

A peek into an Afrocentric Curriculum

“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.



KMT means the Land of the Black people

KMT is the name of the country that was used by the Ancient African people in what we now call Egypt. The ancient Egyptians called their writing Mdw Ntr, or “divine speech”. The Mdw Ntr symbols of KMT (or Kemet) explain what KMT means.

Khem the first symbol is
Charcoal=Black

M is the Owl=Wisdom

T is the food=The feminine
principle

The circle with the cross=Nation.



People and Life

The French film made by Michael Ocelot called *Kirikou and the Sorcerers* 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

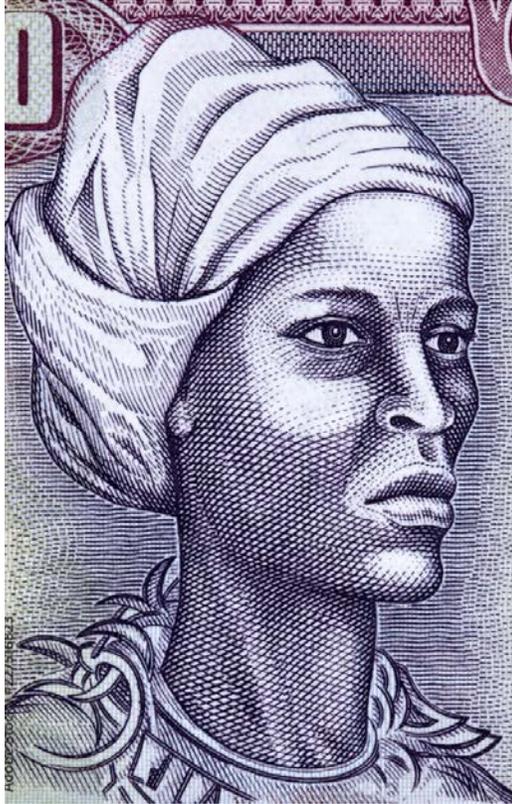


Aesop's fables, originally an oral tradition, are stories with an African moral basis that bring order to chaotic thinking, and Truth to children. Here are some examples of the stories that can be shared with children at all ages:

- 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? Meet 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 Afrocentric School: Lesson Plans for Ages 7-8

The Myth of Race

The mitochondrial DNA of all humans, shows that we all came from Africa, and we are all linked to one African mother.

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.

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



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February
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March
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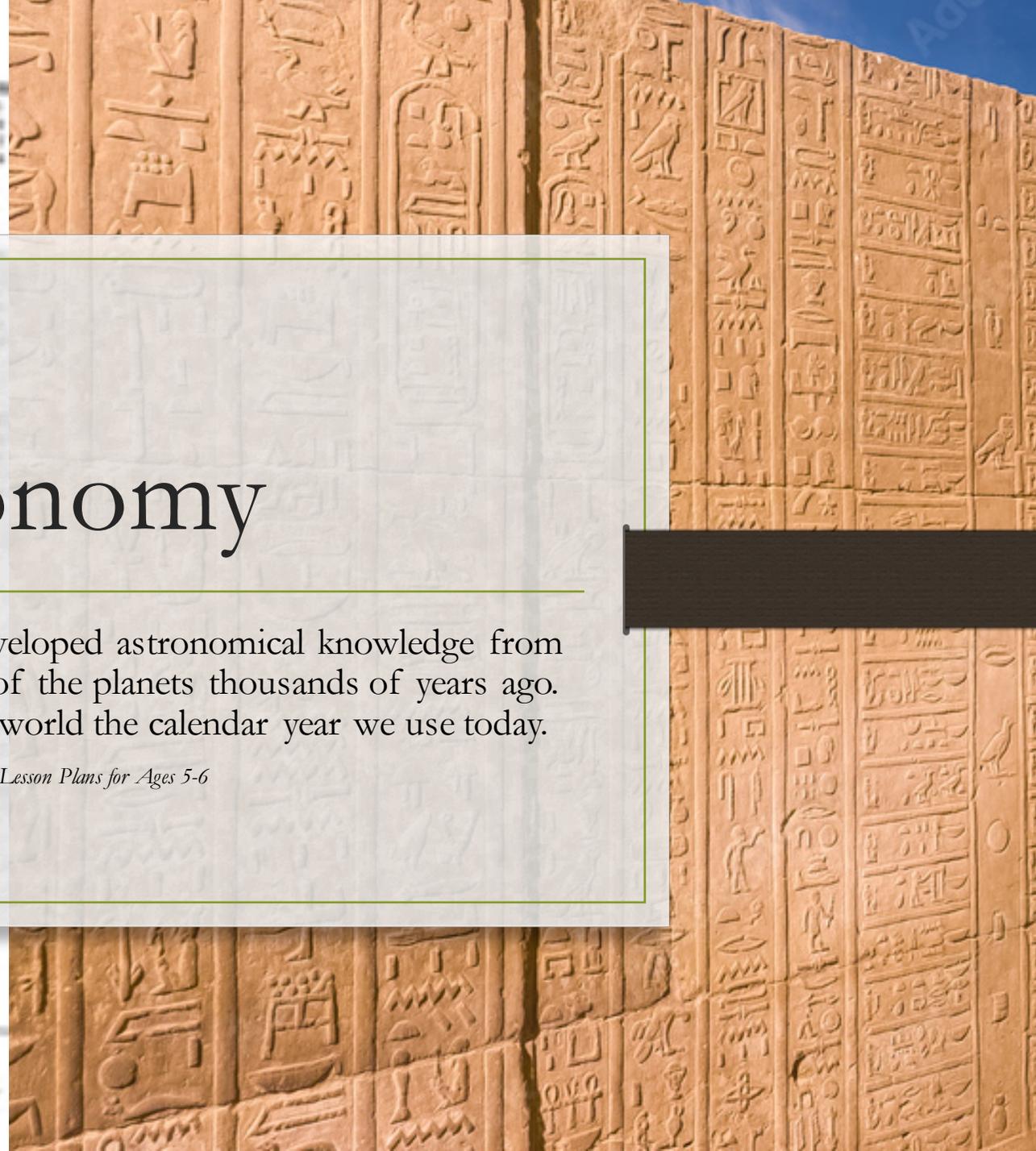
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September
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Astronomy

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.

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Misappropriated 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. Edwin Smith was in fact nobody important, but by buying this crucial document, his name became famous.

The papyrus is the oldest known surgical treatise on trauma that existed thousands of years before Europeans were developing modern medicine.

Other 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 .

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Imhotep: Have you heard of him?

Imhotep was considered by Egyptian people the "inventor of healing." He is credited with being the founder of Egyptian medicine and with being the author of the so-called Smith Papyrus containing a collection of 48 specimen clinical records with detailed accurate record of the features and treatment of various injuries.

He served as the nation's chief physician during the period of the 3rd Dynasty of Old Kingdom (2686-2637 BC) under the pharaoh Djoser as his vizier and high priest. As medical practitioner, architect, and multi-genius, Imhotep was the builder of the Step Pyramid, the earliest colossal stone building in Egypt. As the nation's chief physician, he also had to take medical care of the thousands of workers engaged in that project.

Imhotep is the first physician of ancient Egypt known by name and at the same time, as the first physician known by name in written history of the world.

<https://pubmed.ncbi.nlm.nih.gov/19203075/#affiliation-1>

Image: The Imhotep Museum



Science



The medical book known today as the Ebers Papyrus was written by the Ancient African people from KMT in 1,557 BCE.

The Papyrus 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 also named after a German Egyptologist and novelist, who acquired it in 1873, misappropriating the scientific advancements of the Ancient People of Africa.

The Afrocentric School: Lesson Plan for Ages 10-11



Mathematics

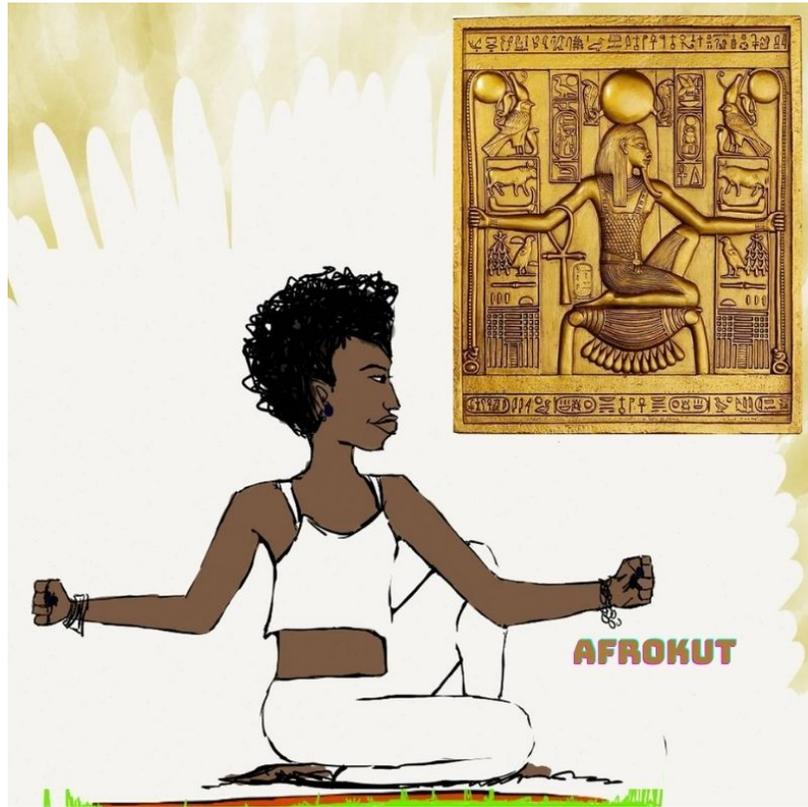
The mathematical genius of African people is evident around the world.

Robin walker's [Blacks and Science](#) is a compilation of various scholars' work including Cheikh Anta Diop, Ivan Van Sertima, and Anthony Browder that shows the extent of scientific achievements of men/women of African descent. It's an essential teaching book accessible to different year groups.

Another book for teaching about the history of mathematics in Africa is Anthony Brower's [Nile Valley Contributions to Civilization \(1992\)](#).

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Mind & Body



Kemetic Yoga, was started by the ancient Kemetic (Egyptian) civilization over 5000 years ago.

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., [Kemetic Yoga Kids](#).

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Image: afrokut.com.br

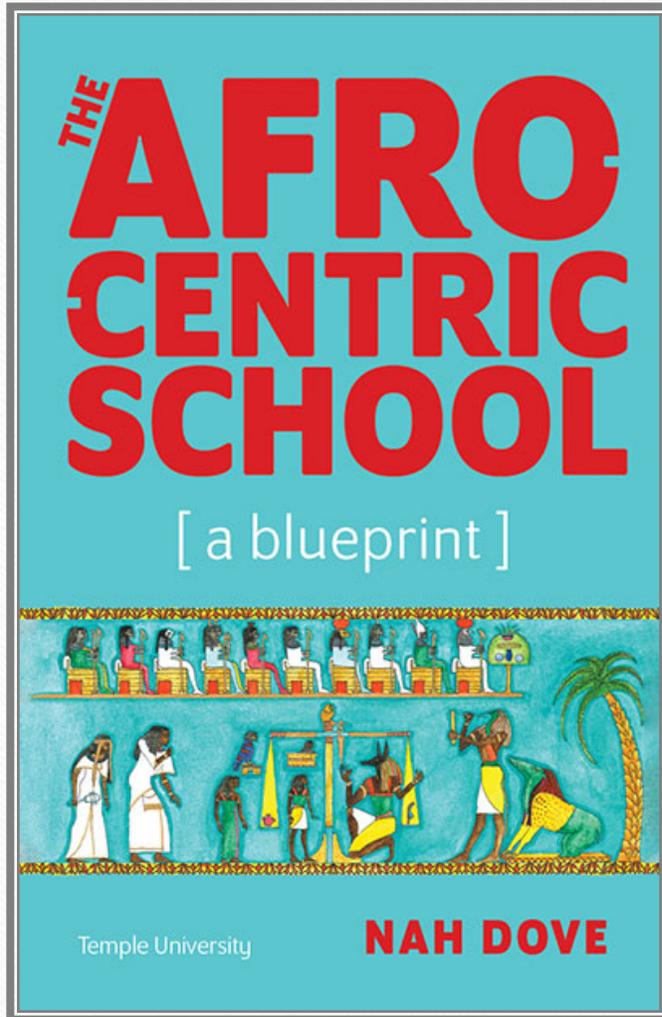


Music and Healing

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
Video: icemanaesdana



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

THE AFROCENTRIC SCHOOL

[a blueprint]

UNIVERSAL WRITE PUBLICATIONS

UWPBOOKS.COM



Date of Publication: 2021

Pages: 334

ISBN: 9781942774051

Available at your favorite bookstores,
including:

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