

“GROUNDED IN THE LOVE OF AFRICAN HUMANITY—
WOMEN, MEN, GIRLS, AND BOYS — THIS HANDBOOK
COUNTERS THE ANTI-AFRICAN AND ANTI-BLACK
BELIEFS THAT HAVE BEEN PROPOUNDED OVER
CENTURIES.” – NAH DOVE, [THE AFROCENTRIC
SCHOOL \[A BLUEPRINT\]](#).

IN THIS PRESENTATION WE
HIGHLIGHT A FEW OF THE MANY
ACTIVITIES THAT TEACHERS,
PARENTS, AND FAMILIES WILL FIND
TO REAWAKEN AN HONEST AND
RESTORED CULTURAL IDENTITY
OF THEIR CHILDREN.

A PEEK INTO AN AFROCENTRIC CURRICULUM

PEOPLE AND LIFE



THE FRENCH FILM MADE BY MICHAEL OCELOT CALLED *KIRIKOU AND THE SORCERESS* IS A USEFUL LEARNING TOOL FOR CHILDREN AGES 3-5 THAT FIRMLY SHOWS THE LOGIC OF BEHAVING IN A GOOD WAY AND LIVING THE TRUTH.

IT IS ABOUT A BRILLIANT BABY WHO IS BORN WITH ANCIENT KNOWLEDGE AND AN INQUISITIVE MIND, WHO USES LOGIC TO UNDERSTAND PEOPLE AND LIFE.

THE AFROCENTRIC SCHOOL: LESSON PLANS FOR AGES 3-5

TRUTH AND ETHICS



AESOP'S FABLES, ORIGINALLY AN ORAL TRADITION, ARE STORIES WITH AN AFRICAN MORAL BASIS THAT BRING ORDER TO CHAOTIC THINKING AND TRUTH TO CHILDREN. HERE ARE SOME EXAMPLES THAT CAN BE SHARED WITH CHILDREN AT ALL AGES:

- THE HARE AND THE TORTOISE
- THE GOOSE THAT LAID THE GOLDEN EGG
- THE NORTH WIND AND THE SUN
- THE GNAT AND THE BULL
- FATHERS AND SONS
- THE BOASTING TRAVELER

THE AFROCENTRIC SCHOOL: LESSON PLANS FOR AGES 5-6

OUR ANCESTORS



WHO ARE SOME OF THE GREATEST FREEDOM FIGHTERS IN THE WORLD, AND WHERE DID THEY COME FROM? HERE ARE SOME EXAMPLES OF THE MANY MEN AND WOMEN WHO FOUGHT AGAINST ENSLAVEMENT.

- GASPAR YANGA, MEXICO
- ZUMBI DOS PALMARES, BRAZIL
- TOUSSAINT L'OUVERTURE, HAITI
- NANNY OF THE MARRONS, JAMAICA
- NAT TURNER, UNITED STATES
- QUEEN ANNA NZINGA, ANGOLA
- HARRIET TUBMAN, UNITED STATES



THE MYTH OF RACE

AFRICA IS THE BIRTHPLACE OF HUMANITY AND CIVILIZATION, AT THE CENTER OF KNOWLEDGE AND DEVELOPMENT. THIS CONCEPT ITSELF IS RADICAL, AS IT DEFIES THE LOGIC OF TODAY'S THINKING AND SCHOOLING ABOUT AFRICA, HER PEOPLE, AND [THE DIASPORA](#).

THE MITOCHONDRIAL DNA OF ALL HUMANS, SHOWS THAT WE ALL CAME FROM AFRICA, AND WE ARE ALL LINKED TO [ONE AFRICAN MOTHER](#).

IN UNDERSTANDING HUMAN HISTORY, IT IS IMPERATIVE THAT THE PEOPLE WHO CAME BEFORE US WILL BE REMEMBERED. THEY ARE CALLED OUR ANCESTORS.

THE AFROCENTRIC SCHOOL: LESSON PLANS FOR AGES 11-12

THE COLONIZATION OF AFRICA

IN 1884-85, EUROPEAN LEADERS MET IN BERLIN, GERMANY TO ATTEND WHAT IS KNOWN AS THE BERLIN CONFERENCE. LEADERS FROM FOURTEEN COUNTRIES SAT DOWN AND DECIDED HOW TO DIVIDE AFRICA AMONG THEMSELVES.

THIS IS WHAT THEY SAW AND TOOK FROM THE AFRICAN PEOPLE.

THE AFROCENTRIC SCHOOL: LESSON PLANS FOR AGES 13-14 YEARS



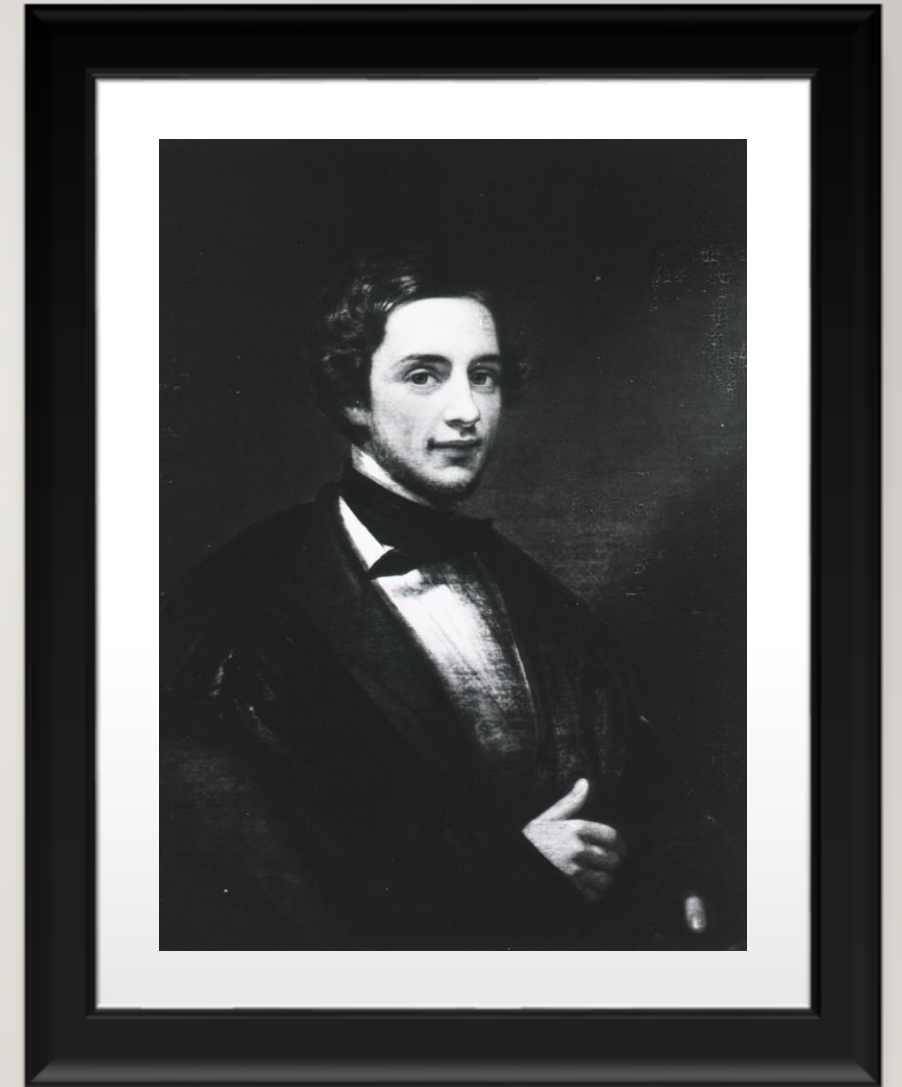
DISCOVERIES

ONE OF THE OLDEST MEDICAL BOOKS THAT WE KNOW ABOUT WAS WRITTEN BY THE AFRICAN PEOPLE OF KMT OVER 3,500 YEAR AGO.

HOWEVER, IT WAS NAMED AFTER EDWIN SMITH WHO BOUGHT IT IN 1862 FROM AN EGYPTIAN BOOK DEALER. THE EDWIN SMITH PAPYRUS IS THE OLDEST KNOWN SURGICAL TREATISE ON TRAUMA.

MEDICAL PROCEDURES PERFORMED IN ANCIENT AFRICA BEFORE THEY WERE PERFORMED IN EUROPE INCLUDE VACCINATION, AUTOPSY, LIMB TRACTION AND BROKEN BONE SETTING, BULLET REMOVAL, BRAIN SURGERY, SKIN GRAFTING, FILLING OF DENTAL CAVITIES, INSTALLATION OF FALSE TEETH, ANESTHESIA AND TISSUE CAUTERIZATION .

THE AFROCENTRIC SCHOOL: LESSON PLANS FOR AGES 9-10 YEARS



MATHEMATICS

THE MATHEMATICAL GENIUS OF AFRICAN PEOPLE INFLUENCED THE WORLD. THE ANCIENT EGYPTIANS INVENTED THE 3:4:5 TRIANGLE THAT IS STILL USED TODAY FOR BUILDING.

ROBIN WALKER'S IMPORTANT WORK [BLACKS AND SCIENCE](#) IS A COMPILATION OF VARIOUS SCHOLARS' WORK INCLUDING CHEIKH ANTA DIOP, IVAN VAN SERTIMA, AND ANTHONY BROWDER. IT'S AN ESSENTIAL TEACHING BOOK THAT CAN BE MADE AGE APPROPRIATE FOR DIFFERENT YEAR GROUPS.

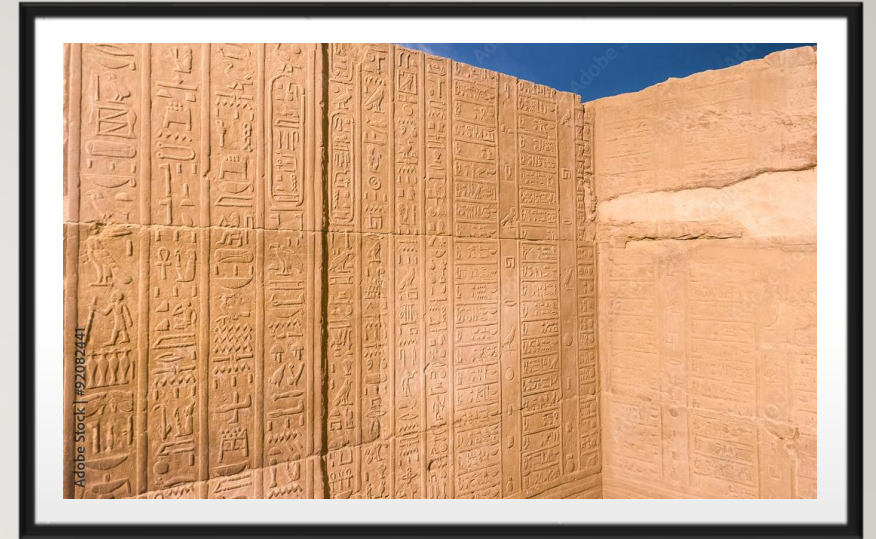
THE AFROCENTRIC SCHOOL LESSONS PLANS FOR AGES 7-8



ASTRONOMY

THE ANCIENT AFRICANS FROM KMT DEVELOPED ASTRONOMICAL KNOWLEDGE FROM KEEPING RECORDS OF THE MOVEMENTS OF THE PLANETS THOUSANDS OF YEARS AGO. THEY ARE RESPONSIBLE FOR GIVING THE WORLD THE CALENDAR YEAR WE USE TODAY.

THE AFROCENTRIC SCHOOL: LESSON PLANS FOR AGES 5-6

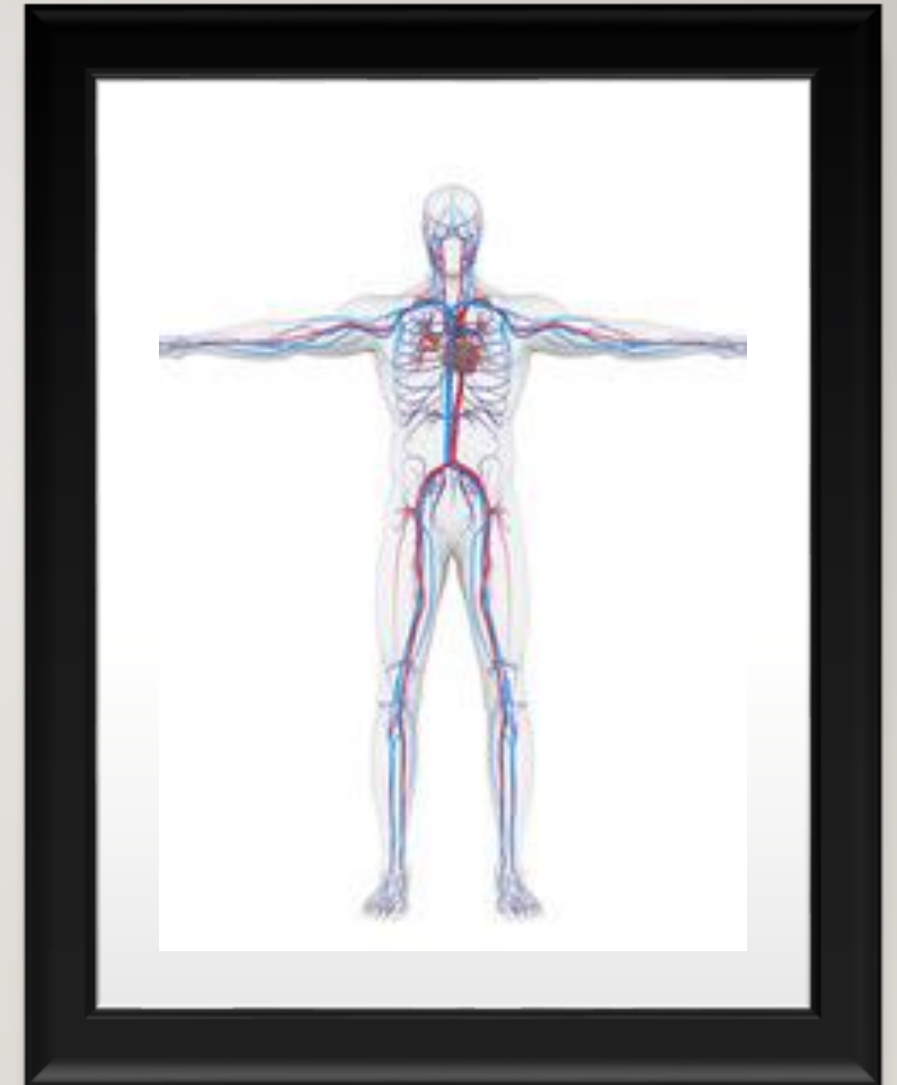


SCIENCE

THE MEDICAL BOOK KNOWN TODAY AS THE EBERS PAPYRUS WAS WRITTEN BY THE ANCIENT AFRICAN PEOPLE FROM KMT IN 1,557 BCE. IT INCLUDES AN ACCURATE DESCRIPTION OF THE CIRCULATORY SYSTEM, NOTING THE EXISTENCE OF BLOOD VESSELS THROUGHOUT THE BODY AND THE HEART'S FUNCTION AS CENTER OF THE BLOOD SUPPLY.

THE EBERS PAPYRUS WAS NAMED AFTER GEORGE MAURICE EBERS, GERMAN EGYPTOLOGIST AND NOVELIST, WHO ACQUIRED IT IN 1873.

THE AFROCENTRIC SCHOOL: LESSON PLAN FOR AGES 10-11



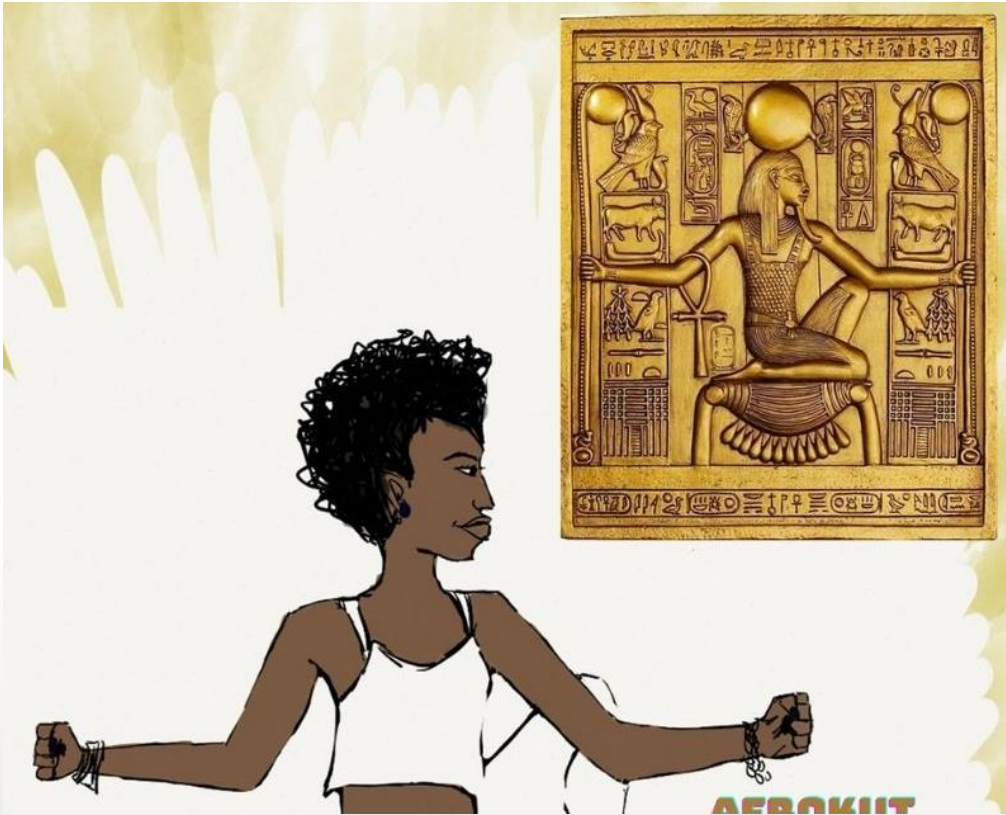
MIND & BODY

KEMETIC YOGA, WAS STARTED BY THE ANCIENT KEMETIC (EGYPTIAN) CIVILIZATION OVER 5000 YEARS AGO. IT IS AN ANCIENT AFRICAN PHRASE MEANING THE 'THE UNION OF TWO LANDS.'

KEMETIC YOGA HAS A LARGER EMPHASIS ON BREATHING PATTERNS, WHILE ALSO INCULCATING THE PHILOSOPHIES OF SELF-DEVELOPMENT, HEALING OF MIND-BODY-SPIRIT AND SELF-DISCOVERY

ADULTS AND CHILDREN CAN LEARN TO PRACTICE KEMETIC YOGA BY WATCHING [VIDEOS LIKE THIS ONE.](#)

THE AFROCENTRIC SCHOOL: LESSON PLANS FOR AGES 12-13 YEARS





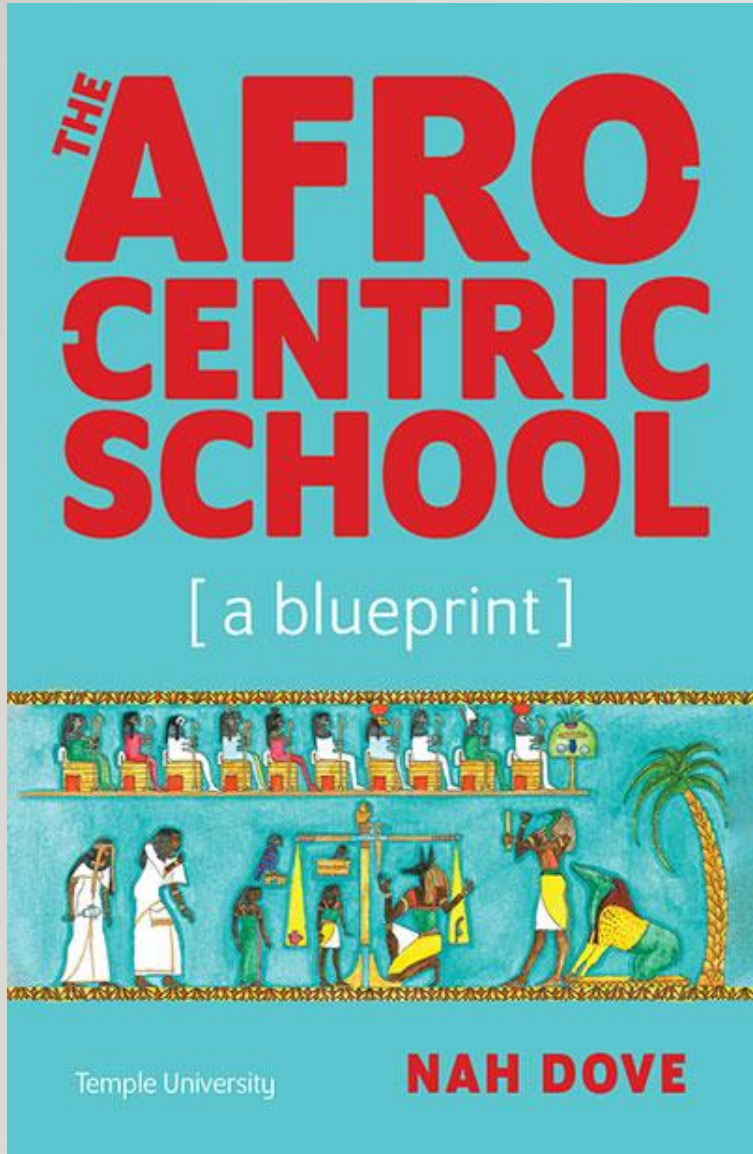
MUSIC AND HEALING

THE PROCESS OF HEALING IN AFRICA IS HOLISTIC AND COMPRISES MIND, BODY AND SPIRIT. IT IS NOT ONLY ABOUT USING PLANTS OR TABLETS TO GET BETTER. HEALING INCLUDES FAMILY CARE, LOVE, CALLING ON ANCESTORS TO HELP, AND USING MUSIC TO CHANGE THE WAY A PERSON IS THINKING.

LISTEN TO A [HEALING DRUM PLAYED BY A CARIBBEAN MAN](#) LIVING IN THE HOME OF HIS ANCESTORS IN AFRICA.

THE AFROCENTRIC SCHOOL: LESSON PLANS FOR AGES 6-7 YEARS

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CULTURAL IDENTITY

IN LESSON PLANS FOR AGES 13-14 YEARS, THE FOCUS WILL BE ON COLONIZATION, AND THE POLITICAL MOVEMENTS IN AFRICA TO BECOME INDEPENDENT FROM THEIR COLONIAL OPPRESSORS.

THE FALSE HISTORY OF AFRICAN PEOPLE, AND THE ROLE OF FINDING CULTURAL IDENTITY, UNDERPLAY THE CONTINUOUS STRUGGLE FOR EMANCIPATION FROM CRUELTY, TERROR, DEBASEMENT, AND THE ATTACK ON THE AFRICAN PERSONA AND CULTURE.

THE AFROCENTRIC SCHOOL: LESSON PLANS FOR AGES 13-14

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