vegetables. We stay in one area for a while and then move to set up a new camp in a different part of the forest.

My father and the men hunt in the forest, using bows and poisoned arrows and spears. Hunting is one of our most important activities, it gives us food to eat, but it also has symbolic meanings and prestige is given to successful hunters. We always make sure that the meat is shared among everyone.

We think carefully about what to hunt in order to protect the rainforest, we never hunt too many of a species so it survives to provide more meat in the future. All sorts of animals are eaten from:



RODENTS



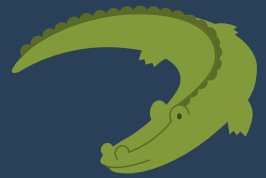
ANTELOPE



PORCUPINES



MONKEYS



CROCODILES

We only hunt at the right time of the year in order to be sustainable (that means the forest will still stay the same even when we are hunting).

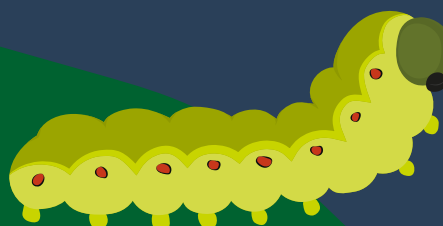
My mother joins the women to gather wild fruits, nuts, mushrooms and vegetables, such as yam, in the forest. They also collect honey from beehives in the trees. During some times of the year insects such as termites and caterpillars are eaten too!

During dry seasons when the water level is low, fish and eels can often be found in the mud of the river bed. Fresh-water shrimps and crabs are cooked back at the camp for the community to share, these are my favourite!

THINKING POINT

It is important for all of us to use our resources in a sustainable way, for example by recycling. Can you think of other ways we can live a sustainable lifestyle at home and at school?

*National Curriculum:
Geography KS2 1c 5a and 5b*





DAILY LIFE

While my father goes hunting with the other men, my mother and other women in the community teach all the children about various forest activities.

Some Baka children attend local schools but this is not very common as we are always moving around. Also, schools, which everyone has to pay for in Cameroon, are too expensive for most of us to afford.

The Baka people practice **traditional medicine** using the healing power of the rainforest plants and skills handed down from generation to generation.

Another typical activity is weaving mats and baskets out of leaves and other forest material. There are lots of different weaves depending on the different models and uses for baskets. We are also skilled in making hunting weapons, musical instruments, cooking equipment and clothes from the materials that they harvest from the forest.

RAINFOREST HOMES

I live with my mother, father, two brothers, a little sister and two grandparents. It is normal for the Baka people to live in small groups of families like this.

The women in the family build a temporary hut constructed of bowed branches covered in large leaves, called **Mongulus**. Sometimes they add other plant material to the dome of leaves in order to make the roof waterproof. Every time we move camp, they build a new one!

Our huts are usually small inside and have basic items such as a bed and shelves, which are all made from wood that we collect in the forest.

BAKA RITUALS AND RELIGION

We all worship a forest spirit known as Jengi, considered the great spirit and guardian of the forest.

Men, women and children all like to sing songs accompanied by drumming, dance traditional dances and perform drama.

These show how we worship of the forest and each successful hunt is followed by a dance of thanksgiving.

There are rituals to mark marriages and deaths of community members, and to celebrate women and men becoming adults.

The healers dance too. They dance a special dance to cure sickness and disease that anybody in the community has.



THINKING POINT

Imagine that you have become a member of the Baka tribe.

Write a postcard to your family or friends explaining to them what your life is like in the forest.

Dear Polly

*I am writing to you
to tell you all about
the Rainforest...*





THREATS TO THE BAKA FOREST PEOPLE

Myself and the other Baka people are being forced from our forests for a number of reasons. Industrial logging is one of our biggest threat. It wipes out our traditional forest homes, spiritual sites and hunting grounds, leaving us with nowhere to sleep and no food to eat. The wood that is logged is then usually sold to Europe and the rest of the world.

Commercial hunting follows industrial logging. Loggers open roads into the forest which encourages commercial hunting of the rainforest animals, so the Baka people cannot hunt traditionally to provide meat for their families.

National Parks are also another threat to us. National Park are designed to protect areas of wildlife, but this has resulted in Baka forest people being told to leave their land and denied access to the forest that has been their home for generations.

As the forests have disappeared or become inaccessible, we have been pushed into towns and cities. Some communities have built permanent camps, often near roadways that have been built by logging companies.

Things that would change...

- 1.
- 2.
- 3.
- 4.
- 5.



THINKING POINT

Try and imagine that you are a member of a Baka community that has had to move from the forest to the outskirts of a town.

Thinking about what you have just read, make a list things in your daily life that would change if you had no access to the forest.



Often the Baka people aren't paid with money; instead they are paid with cassava, salt, local alcohol or clothes. This happens because we have never used money, and place little importance on becoming rich. Sometimes other communities lend us guns to hunt animals and take an unfair share of the animals caught in return.

We are often **discriminated against** and are not given positions of responsibility within the village, and may even be beaten and mistreated.

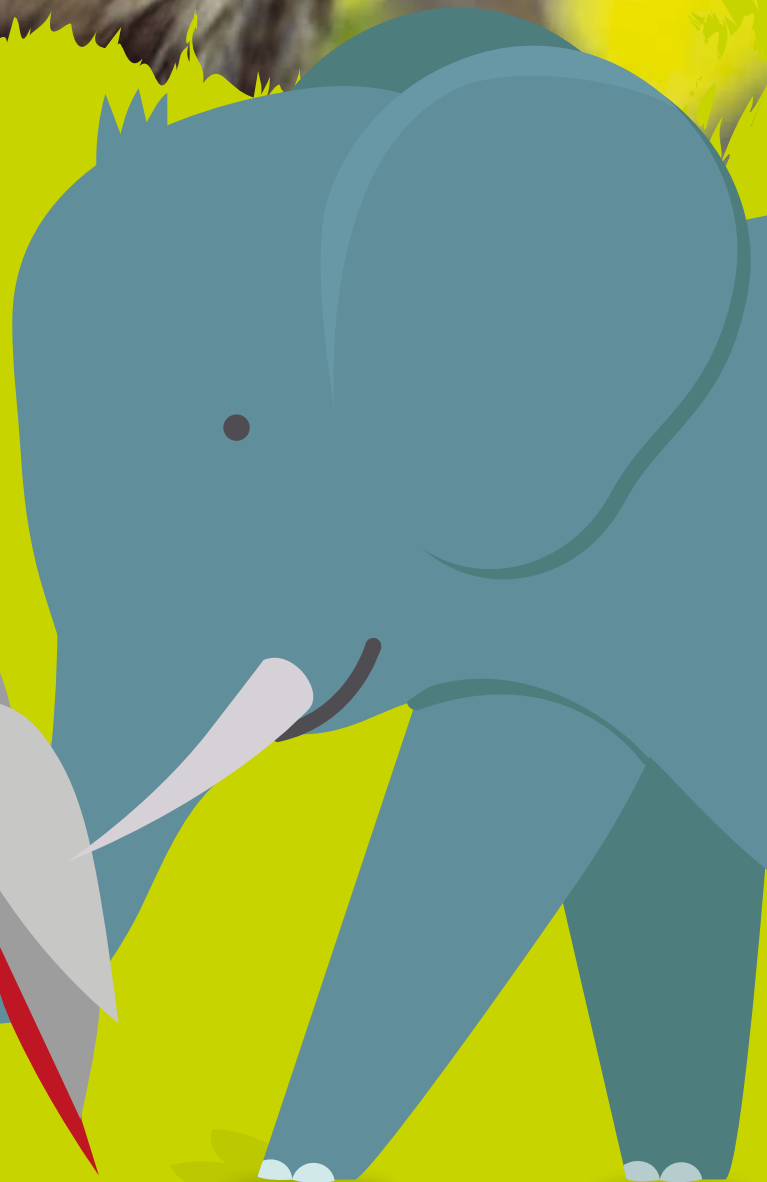
Without rights to our land we lose our homes and spiritual sites. Without being able to catch fish, or access to the forest to hunt and collect meat, tubers and vegetables, we find it difficult to eat a balanced diet.





LET'S MEET THE CONGO BASIN'S RAINFOREST ANIMALS AND PLANTS

There are lots of mammals that live in the rainforest, including big elephants and wild forest buffalo.



THE CONGO BASIN RAINFOREST IS TEEMING WITH WILDLIFE...

GORILLAS

Gorillas, the largest primate species, range from 165 – 175cm in height (5ft 5in to 5ft 9in). Gorillas are mainly vegetarian, eating fruits, leaves, and shoots, and sometimes insects. Each group of gorillas has a mature male 'troop leader'. Each troop has 5 to 30 gorillas. The leader makes all the decisions, guiding the troop to feeding sites and taking responsibility for the safety of the group.

ARE YOU TALLER OR
SHORTER THAN THE
AVERAGE GORILLA?

RAINFOREST FACT

Chimpanzees, followed by gorillas, are the next closest living relative to humans.

Their DNA is 97 – 98% identical to that of humans.

Like humans, they have individual fingerprints too!



CHIMPANZEES

Chimpanzees like to eat flowers, leaves, fruits and nuts, high up in the trees. Chimpanzees are very acrobatic and love to play in the branches, and even sleep on trees, in nests they build. Chimpanzees have very strong arms – even though they are smaller than humans they have a pull 5-6 times stronger!

WHICH ANIMAL DO
YOU THINK YOU ARE
AS STRONG AS?

MANDRILL

The Mandrill is the world's largest monkey species, and is found in the Congo Basin rainforest. Mandrills live in big groups of up to 800 animals, called hordes. They like to eat fruit, roots, reptiles and insects (even scorpions!). They have special pouches in their cheeks where they can store snacks to eat later on in the day.

Many of the animals in the Congo Basin Rainforest are not found anywhere else on earth! Many of the animals, such as gorillas, mandrills and chimpanzees are **endangered**. If their habitats, the forests, are not protected then they will be pushed to **extinction**. Once a species becomes extinct, it is lost forever.



< RAINFOREST FACT >

There are over 17,600 species of plant and animals on the IUCN 'Red List' of threatened species. If nothing is done to protect these species, many will be extinct within our lifetime.



BIRDS

Over 300 bird species are found in the Congo Basin Rainforest, such as the Congo African Grey parrot.

Some of these bird species are very rare and over one third are **endemic**, meaning they can only be found in the Congo Basin rainforest.

Mousebirds are species of small bird that lives in the forest. They are **frugivores** which means that they survive on fruits, berries, seeds and nectar, which they scurry through the leaves in search of like a mouse! Mousebirds live in groups of about 20, they take dust baths and roost together. They are noisy creatures,

making a warbling tsu-tsu call while in flight. They have an alarm call described as tisk-tisk.

Other bird species that can be found deep in the forest include the White-crested Tiger Heron, the Congo Serpent Eagle, and the Black Dwarf Hornbill.

Because of their beauty, birds are often trapped by **commercial hunters**, for their feathers or to be sold as pets. This is against the law, and away from their rainforest homes, these birds very often die.

CAN YOU MAKE
THESE NOISES?

TISK-TISK

TSU-TSU





AMPHIBIANS AND REPTILES

There are hundreds of Reptiles in the Congo Basin Rainforest. These include snakes, lizards and crocodiles.

Venomous viper snakes, such as the Gaboon Viper and the Rhinoceros Viper, named after the horn that it has on its head, live in the rainforest. The Gaboon Viper is one of the world's heaviest vipers and it has the longest fangs and the most poisonous venom of any snake!

These two species of snake are mainly nocturnal, and they hide during the day under leaves or branches, or in holes. They have triangular markings which gives them excellent **camouflage** in the dappled light conditions of the forest floor, making them almost invisible. When approached, the vipers often reveal their presence by hissing. The Rhinoceros Viper is said to produce the loudest hiss of any African snake!

The Dwarf Crocodile is one of the three existing African species of crocodile. It is also the smallest crocodile species in the world, reaching an adult length of 1.5 meters (5 feet). It lives by itself and is a **nocturnal** creature, digging out a burrow to hide in and rest during the day.

Amphibians such as frogs and toads live in the Congo Basin Rainforest. The Lake Oku Clawed Frog is a very small, green frog found only in the rainforests of the Cameroon, and is **critically endangered** due to the shrinking forest. The male frogs reach a maximum length of just 2 to 2.5 cm!

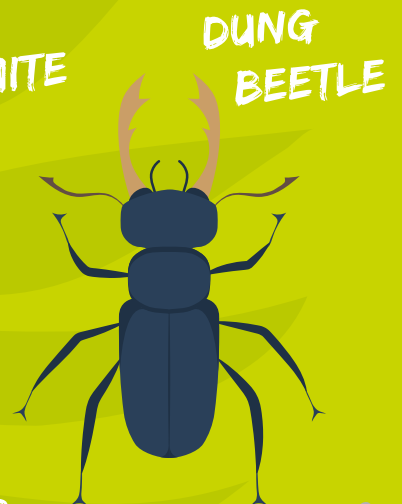
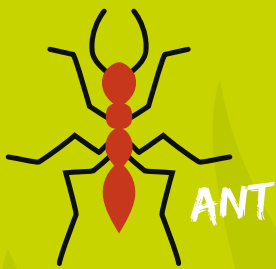
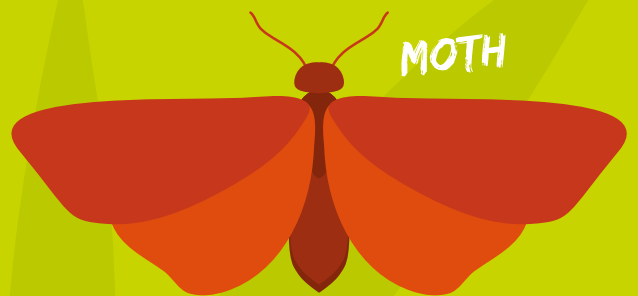
HOW FAR DO YOU THINK
YOU CAN JUMP?

RAINFOREST FACT

The biggest frog in the world, the Goliath frog, is also found in Cameroon's forests. They grow to be **over 30cms long** and weigh as much as a large house cat – **about 3 kgs!** They are famous for their leap of up to **3 metres.**

INSECTS

The rainforest is also teeming with creepy-crawlies! There are thousands of species of **insects** to be found, including **dragonflies, moths, stick insects, termites, ants, grasshoppers, dung beetles** and **spiders**. Some interesting insects include **Stalk-eyed Flies** which have their eyes at the end of stalks like antennae!



RAINFOREST FACT

There are more species of insect in the world than any other group, representing about **80 percent** of the world's species, with nearly a **million** different species recorded!

PLANTS

The rainforest is full of incredible plants, trees, flowers, herbs, ferns and mosses. As 80% of the Congo Basin Rainforest's flowering plants are **endemic**, they are also under great threat when the rainforest is cleared. If their habitat disappears, the plant species will disappear forever too.

Plants feed through a process known as photosynthesis, using the energy in sunlight to change carbon dioxide from the atmosphere into sugar-food. They also need oxygen in the atmosphere and around their roots.

This capacity to absorb carbon dioxide makes forests very important in the fight against climate change. Carbon dioxide is one of the main greenhouse gases that get trapped in the atmosphere and warms the earth. **Protecting forests can help reduce the amount of carbon dioxide in the atmosphere, and slow the process of climate change.**

FISH

There are lots of fish species to be found in the rainforest's streams, rivers and lakes.

The African Butterflyfish catches its prey on the surface of water, and so its eyes are always looking up and its mouth is specifically adapted for the job.

If enough speed is built up in the water, a Butterflyfish can jump and glide a small distance above the surface to avoid being eaten by a **predator** fish!


THINKING POINT

What is the difference between a mammal and a fish, or a bird and a reptile?

If you don't know, try and look it up.
Make a checklist so that you can tell what each animal is.

Checklist

- ☒ Born in water
- ☒ It has gills
- ☒ Has scales on its body



A once common but now vulnerable tree species in the Congo Basin rainforest is the Moabi tree. It is one of the largest trees in the rainforest and can grow to be 60m tall (That is about 14 double decker buses high), and have a trunk diameter of 5m! The Moabi is very important to the Baka forest people, who use the bark as part of their rainforest medicine.



RAINFOREST FACT

Only a very tiny percentage of the rainforest's plants species have been identified. It would take 250,000 scientists all of their working lives to study the known plants and animals of the world's tropical rainforests!

HOW DOES THE RAINFOREST FOUNDATION PROTECT PEOPLE, ANIMALS AND PLANTS?

There is no easy solution to the problems facing the Congo Basin Rainforest. It is in a very poor part of the world, and countries with forests need money in order to be able to provide a better quality of life for the people who live there.

Often countries in Central Africa are unable to stop illegal logging, because they are unable to patrol the large forests. The Democratic Republic of Congo has just gone through a war and it is still recovering. It is important that everybody works together to look after the rainforest, wherever they live.

The Rainforest Foundation believe that the best way to protect the rainforest is by ensuring that the rights of indigenous people are upheld.

LAND RIGHTS IN ORDER TO PROTECT THE RAINFOREST

Land laws are changing in the Congo Basin area and sometimes land rights are given to traditional users of the forest by the government. But it is very difficult for the Baka forest people to prove their rights, as they have always moved from place to place as part of their traditional way of life.

The Rainforest Foundation is one of the organisations helping the Baka people to prove to their governments that they should be able to live in their traditional lands. The setting up of 'community forests', which are protected from loggers, hunters and developers, is one way that allows the Baka people to live in the forest and protect it.





MONITORING THE FOREST

In addition to ensuring that forest people have rights to their land, it is important that forested land is protected from illegal logging and hunting. We can help communities to do this via technology; our ForestLink system is a real-time monitoring tool that local people can use on an app on a smartphone to alert law enforcement of illegal activities happening in their forests. This enables forest communities to send alerts as illegal activity happens, and evidence of a number of threats to the forest, even in remote areas with no mobile connectivity. Our ForestLink system can be used to address a wide range of threats, including illegal logging, illegal mining and oil spills.

SUSTAINABLE FORESTRY

It would be unrealistic to stop logging activity altogether, because it provides an important source of jobs for local people, and money for the government.

In order for forestry not to be destructive, it is important to put communities at the heart of forest management. This way, the rights, needs and priorities of local communities are not overlooked or ignored. This is known as 'Community Forestry'.

MAPPING LANDS

It is also important to ensure forest dwellers can properly map their lands, so they do not experience conflict where others want to try to set up industrial logging or mining, or strict nature conservation on the lands that they traditionally inhabit. We have helped communities map a total area of about 5 million hectares of forest. This kind of mapping project has never been done before. It has produced the first interactive community map of its kind in Africa, if not the world, and largest store of customary rights and resource use data in the Congo Basin.





POLITICAL SUPPORT FOR RAINFORESTS AND RAINFOREST PEOPLE

Some foreign governments still support industrial logging in the Congo Basin rainforest, because they think it creates jobs for people and brings money into the country.

Unfortunately, due to the high levels of **corruption**, much of this money goes to the logging companies themselves, and often poor people do not get rewarded from the logging. As we saw with the Baka forest people, they often lose their homes and livelihoods and gain little in return.

The **World Bank**, which lends money to poor countries and advises them on development, has encouraged countries like the Cameroon to make big areas of land available to logging companies. The Rainforest Foundation is one of many organisations that disagree that this will bring benefits to the country and is fighting to protect the rainforest people and their homes which would be threatened by these logging activities.

HOW CAN I HELP?

SPREAD THE WORD!

You can show the rest of your school what you have learned about the rainforests by making a display! You can draw pictures and write your own stories about the people and animals who live in the rainforest.

BECOME A SCHOOL OF FAME!

We regularly receive inspiring photos, stories and artworks from schools across the country.

The School of Fame area of our website is where we share your works of art and fundraising successes. Hopefully encouraging others to do more of the same!

RAISING MONEY TO PROTECT THE RAINFOREST, PEOPLE AND ANIMALS

Here are some activities that other school children have done to raise money. Ask your teacher to help you organise an event, and send the money you raise to the Rainforest Foundation UK. Please make sure to have your teacher's authorization before taking part in any fundraising activities.

HOLD A SPONSORED EVENT

You can do a sponsored run, walk, swim, bike ride, jog, hop, three-legged race, book read, skip, ramble, football match, dance, silence - in fact, you can do a sponsored anything as long as it is safe and you have permission! It can be more fun and easier if you do your event in a group. Once you have thought of a good idea, the next thing to do is to ask your teacher to help you organise it. We can send you sponsorship forms if you need any.

HOLD AN OWN CLOTHES DAY

Ask your teacher to help you organise a day when everyone is allowed to wear their own clothes to school and to bring a donation. Why not have a rainforest theme where everyone wears green?



HAVE A CAKE SALE

Work with friends and family to make and donate cakes that can be sold to raise money.

HOLD A RAINFOREST EVENT

Organise a play, dance routine, talent or fashion show or an art exhibition of your class paintings and ask people to make a donation to come and see your art and performances!

DO AN ODD JOB FOR THE RAINFOREST FOUNDATION

Ask your parents if you can do a chore such as a carwash, litter collection, or odd jobs in the garden. The money that you earn will help protect rainforest people and their homes all over the world.

RECYCLE OLD MOBILE PHONES OR PRINTER CARTRIDGES (AND RAISE FUNDS FOR THE RAINFOREST)

Ask us for some recycling envelopes or a container to collect your phones and cartridges in. Not only does this reduce the amount of waste going to landfill but we also get paid for every item we recycle!



GLOSSARY

Amphibians

A cold blooded animal that can breathe under water.

Baka hunter-gatherers

Original forest inhabitants of Cameroon, they hunt for their food in the forest.

Camouflage

Being able to blend into the background.

Commercial hunting

Hunting and killing animal and then selling them to make money.

Community forests

Forests where the original forest people and animals can live together.

Corruption

Doing something against the law for money.

Discriminated against

Not being treated fairly.

Ecosystem

Includes all the living organisms existing together in a particular area.

Endangered

When there aren't many types of that animal still alive in the world.

Endemic

A serious disease that animals or people suffer in one area.

Extinction

When there are no animals of that type still alive in the world.

Frugivores

An animal that likes to eat fruit.

Industrial Logging

Cutting down lots of trees to make money.

Jengi

Baka God of the forest.

Land rights

A law saying who is allowed to live and hunt on certain land.

Legal systems

How law is made.

Mammals

Warm blooded animals with a back bone.

National Park

A place where animals are protected from hunters.

Nocturnal

An animal that sleeps during the day and is awake at night.

Protected Zones

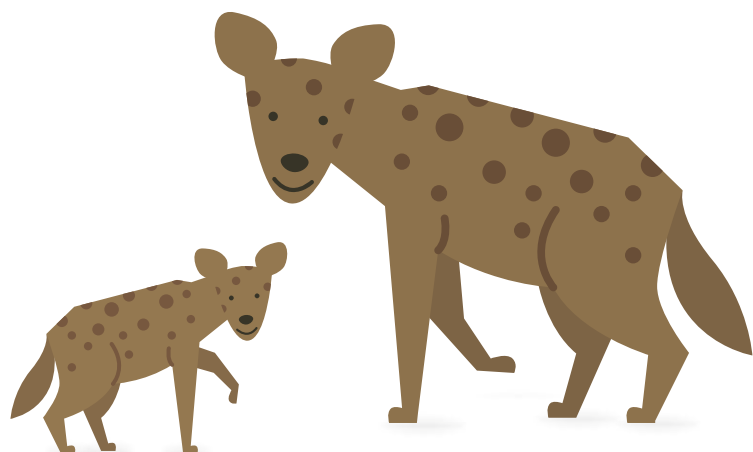
Parts of the forest that are protected from commercial hunters.

Recycled

Re-using something.

Regenerate

To regrow.



Rituals

A ceremony doing actions in a set order.

Sustainable

Being able to keep something going.

Symbolic meanings

Words or movements that stand for something else.

Traditional medicine

Ways of making medicine that has been passed through generations.

Unique language

A language that is only used by one set of people.

Wood Certification Schemes

A symbol to show that the wood has come from a sustainable forest.

World Bank

A bank that lends money to poorer countries and advises them about how to develop.

Pygmies

Groups of people who live in some parts of Africa.

Permanent Camps

Camps that stay in one place.

Predator

An animal that hunts other animals.



RAINFOREST QUIZ

HOW MUCH INFORMATION CAN YOU REMEMBER?

1

Who gathers the wild fruits, nuts and mushrooms?

- a) The Men
- b) The Women
- c) The Children

2

What are the Baka Tribe's huts called?

.....

3

Name one of the threats that the Baka people face:

.....

.....

4

What is the largest primate species in the rainforest?

- a) Chimpanzee
- b) Elephant
- c) Gorilla

5

How tall can the Moabi tree grow?

- a) 60m
- b) 20m
- c) 80m

6

Finally...
The big question...

How could **you** help look after the rainforest and the people who live there?

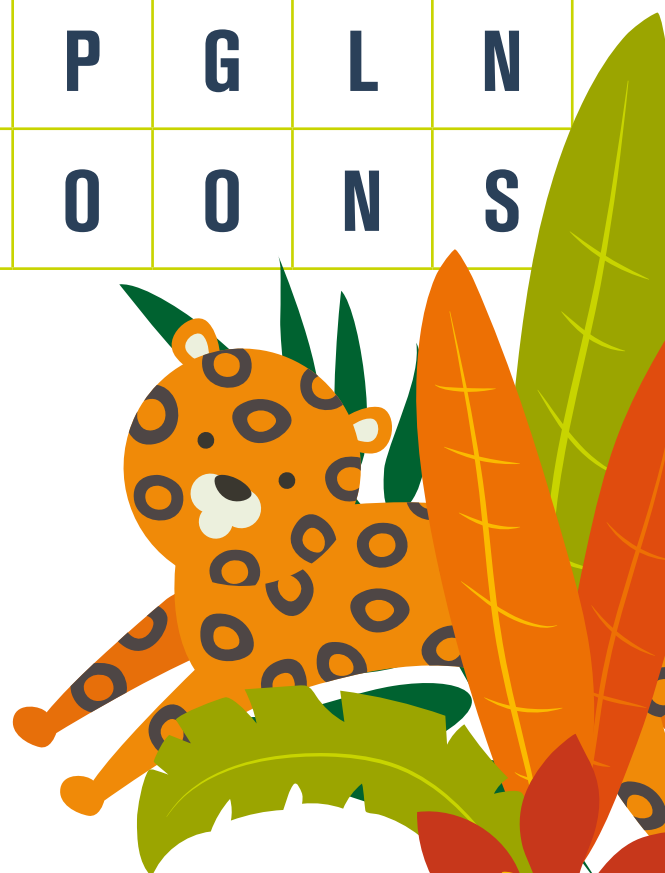


WORD SEARCH

T	A	C	I	N	S	E	C	T	S
S	B	M	H	F	B	Y	P	N	H
E	R	G	P	K	N	A	O	M	A
R	H	E	Y	H	R	T	K	M	B
O	I	L	G	O	I	E	R	A	I
F	S	T	M	G	C	B	O	M	T
N	K	A	I	N	O	F	I	M	A
I	B	N	E	O	M	L	E	A	T
A	T	I	S	C	Y	P	G	L	N
R	C	A	M	E	R	O	O	N	S

CAN YOU FIND THESE WORDS?...

- | | |
|-------------------------------------|------------------------------------|
| <input type="checkbox"/> HABITAT | <input type="checkbox"/> MAMMAL |
| <input type="checkbox"/> CONGO | <input type="checkbox"/> AMPHIBIAN |
| <input type="checkbox"/> BAKA | <input type="checkbox"/> CAMEROON |
| <input type="checkbox"/> RAINFOREST | <input type="checkbox"/> PYGMIES |
| <input type="checkbox"/> INSECTS | <input type="checkbox"/> LOGGER |





SECURING LANDS, SUSTAINING LIVES

2-4 The Atelier, The Old Dairy Court,
17 Crouch Hill, London,
N4 4AP, United Kingdom

info@rainforestuk.org
Registered charity No. 1138287

For more information visit
www.rainforestfoundationuk.org

