



very
puzzled

KENYA JIGSAW PUZZLE GUIDE

CONTAINING BIOGRAPHIES OF
THE PEOPLE FEATURED ON THE
KENYA MAP JIGSAW PUZZLE

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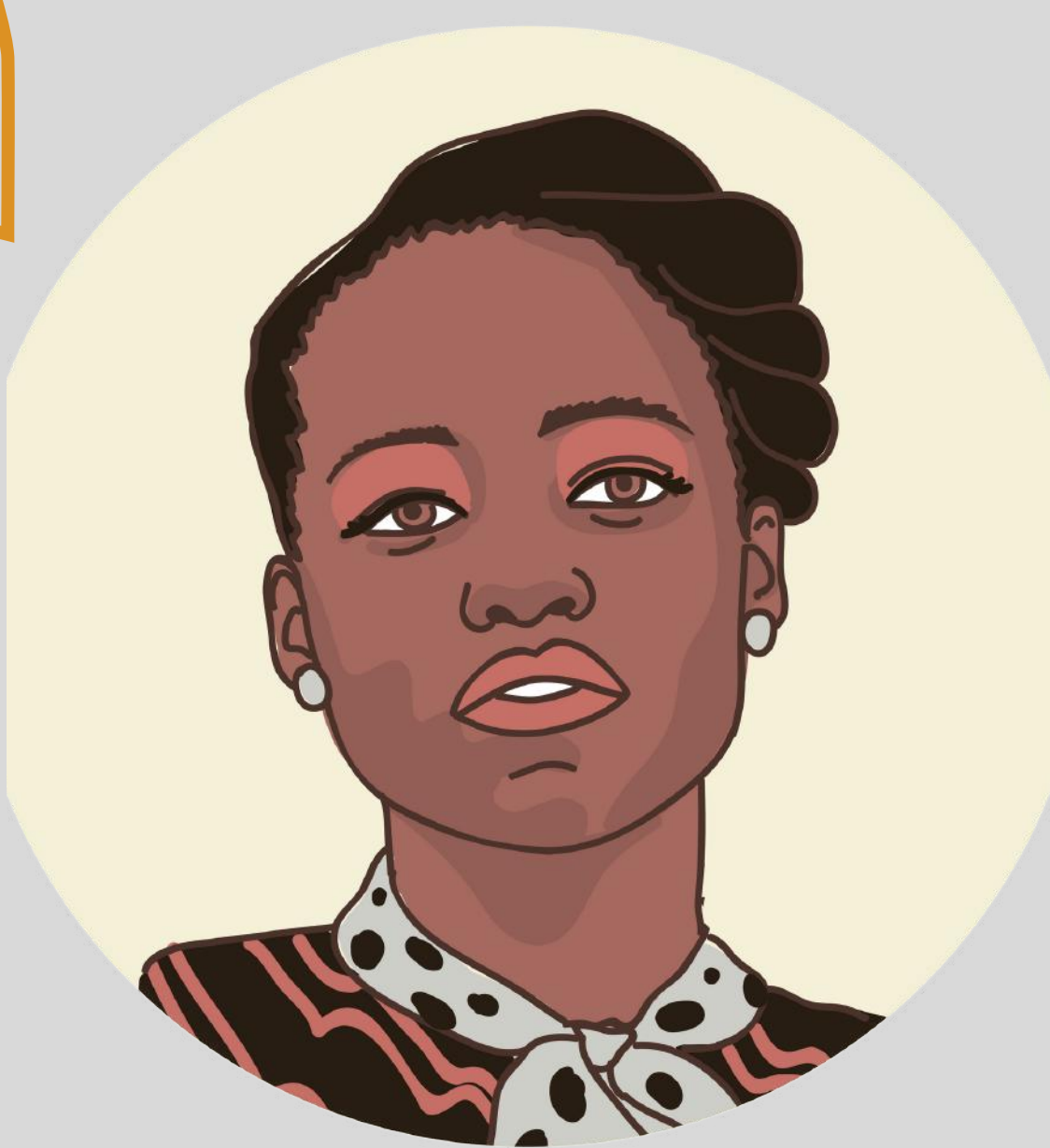
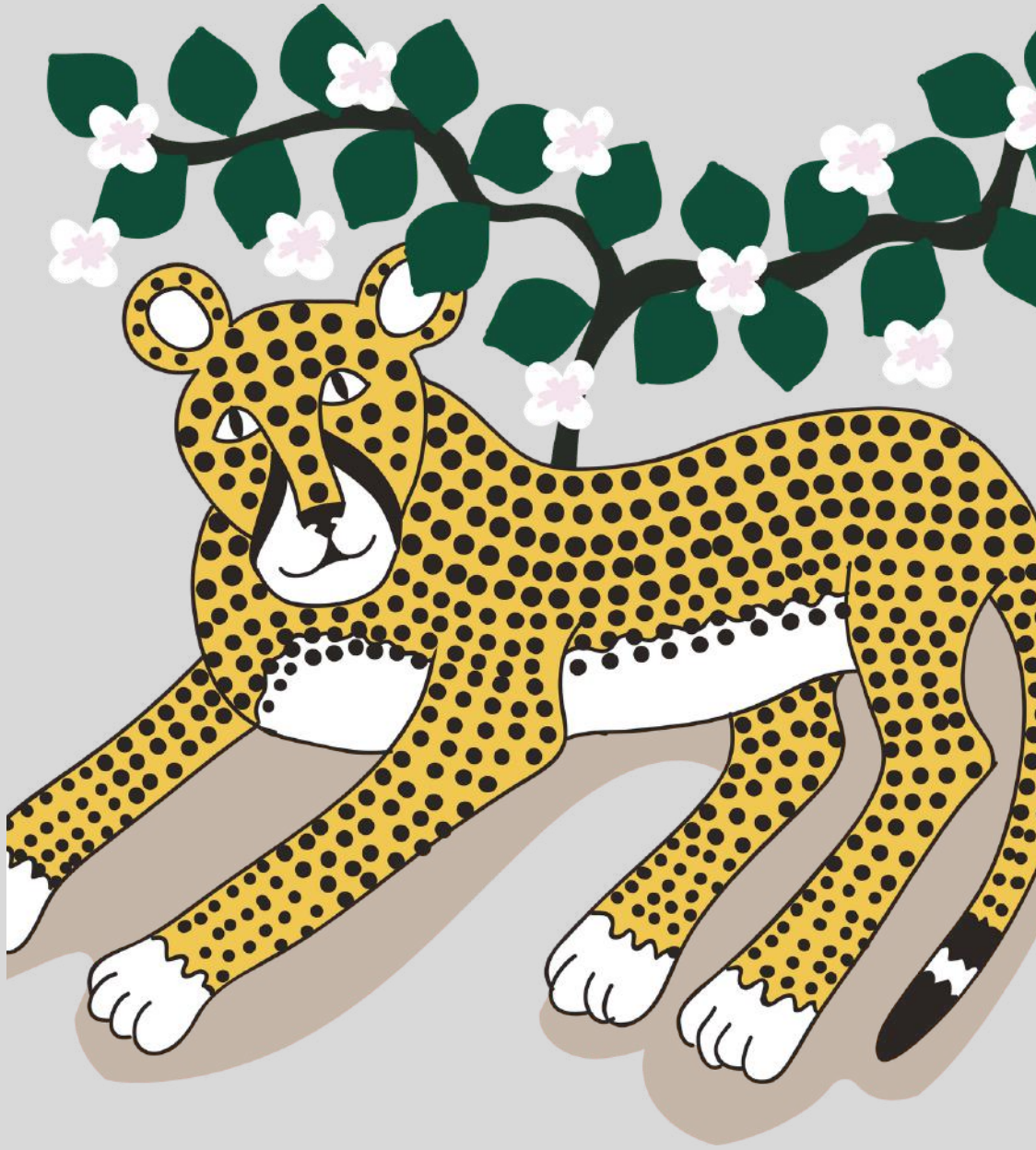
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Welcome to

YOUR GUIDE

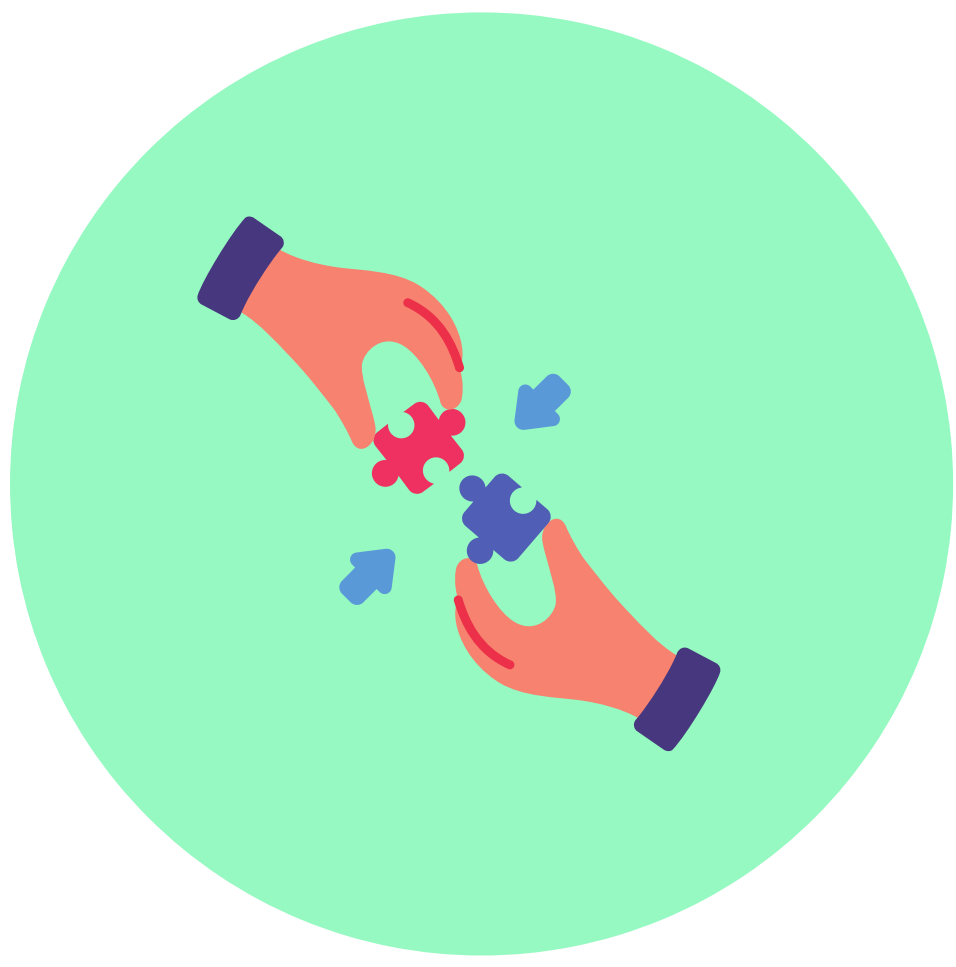
Kenya has been described as “the cradle of humanity”. Kenya is famed for its scenic landscapes and vast wildlife preserves. The capital of Kenya is Nairobi, a sprawling metropolis with modern skyscrapers.

Kenya has many notable citizens that include Kikuyu writer Ngugi wa Thiong’o, actress Lupita Nyong’o, activist Wangari Maathai, athlete David Rudisha, the father of former US President Barack Obama as well as many others.

The Very Puzzled Kenya map jigsaw puzzle consists of 100 pieces and each region of Kenya is represented with a variety of landmarks, monuments and attractions it will provide endless fun and topics of discussion that can be used as fun way to learn for both children and adults.

- A contemporary and colourful map of Kenya.
- High quality 100 piece cardboard jigsaw puzzle.
- The finished puzzle measures 52 x 37 cm when complete.
- Suitable for ages 5 years and up.
- Made from strong premium grade cardboard, with linen finish print to minimise glare on puzzle image.

THE BENEFITS OF JIGSAW PUZZLES



HAND-EYE COORDINATION

Your child will develop a keen relationship between what their eyes see, what their hands do and what their brain relates to this information.



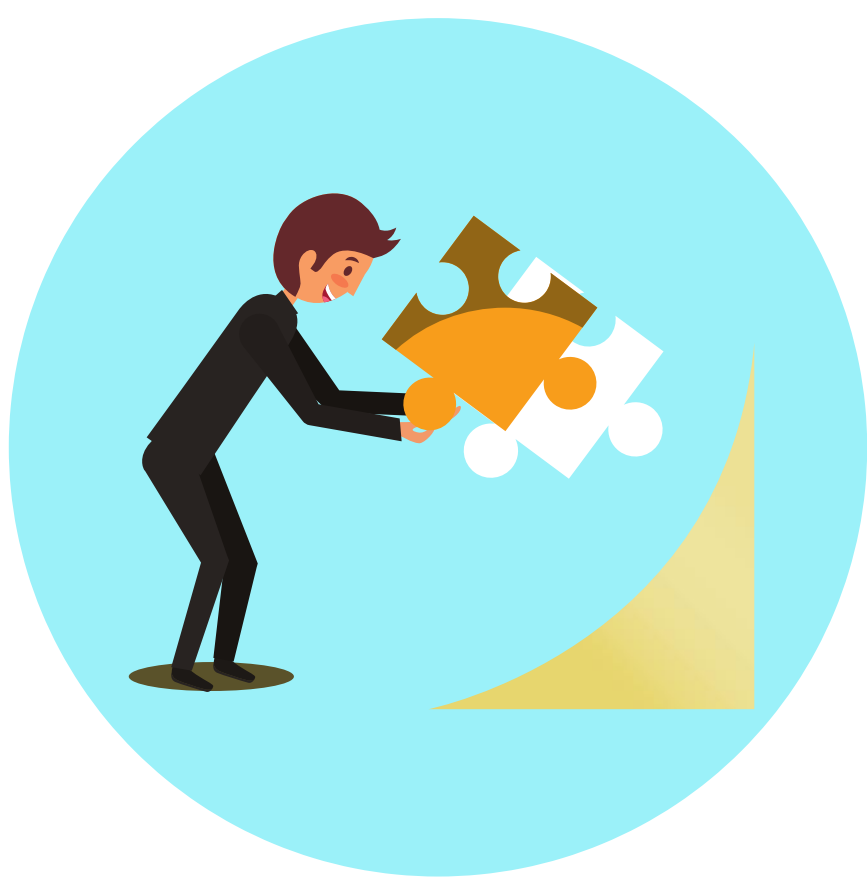
MOTOR SKILLS

Larger puzzle pieces and stacking puzzle games can enhance the large movements of your child to the point where they can then work on their fine motor skills.



UNDERSTANDING THE WORLD

There is no better way for your child to gain an understanding of the world around them than by letting them literally manipulate the world around them.



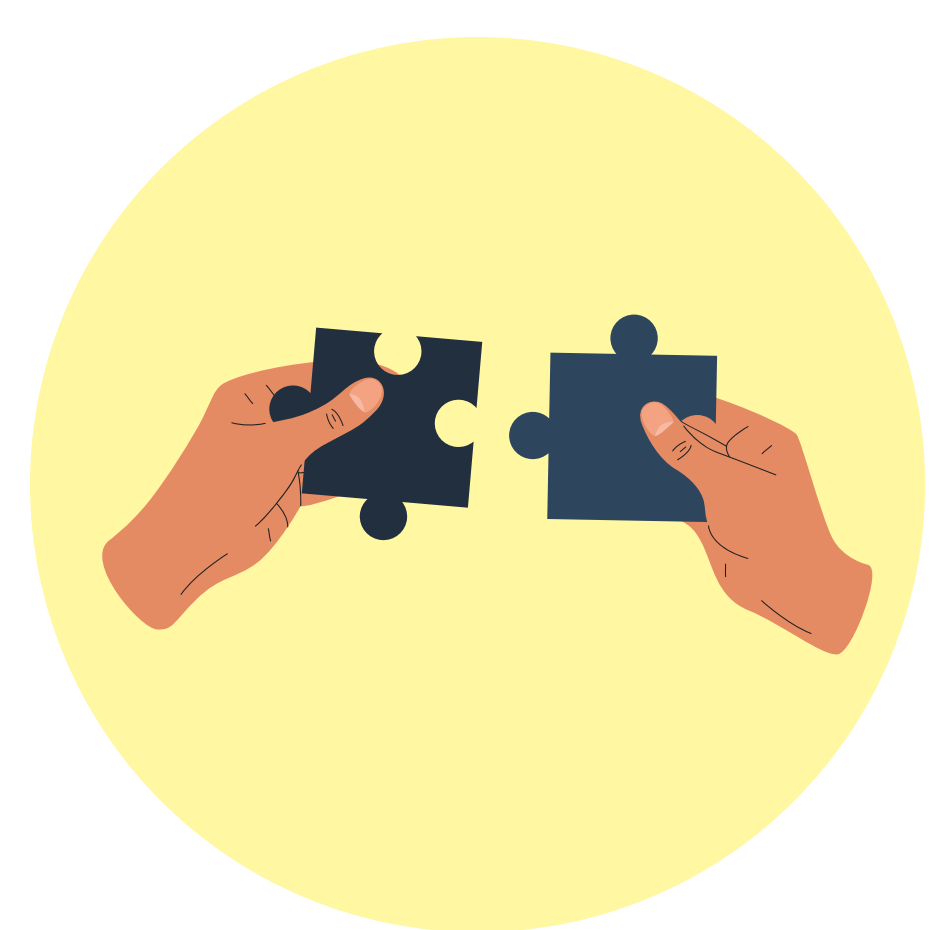
SHAPE RECOGNITION

The first puzzles we use are simple shapes — triangle, squares and circles. From there more complex shapes are used until the abstract jigsaw puzzles are used.



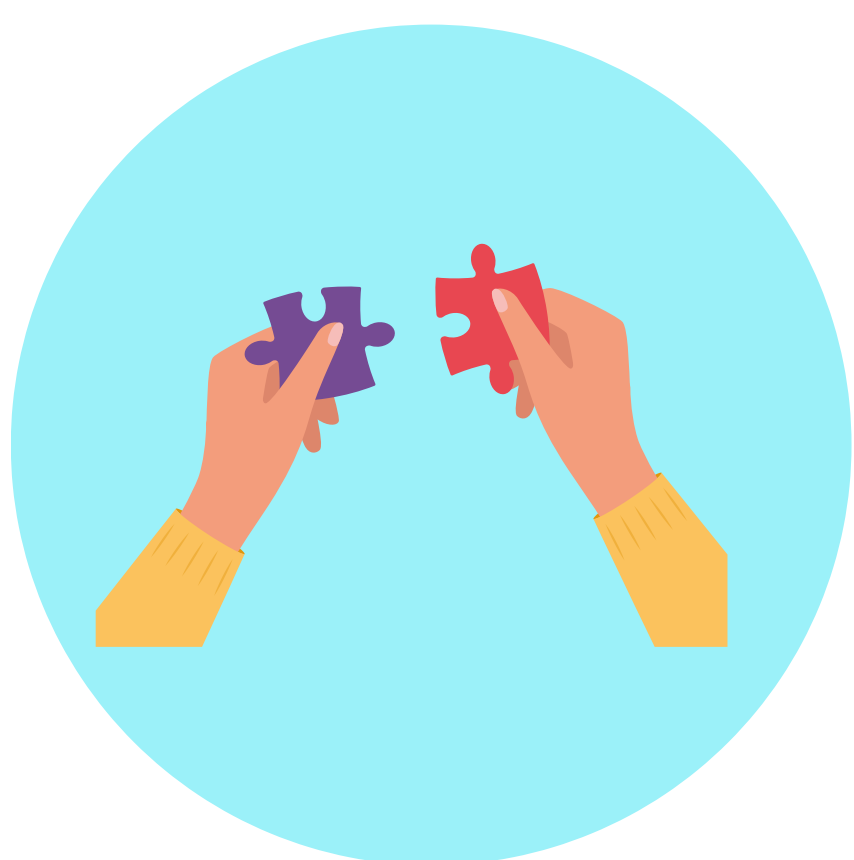
MEMORY

Your child has to remember the shape of pieces that don't fit for when they will fit later on.



PROBLEM SOLVING

Either the puzzle piece fits or it does not. Your child uses critical thinking skills to solve the puzzle and, best of all, you can't cheat a puzzle!



SETTING GOALS

The first goal is to solve the puzzle, the next goal will be a series of strategies your child comes up with to solve the puzzle. Such as putting familiar shapes or colors in one pile for future reference.

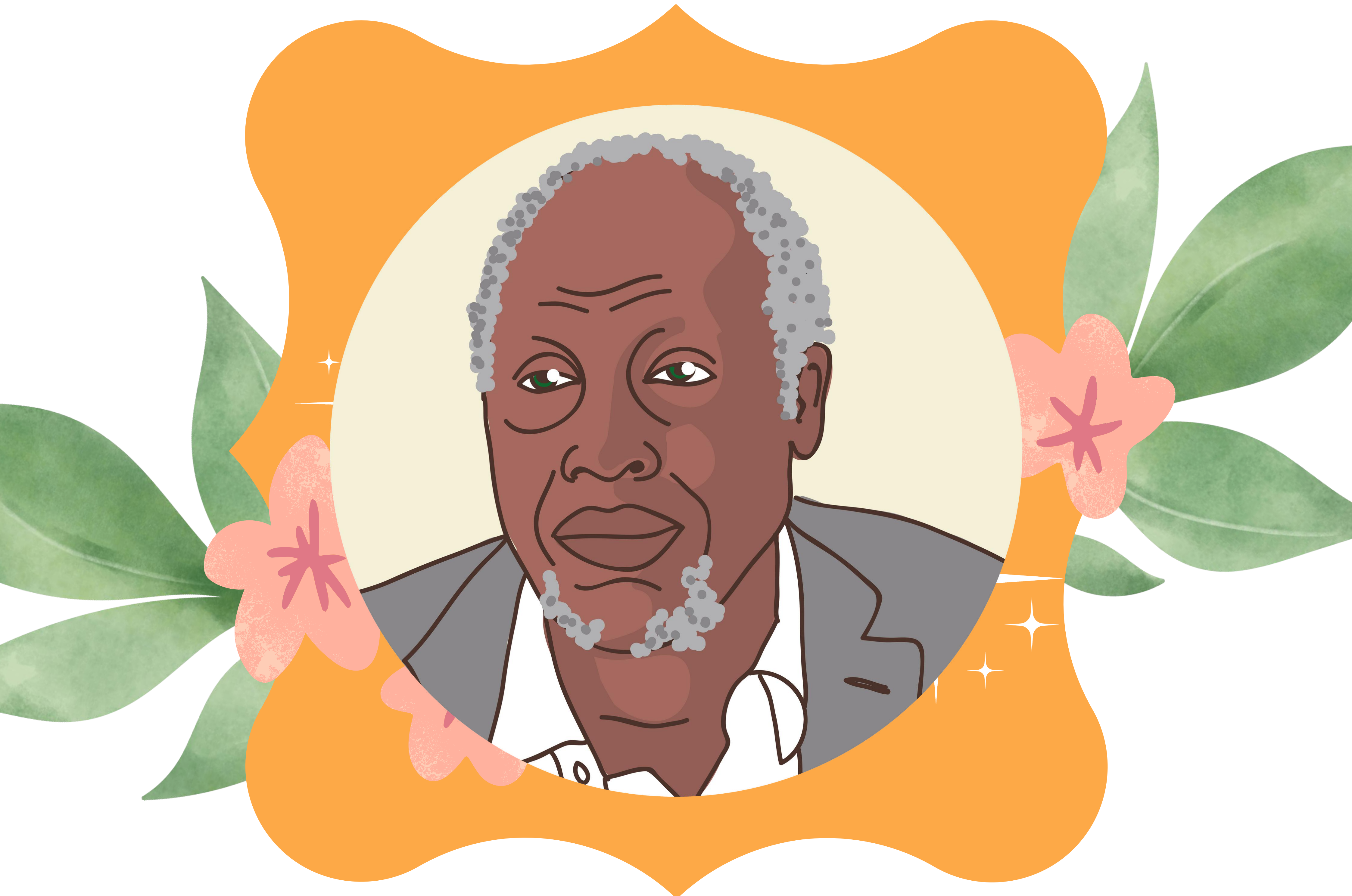


PATIENCE

Puzzles are not like sports, you can't just step up to the plate and swing until you knock it out of the park. You must practice patience and slowly work through the puzzle before you reach the ending.

NGŪGĨ WA THIONG'O

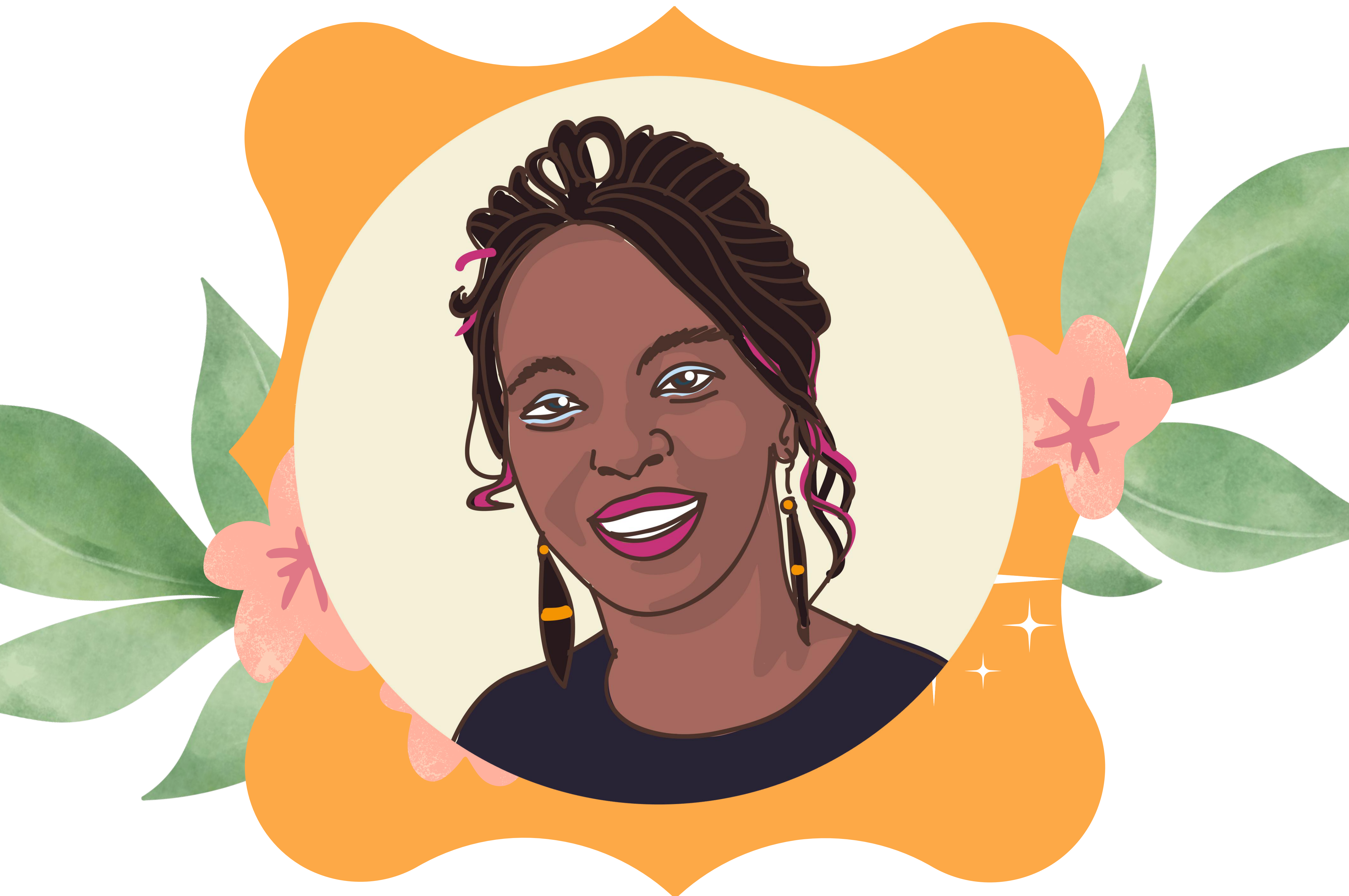
(5 January 1938)



Ngũgĩ wa Thiong'o is a Kenyan author and academic who writes primarily in Gikuyu and who formerly wrote in English. He has been described as having been "considered East Africa's leading novelist". His work includes novels, plays, short stories, and essays, ranging from literary and social criticism to children's literature. He is the founder and editor of the Gikuyu-language journal *Mũtĩiri*.

He is currently Distinguished Professor of Comparative Literature and English at the University of California, Irvine. He has also previously taught at Northwestern University, Yale University, and New York University. He won the 2001 International Nonino Prize in Italy, and the 2016 Park Kyong-ni Prize.

YVONNE ADHIAMBO
OWUOR
(1968)



Yvonne Adhiambo Owuor is a Kenyan writer who is the author of novels, short stories and essays. She won the 2003 Caine Prize for African Writing for her story "Weight of Whispers".

Owuor won the 2003 Caine Prize for African Writing for her story "Weight of Whispers", which considers an aristocratic Rwandan refugee in Kenya. The story was originally published in *Kwani?*, the Kenyan literary magazine set up by Binyavanga Wainaina after he won the Caine Prize the previous year.

In 2004, she won the Woman of the year (Arts, Heritage category) for her contributions to the arts in Kenya. In September 2015, her critically acclaimed book *Dust* was shortlisted for the Folio Prize, and won Kenya's pre-eminent literary prize, the Jomo Kenyatta Prize for Literature.



TINGA TINGA ART

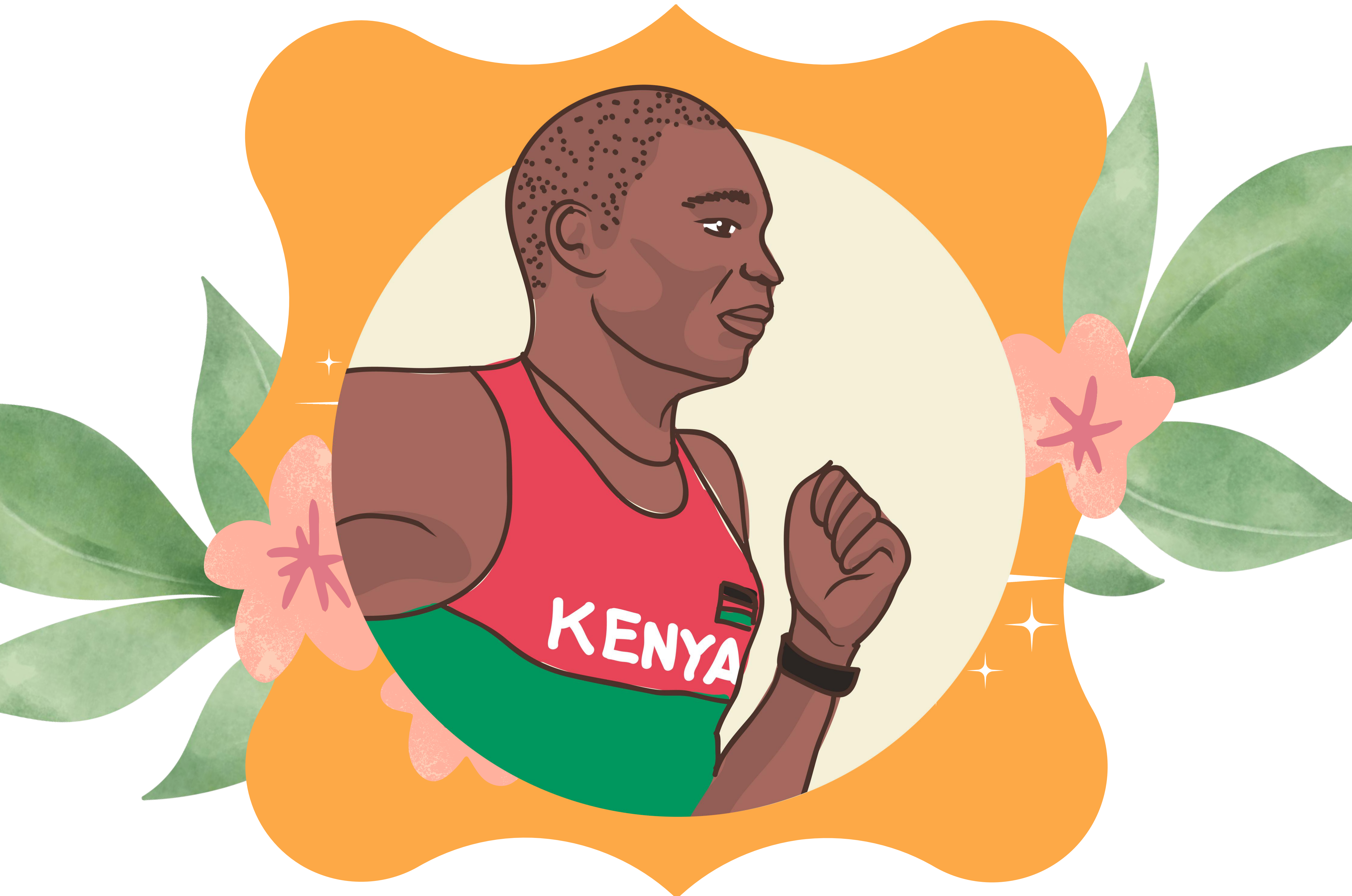
Tinga Tinga Art is a painting style that originated in East Africa. Tingatinga is one of the most widely represented forms of tourist-oriented paintings in Tanzania, Kenya and neighbouring countries. The genre is named after its founder, Tanzanian painter Edward Tingatinga.

The Tingatinga school of painting sold their work in Oyster Bay, Dar es Salaam. Picture from 1973

Tingatinga is traditionally made on masonite, using several layers of bicycle paint, which makes for brilliant and highly saturated colours. Many elements of the style are related to the requirements of the tourist-oriented market; for example, the paintings are usually small so they can be easily transported, and subjects are intended to appeal to Europeans and Americans (e.g. the big five and other wild fauna).

DAVID RUDISHA

(17 December 1988)

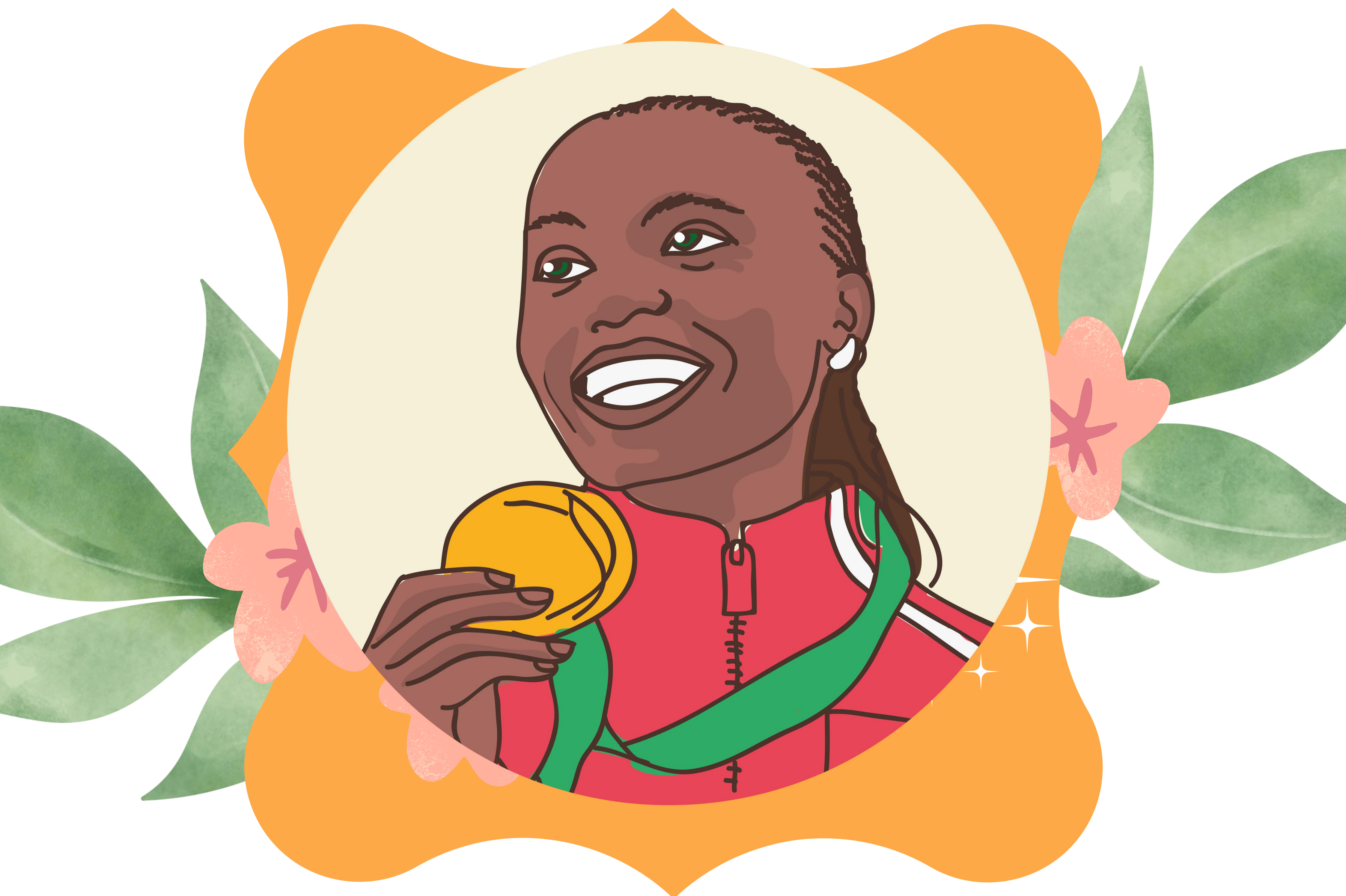


David Lekuta Rudisha is a Kenyan middle-distance runner who specialized in the 800 metres. He is a two-time back-to-back Olympic champion from the 2012 London and 2016 Rio Olympics, a two-time World champion from the 2011 and 2015 World Championships in Athletics, and world record holder at the event with a time of 1:40.91 set at the 2012 London Games. Rudisha is the first and only person to ever run 800 metres under 1:41.

Rudisha established his running career at the St. Francis Kimuron High School in Elgeyo-Marakwet County. He won 800 m titles at the 2006 World Junior Championships as well as the 2008 and 2010 African Championships, and earned the 2014 Commonwealth Games silver medal. He is a two-time Diamond League 800 m winner. Rudisha has won IAAF World Athlete of the Year award in 2010 and three consecutive Track & Field News Athlete of the Year awards.

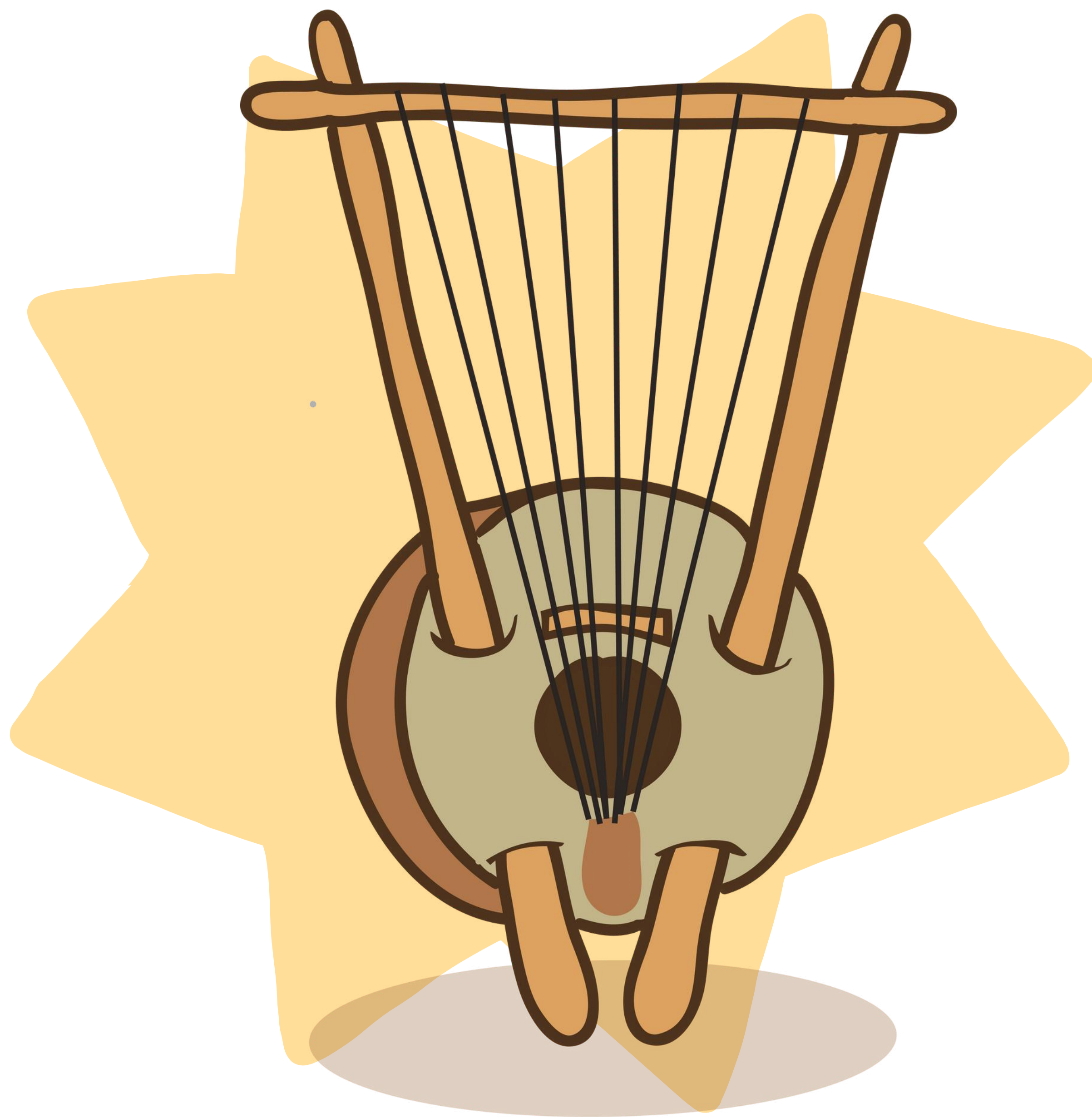
In May 2022, Rudisha announced he would be running for election in his native Kenya as an independent candidate in the Kilgoris Constituency.

VIVIAN JEPKEMOI
CHERUIYOT
(11 September 1983)



Vivian Jepkemoi Cheruiyot is a Kenyan long-distance runner who specialises in track and cross country running. She represented Kenya at the Summer Olympics in 2000, 2008, 2012, and 2016, winning a silver medal at the 5000 m and bronze medal at the 10000 m at the 2012 Olympics, silver medal at the 10000 m and gold medal at the 5000 m at the 2016 Olympics, setting the new Olympic record in 5000 m event. Cheruiyot won a silver medal in the 5000 metres at the 2007 World Championships in Athletics and became the world champion in the event at the 2009 edition, repeating this achievement at the 2011 World Championships, where she also won the 10000 m.

After taking a silver at the 2010 IAAF World Indoor Championships, she won a number of outdoor titles that year, becoming African champion, Commonwealth Games champion and IAAF Continental Cup champion, as well as winning the 2010 IAAF Diamond League title.



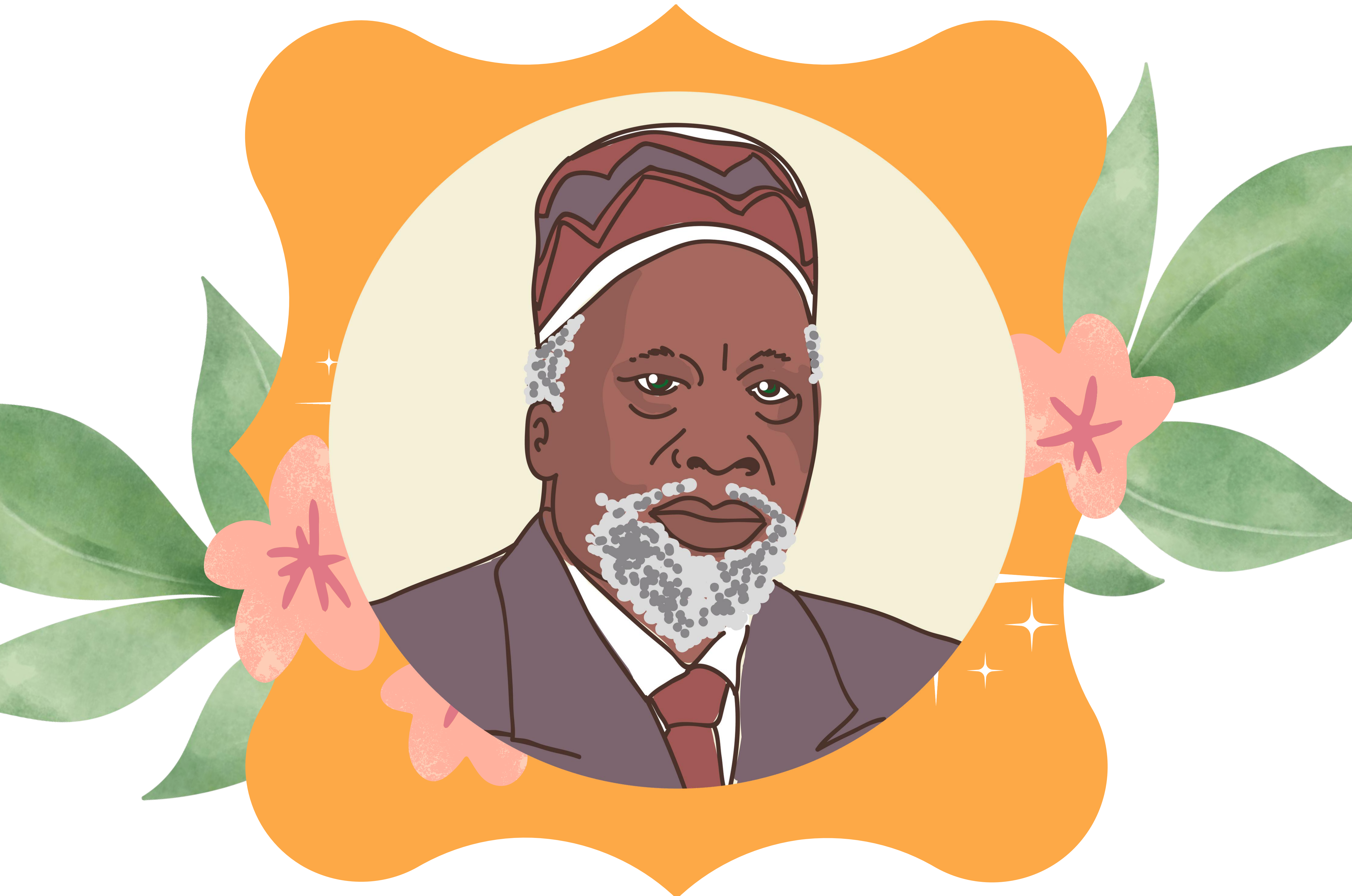
NYATITI

The nyatiti is a five to eight-stringed plucked bowl yoke lute from Kenya. It is a classical instrument played by the Luo people of Western Kenya, specifically in the Siaya region south of Kisumu. It is about two to three feet long with a bowl-shaped, carved wood resonator covered in cow skin. Historically, strings were fashioned from cattle tendons, but modern players almost exclusively use nylon and plastic fishing line of various sizes, a move which changed the sound of the nyatiti drastically.

Traditionally, players wear a headdress called Kondo, which is fashioned out of goat fur. Dancers sometimes accompany the nyatiti player and wear brightly colored skirts called Owalo. Younger players often forgo the traditional dress, opting for clothes typical of present-day performances.

JOMO KENYATTA

(1897 – 22 August 1978)



Jomo Kenyatta was a Kenyan anti-colonial activist and politician who governed Kenya as its Prime Minister from 1963 to 1964 and then as its first President from 1964 to his death in 1978. He was the country's first indigenous head of government and played a significant role in the transformation of Kenya from a colony of the British Empire into an independent republic. Ideologically an African nationalist and conservative, he led the Kenya African National Union (KANU) party from 1961 until his death.

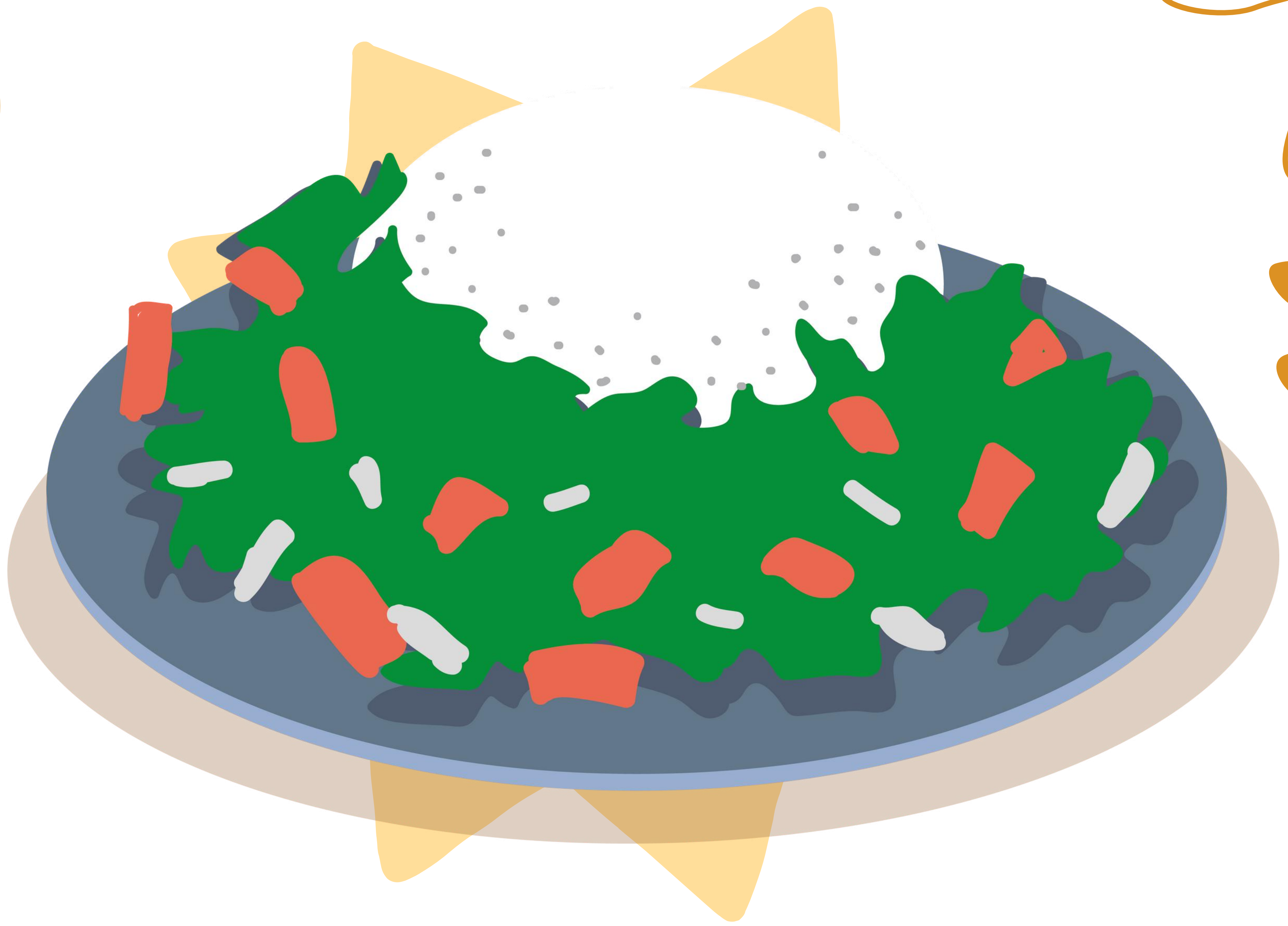
WANGARI MAATHAI

(1 April 1940 – 25 September 2011)



Wangari Muta Maathai was a Kenyan social, environmental and a political activist and the first African woman to win the Nobel Peace Prize. As a beneficiary of the Kennedy Airlift, she studied in the United States, earning a bachelor's degree from Mount St. Scholastica and a master's degree from the University of Pittsburgh. She went on to become the first woman in East and Central Africa to become a Doctor of Philosophy, receiving her PhD from the University of Nairobi in Kenya.

In 1977, Maathai founded the Green Belt Movement, an environmental non-governmental organization focused on the planting of trees, environmental conservation, and women's rights. In 1984, she was awarded the Right Livelihood Award for "converting the Kenyan ecological debate into mass action for reforestation".



UGALI AND SUKUMA WIKI

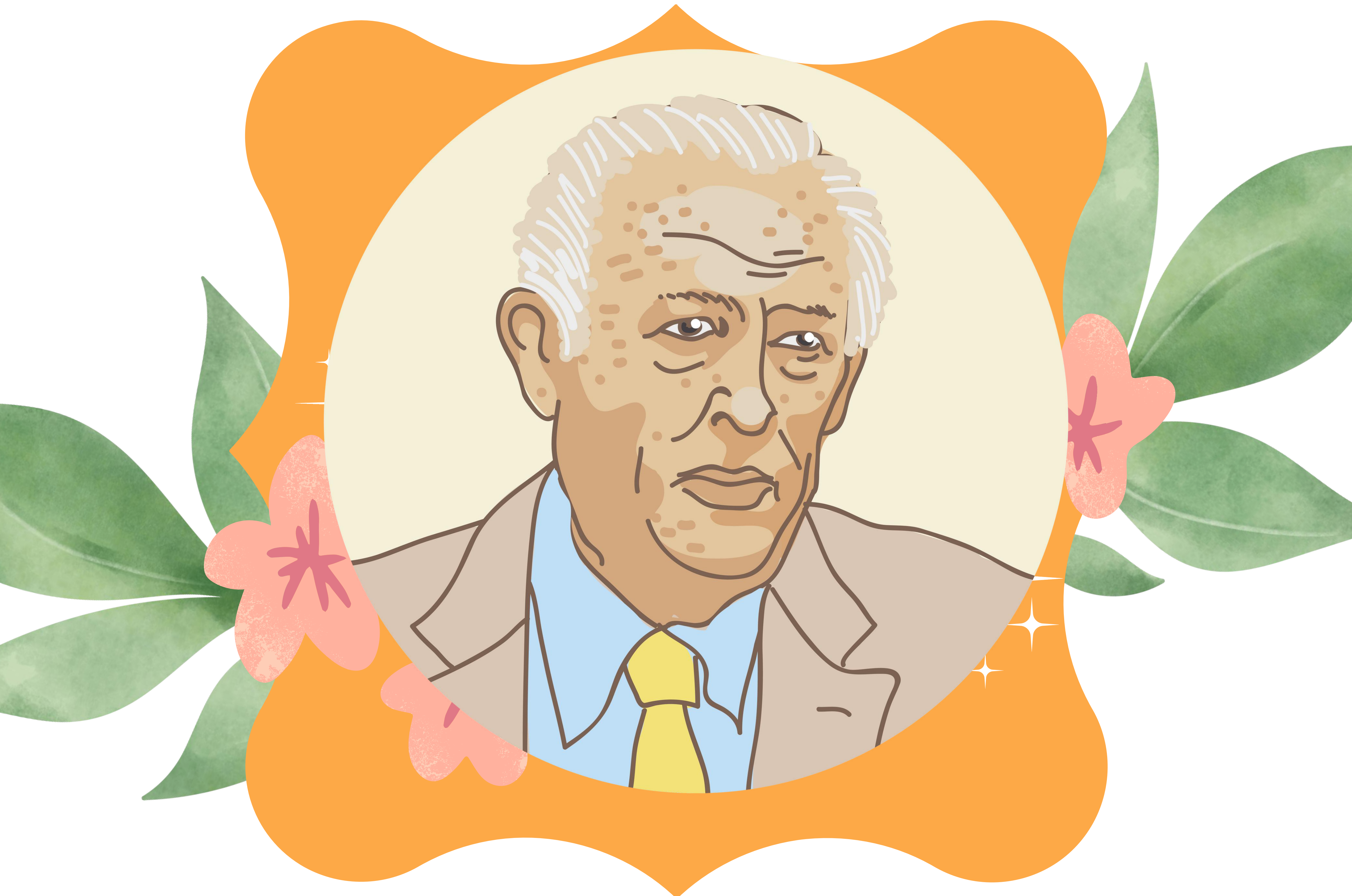
Ugali is a type of maize swallow made from maize or corn flour in several countries in Africa. Ugali is sometimes made from other flours, such as millet or sorghum flour, and is sometimes mixed with cassava flour. It is cooked in boiling water or milk until it reaches a stiff or firm dough-like consistency. In 2017, the dish was added to the UNESCO Representative List of the Intangible Cultural Heritage of Humanity, one of a few foods in the list.

Ugali is usually served with traditional vegetables, stew or sukumawiki. It is the most common staple starch featured in the local cuisines of the African Great Lakes region and Southern Africa.

Sukuma wiki is an East African dish made with collard greens, known as sukuma, cooked with onions and spices.

RICHARD LEAKEY

(19 December 1944 – 2 January 2022)



Richard Erskine Frere Leakey was a Kenyan paleoanthropologist, conservationist and politician. Leakey held a number of official positions in Kenya, mostly in institutions of archaeology and wildlife conservation. He was Director of the National Museum of Kenya, founded the NGO WildlifeDirect and was the chairman of the Kenya Wildlife Service.

Leakey co-founded the Turkana Basin Institute in an academic partnership with Stony Brook University, where he was an anthropology professor. He served as the chair of the Turkana Basin Institute until his death.

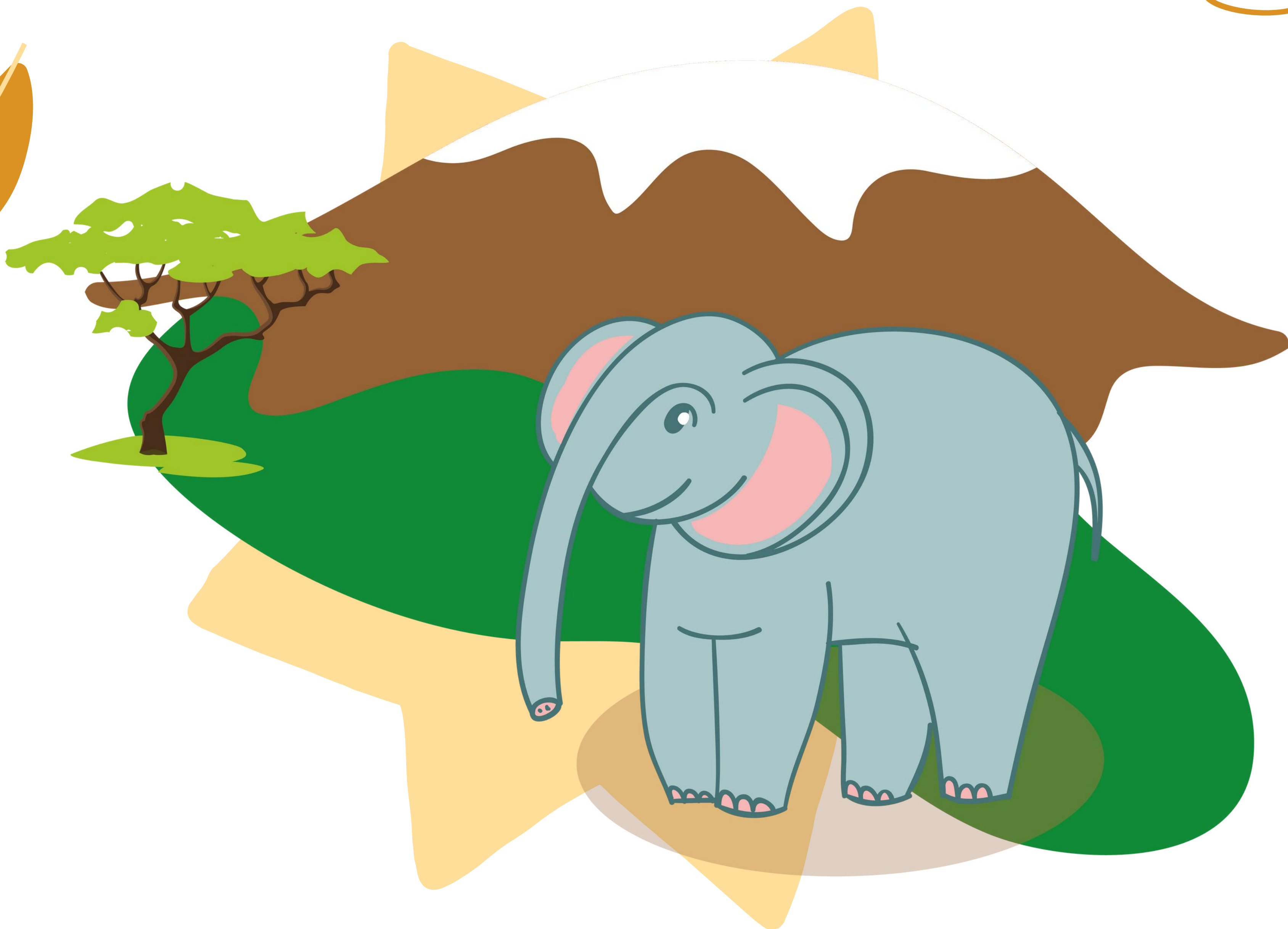
BARACK OBAMA

(August 4, 1961)



Barack Hussein Obama II is an American retired politician who served as the 44th president of the United States from 2009 to 2017. A member of the Democratic Party, Obama was the first African-American president of the United States. He previously served as a U.S. senator from Illinois from 2005 to 2008 and as an Illinois state senator from 1997 to 2004, and previously worked as a civil rights lawyer before entering politics.

The 2009 Nobel Peace Prize was awarded to Barack Obama for his "extraordinary efforts to strengthen international diplomacy and cooperation between peoples". The Norwegian Nobel Committee announced the award on October 9, 2009, citing Obama's promotion of nuclear nonproliferation and a "new climate" in international relations fostered by Obama, especially in reaching out to the Muslim world.



MOUNT KENYA

Mount Kenya is the highest mountain in Kenya and the second-highest in Africa, after Kilimanjaro. The highest peaks of the mountain are Batian (5,199 metres or 17,057 feet), Nelion (5,188 m or 17,021 ft) and Point Lenana (4,985 m or 16,355 ft). Mount Kenya is located in the former Eastern and Central provinces of Kenya; its peak is now the intersection of Meru, Embu, Laikipia, Kirinyaga, Nyeri and Tharaka Nithi counties, about 16.5 kilometres (10.3 miles) south of the equator, around 150 km (90 mi) north-northeast of the capital Nairobi. Mount Kenya is the source of the name of the Republic of Kenya.

There are currently 11 small glaciers, which are shrinking rapidly, and may disappear by 2050. The forested slopes are an important source of water for much of Kenya.

An area of 715 km² (276 sq mi) around the centre of the mountain was designated a National Park and listed as a UNESCO World Heritage Site in 1997. The park receives over 16,000 visitors per year.

FADHILI WILLIAM

(November 11, 1938 – February 11, 2001)



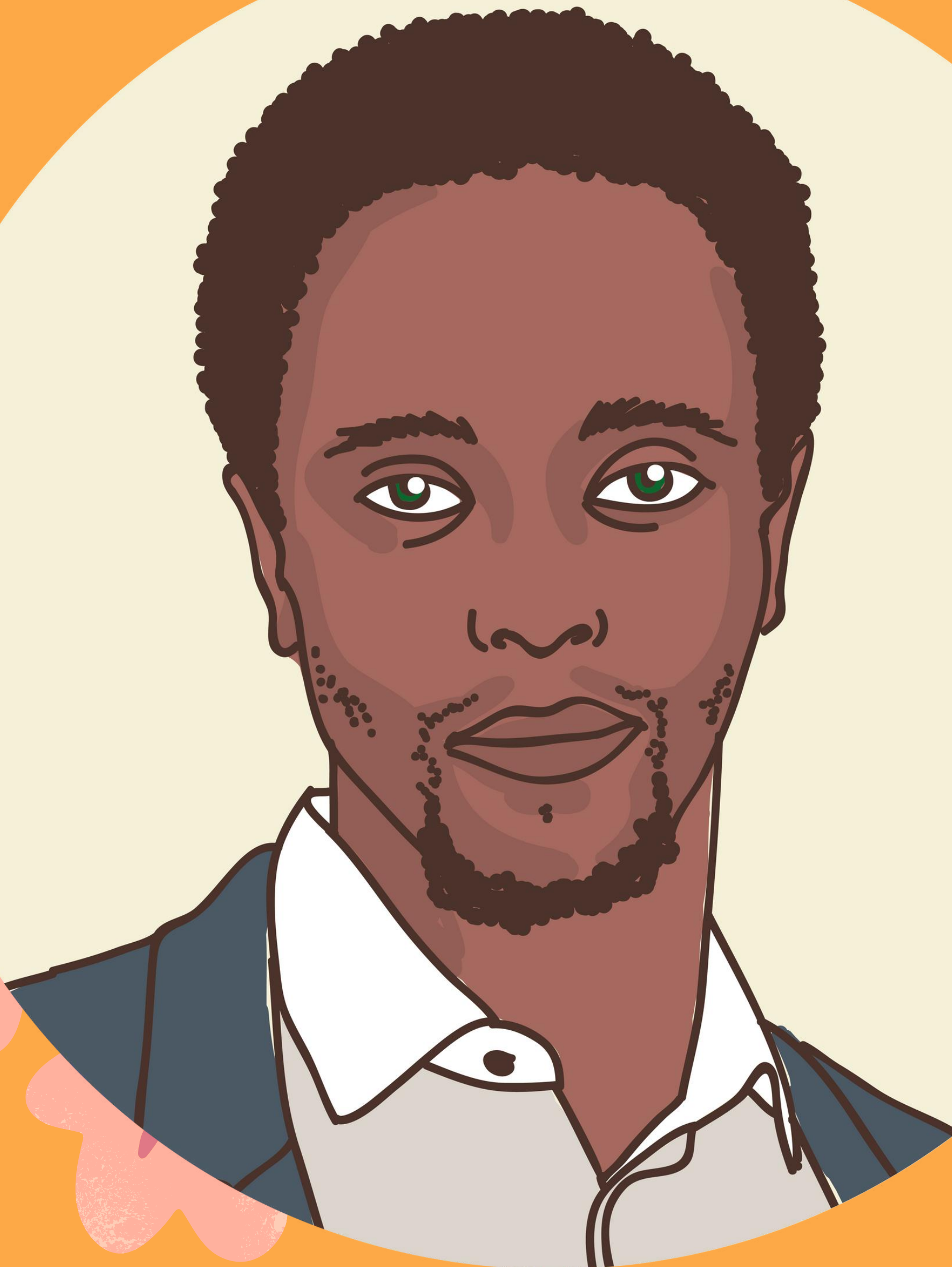
Fadhili William Mdawida was a Kenyan recording artist and composer who is most famous as the first person to record Adam Salim's song "Malaika" which he recorded with his band The Jambo Boys around 1963.

Fadhili William was born to Halima Wughanga and Ramadhan Mwamburi in Taita-Taveta District near Mombasa. His father, who died when Fadhili was only seven, was a traditional musician. Like three of his siblings – Ali Harrison Mwataku, Esther John and Mumba Charo – he became a musician.

Malaika was recorded at the Equator Sound Studios under the guidance of Charles Worrod, who went on to promote and distribute the ballad. He was also the author and singer of the famous hit song "Taxi Driver", which he narrates a story about him trying to rent a cab to Nakuru, where a woman wrote him a letter to go to Nakuru so he doesn't break a promise. His tire got a puncture when he was in Naivasha, hence the song, where he is trying to rent a cab. He is recognized and appreciated in Kenya as one of the founding fathers of Classics, or commonly known as "Zilizopendwa." Although he died in 2001, his legacy lives on and his music still touches many hearts to this day.

EDI GATHEGI

(March 10, 1979)



Edi Mūe Gathegi is a Kenyan-American actor. He appeared as recurring character Dr. Jeffrey Cole (aka "Big Love") in the television series *House*, as Cheese in the 2007 film *Gone Baby Gone*, Laurent in the films *Twilight* and its sequel *The Twilight Saga: New Moon*, and as Darwin in *X-Men: First Class*.

Edi also featured in the AMC series, *Into the Badlands*, as Baron Jacobee. He has also been a recurring character in NBC's television series, *The Blacklist*, as Matias Solomon, an operative for a covert organization. Gathegi reprised the role in the 2016–2017 season crime thriller, *The Blacklist: Redemption*. He has also played a leading role in *Startup*, a television drama series on Crackle. Since 2022, Edi has played engineer and entrepreneur Dev Ayesa in the Apple TV+ original science fiction space drama series *For All Mankind*.



TSAVO EAST NATIONAL PARK

Tsavo East National Park is one of the oldest and largest parks in Kenya at 13,747 square kilometres. Situated in a semi-arid area previously known as the Taru Desert it opened in April 1948, and is located near the town of Voi in the Taita-Taveta County of the former Coast Province.

The park is divided into east and west sections by the A109 road and a railway. Named for the Tsavo River, which flows west to east through the national park, it borders the Chyulu Hills National Park, and the Mkomazi Game Reserve in Tanzania.

LUPITA NYONG'O

(1 March 1983)



Lupita Amondi Nyong'o is a Kenyan-Mexican actress. She is the recipient of several accolades, including an Academy Award, and nominations for two Primetime Emmy Awards and a Tony Award.

Aside from acting, Nyong'o supports historic preservation. She is vocal about preventing sexual harassment, working for women's and animal rights. In 2014, she was named the most beautiful woman by People. In 2019, Nyong'o wrote a children's book named *Sulwe*, which became a number-one New York Times Best-Seller. She also received nominations for Primetime Emmy Award for Outstanding Narrator for narrating two episodes of the docu-series *Serengeti*. In 2020, Nyong'o was named one of Africa's 50 Most Powerful Women by Forbes.

DEDAN KIMATHI

(31 October 1920 – 18 February 1957)



Dedan Kimathi Waciuri was the senior military and spiritual leader of the Mau Mau Uprising. Widely regarded as a revolutionary leader, he led the armed military struggle against the British colonial regime in Kenya in the 1950s until his capture in 1956 and execution in 1957. Kimathi is credited with leading efforts to create formal military structures within the Mau Mau, and convening a war council in 1953. He, along with Musa Mwariama and Muthoni Kirima, was one of three Field Marshals.

Kenyan nationalists view him as the heroic figurehead of the Kenyan freedom struggle against British colonial rule. Kimathi and his fellow Mau Mau rebels were officially recognised as heroes in the struggle for Kenyan independence under the Mwai Kibaki administration, culminating in the unveiling of a Kimathi statue in 2007. This was reinforced by the passage of a new Constitution in 2010 calling for recognition of national heroes.



JACARANDA

Jacaranda is a genus of 49 species of flowering plants in the family Bignoniaceae, native to tropical and subtropical regions of the Americas.

The generic name is also used as the common name.

The species *Jacaranda mimosifolia* has achieved a cosmopolitan distribution due to introductions, to the extent that it has entered popular culture. It can be found growing wild in Central America, the Caribbean, Spain, southern Africa, China, and Australia.

QUESTIONS

Who is your favourite icon?

What did your favourite icon achieve to put Kenya on the global map?

Which icon has had the most impact?

Where in Kenya was your favourite icon from?

When was your favourite icon born and when did they achieve their success?

Why do you think your favourite icon's achievements/ work is important or useful to the world today?