



# A child's day in the Rainforest



# Breakfast

For breakfast I have potato bread dipped in pepper sauce and an avocado



After Breakfast I go to the river to wash.

I go to school in the central hut for two hours a day to learn how to speak my own and other languages so that I can speak to people outside the forest. Then I swim for a little bit, or climb trees, before I have to go help mum with the chores, collecting wood and water. It's very hard work.



## Lunch

I find my own food for lunch. Mum and dad have told me which plants and animals are good food and which can make me ill. Nuts and caterpillars are my favourite!





All of the food that we eat comes from the forest around us.

Bananas, mangoes, pineapples, Chocolate (Cocoa pods)! To name just a few... Yummy!



“Women and children move around the camp carrying steaming pots and hunks of meat and fish wrapped in leaves. The food moves from one hut to another following precise routes, pathways that can be explained only by the relationships, of family or of friendship, existing between the people of the group...”

Luis DeVin, *The Forest Has You*  
(Le forets a hs - Castelreth/LIT Edition)

## Daytime activities

Sometimes I go hunting to help catch monkeys and wild pigs with bows and arrows. Sometimes we fish in the river with spears. It's very difficult



**The people that live in the rainforest have learned how to both enjoy and use the treasures of the rainforest without harming it.**

## Evenings

In the evening we eat what we have caught during the day. Sometimes we have a huge feast. Sometimes, when we don't catch much food, we get hungry.



Sometimes we have a story about the forest, maybe even some singing and dancing. Sometimes we paint our faces using dyes we have made from plant juice, and put parrot feathers in our hair.



**Task: write and draw about a day in the life of an 'indigenous' (native to the rainforest) child.**



avocado



wooden huts raised off the ground



bow and arrow fishing



grubs

breakfast  
morning activities



lunch

afternoon activities



evening dinner



Painting with natural dyes and decorating with feathers.



fun swimming in the river.

You could write a diary entry or make a timeline. You could draw pictures and write captions. You could make a poster.

You could print this page, cut out the pictures and add them to your writing.

Remember to use adjectives to describe what you (the child) are seeing, feeling, hearing....