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CHINA KIT  
MANUAL

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# WHAT'S INCLUDED

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We have compiled our own China Kit that includes this small book and some engaging activities to learn about the Chinese culture. The China Kit includes:

**\*China Kit Manual:** This manual includes instructions on how to make a kite, how to play the games: Tui-u, Piaja, and Tsoo! Tsoo!, and information on chopsticks and the Chinese language.

**Calligraphy Kit:** Try your hand at writing Chinese. Use the brushes and ink to copy the characters given in this manual.

**\*Rice paper:** Use the rice paper with your calligraphy kit.

**\*Tui-U (domino) cards:** Instructions on how to play Tui-u are in the China Kit Manual.

**\*Chopsticks:** Use these with a meal, in place of your regular utensils.

**\*Piaji game sheets:** Instructions on how to play Piaji are in the China Kit Manual.

\*Please note these activities found in this manual are not scheduled in your Instructor's Guide, but have been provided as additional information.





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# HOW TO MAKE A KITE

## Materials



- At least 1 plastic bag (more if you would like different colors in the tail)
- Tape
- 2 sticks at least 2 feet each (must be thin enough to bend in a slight curve)
- String—length depends on how high you want your kite to fly!

## Build it

1



**Fold the plastic bag in half.** Make sure it is flat and even. Set the handles at the top and place the bottom of the bag closest to you. The fold in the bag should be on the right.

2



**Cut out the shape of the kite.** First, cut off the bottom. Cut off little as you can, but remove the parts that are connected. Next, cut the actual shape of the kite. Make 2 straight cuts. For the first straight cut, start in the middle of the bottom edge and cut your way straight up until you are in the center of the plastic. For the second cut, start where you ended, angle about 45 degrees to the right, and cut all the way through to the folded edge of the plastic. This should place you just below the handle opening.

3



**Open the bag and lay it out flat.** Save the excess plastic for the tail. You will have 2 irregular pentagons in the shape of a house that you can use to make 2 kites. Save one piece for another kite or use it for another child.

4



**Cut one of the sticks to the height of the plastic.** It should fit vertically from the center of the bottom edge to the peak at the top.

5



**Tape the stick into place,** vertically from the center of the bottom edge to the peak at the top. To do this, tape the top of the stick first, pull the plastic tight at the bottom, and then securely tape it so there is no slack.

6



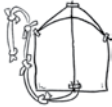
**Cut another stick for the width of the kite.** It should go from one corner to the other WITH significant slack. The stick should bow upward, almost reaching the peak at the top. Cut the stick to the necessary length and tape it on both ends to the corners of the kite.

7



**Make a tail for your kite.** Use the extra plastic from step 3 and cut it into 2 inch strips. Tie the ends of the strips together until you have about 4 feet in length. If you have other plastic bags of other colors, you can create a pattern in the tail.

8



**Attach the tail to the kite.** Tape one end of the tail to the center of the bottom of the kite. This is where the stick meets the bottom.

9



**Poke 2 holes in the plastic** so that you can attach the “bridle.” Use a small pointed stick, making sure the hole is big enough for only the string. The first hole should be where the 2 sticks meet, the other hole should be a few inches up from where the tail is taped (along the stick line).

10



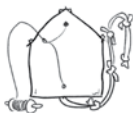
**Attach the bridle.** Cut a piece of string about 1 foot long. You will tie both ends to the kite. The first end should come from the plastic side (not where the sticks are) at the point where the sticks intersect. Go through the plastic and around the intersection of the sticks. Tie firmly. The second goes through the plastic and ties around the stick at the bottom of the kite, close to the tail. Tie firmly. This string is called the bridle.

11



**Tie a loop in the bridle.** You will need a place to attach the long flying string to the bridle, but you must do this in the spot that allows for the best angle of the kite. Go outside and hold the bridle between your thumb and finger so that the kite tries to fly from your hand. Start in the middle of the bridle and gradually move your fingers up towards the intersection of the sticks. At one point, the angle of attack will be just right and the kite will fly the best. This is where you will want to tie the loop. Note that this loop will need to move up or down depending on the wind speed, so you may have to adjust the location of the loop for each flying session.

12



**Attach the rest of the string to the loop in the bridle and fly your kite!** To fly your kite, throw it up in the air and pull on the string as if you are fishing. Extend the string while you are doing this. You may need to help the kite a bit by running backwards a little. If you do run backwards, check that the ground is free of obstacles. You will most likely be looking at your kite while running and not at your feet. Be sure to hold the extra string in your hand as well—don't leave it on the ground behind you.<sup>1</sup>

<sup>1</sup>. Adapted from the directions found in May 2010 at <http://www.wikihow.com/Make-a-Kite-Out-of-a-Plastic-Bag>

# TUI-U

Chinese for “Fishing”

This Chinese dominoes game is called ‘fishing’ as players fish for matching dominoes. Originally, children would make their dominoes out of wood or bone. If you’d like to make this yourself, use popsicle sticks.

## Materials

- 64 Dominoes



The object of the game is to make as many pairs as possible. To do this, you must match the total amount of dots on the dominoes, regardless of how they are arranged. For example, if there is a domino with a 6 and 1, it can match with the 5 and 2 domino, or the 4 and 3.

You can also match the dominoes with identical numbers (a 6 and 1 with another 6 and 1, etc.). These are called “civil pairs” and some number combinations have 4 exact-matching dominoes. You may match a civil pair with a pair that another player already made. You take the other players civil pair, match it with your own, by adding the third or fourth domino—they all become yours.



## To Play


1. Play with 2 or 3 players. Shuffle the dominoes and lay them on the table face down. Divide them into 16 piles of 4 dominoes each, called “woodpiles.”
2. Take 4 of these woodpiles (16 dominoes total) and lay them face up between the players as the “pond.”
3. From the dominoes in the woodpile, all players take their own hand. If there are 2 players, each player takes 3 woodpiles (12 dominoes for each player). If there are 3 players, each player takes 2 woodpiles (8 dominoes for each player).
4. The first player takes his turn. He looks in the pond to see if he can make any matches to the dominoes in his hand. If he can, he puts the matching dominoes in front of him, they become his pair. If he cannot make a pair he cannot lay any of his dominoes down. Remember that you can steal another person’s pair if they are civil pairs (identical matches).

Each player ends his turn by picking up a new domino from the woodpile, regardless if he makes a pair or not. If this new domino makes a pair, he places the matching pairs in front of him as his pair. If this new domino does not make a pair, he places it face up in the pond. His turn is finished.

5. Each player takes turns making pairs and picking up new dominoes from the woodpile until it is empty.

To score the game and determine a winner, each player collects all of their pairs (not the single dominoes) and divides them into “minnows” and “large fish.” Minnows are the dominoes with a total of 7 dots or less. Large fish have a total of 8 dots and above. Minnows score one point for every red dot they have; no points are given for the black dots. Once you have the total minnow score, it is rounded up to the nearest 10. For instance, a score of 4 red dots becomes 10, 16 becomes 20, etc. Large fish score two points for every dot they have, regardless of color. Add the minnow and large fish score to get your total score. The player with the largest score wins! <sup>1</sup>

<sup>1</sup>. Adapted from the instructions found in May 2010 at <http://www.activityvillage.co.uk/tiu-u.htm>

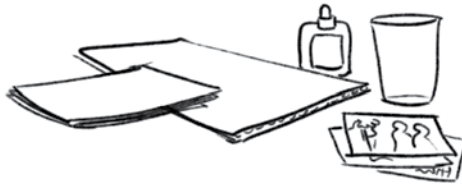


# PIAJI

Piaji was a popular game in Heilongjiang Province, in the Northeast corner of China. Traditionally, piaji were made with a seal printed directly on hard cardboard. These are collectables. Unfortunately, most of the piaji made now are not of the same quality and do not last as long. It is similar to POG, a game played in the United States with bottle caps.

## Materials

- Cardboard, enough to make at least 20 identical circles, 2 to 3 inches in diameter.
- A small jar or glass to use as a pattern.
- Pictures or crayons or markers to draw pictures.
- Drawing paper
- Glue



## Make the piaji

1. **Cut the cardboard.** Each piaji should be between 2 and 3 inches in diameter. Draw circles on the cardboard and cut the shapes out. You will need at least 10 piaji of the same size for each player.
2. **Decorate your piaji.** You can decorate your piaji anyway you like, just make sure that the two sides of the same piece are different. You can draw pictures directly onto the cardboard or on to a separate piece of paper that you cut and paste on to the cardboard. You can also cut out pictures from a magazine and paste them onto the cardboard. Make sure any excess paper is trimmed off so that the piaji remains the same size and shape.





## To play

1. The game works best with two players. The object is to acquire all of your opponent's piaji. To begin, each player has the same number of piaji, 10 or more. Toss a coin to decide who plays first (Player A).
2. The player who does not go first (Player B), places one of his piaji on the ground. Player A then attempts to turn over Player B's piaji by hitting it with his own piaji (see "Throwing Tips" below).

If Player A succeeds in turning his opponent's piaji over in one throw, he keeps it. Player B then has to place another of his piaji on the ground for Player A to attempt to turn over as before. This continues until Player A fails to turn over his opponent's piaji.


If Player A does not turn over his opponent's piaji, it becomes Player B's turn. Instead of picking up all of the pieces and starting over, Player B simply picks up his piece, leaving Player A's failed attempt on the ground and starts from there.

3. The game continues as long as both players have piaji. The winner is the one who acquires all the piaji.

### Throwing Tips

Some force is required in order to throw the piaji hard enough to turn over your opponent's piece. Hold the piaji between your thumb and index finger, the rest of your hand will be in a fist. Move your hand down quickly to give the piaji some speed before it leaves your hand.<sup>1</sup>

<sup>1</sup>. Adapted from the instructions found in May 2010 at <http://chineseculture.about.com/library/weekly/aa042399.htm>



# TSOO! TSOO!

Also called “The Eagle and the Chicks”

This is the perfect outdoor game for a group of 5 or more kids. You will need plenty of room to run around—a grassy area, clear of obstacles.

One player is the eagle and another is the mother hen. All of the other players are the chicks. The object of the game is for the eagle to catch one of the chicks, while the mother hen protects her chicks. Once the eagle has tagged a chick, he is no longer the eagle—the tagged chick becomes the eagle in the next round.

During play, the mother hen protects her chicks from the eagle. She does this by putting herself between the eagle and the chicks, spreading her wings (arms) wide. The eagle can run anywhere to get to the chicks, avoiding contact with the mother hen. The chicks generally stay behind the mother hen for protection, but can venture anywhere to taunt the eagle.

## Variation

A more difficult variation of this game requires a blind fold. There is no mother hen for protection and the eagle wears the blind fold. The eagle calls out “Tsoo! Tsoo!” which means, “Come and seek your mother” and all of the chicks run up to tag the eagle, taunting him. If the eagle is able to tag one of the chicks, as he comes up to taunt him, that chick then becomes the eagle in the next round. Remember to find a place that is free of obstacles when the eagle is blindfolded!

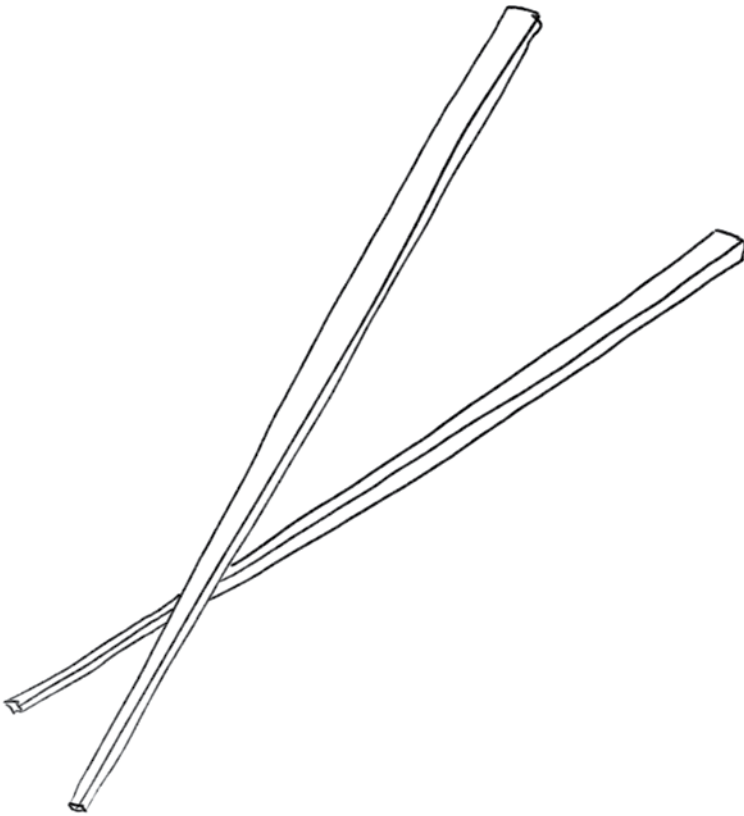
<sup>1</sup> Adapted from the games found May 2010 at <http://chineseculture.about.com/library/weekly/aa112498.htm> and <http://www.chcp.org/games.html#tsoo>

# CHOPSTICKS

## How to use chopsticks

For detailed written instructions on how to use chopsticks, go to:  
<http://www.chinatownconnection.com/how-to-use-chopsticks.htm>

To see someone use chopsticks, view this video:  
<http://www.dummies.com/how-to/content/how-to-use-chopsticks.html>



# THE LANGUAGE

## Dialects

Chinese has two distinct dialects. Mandarin is the most widely used in schools and universities, on TV, radio, and film. Spoken primarily on the main land, Taiwan and Singapore, it is the most useful to learn if you plan to travel in China. Hong Kong generally uses Cantonese.

Interestingly, all Chinese dialects use the same characters. So, a Mandarin speaker cannot understand a Cantonese speaker, but they can both read the same writing. They differ in how they pronounce what they are reading.

## Pinyin and Tone

In 1958 the government added the roman alphabet (Aa, Bb, Cc...) to match the Mandarin pronunciations. This new form of writing Chinese is called Pinyin. It is used in teaching Chinese and entering Chinese words into mobile devices.

The difficulty of turning Chinese characters into Pinyin is that much of the meaning of a word is carried in the tone of each syllable. Each of the four tones change the meaning of the syllable. For example, the syllable with the sound “da” could mean “to hang over something” (first tone: dā), “to answer” (second tone: dá), “to hit” (third tone: dǎ), and “big” (forth tone: dà). The speaker changes the tone of his voice and that determines the spoken word or meaning.

In Pinyin, the tone is indicated by adding accent marks to the top of the vowel or by using the number of the tone after they syllable.

**apple**    ping2 guo3                      píng guǒ

**milk**     niu2 nai3                            niú nǎi

To find other Chinese characters, visit one of these English to Chinese dictionaries:

<http://www.chinalanguage.com/dictionaries/ccdict/?action=search&mode=english&mode=english>

<http://chineseculture.about.com/library/symbol/blcc.htm>

<http://www.mdbg.net/chindict/chindict.php>

# CALLIGRAPHY – CHINA'S WRITTEN LANGUAGE

## Calligraphy Kit Includes:

4 horsehair brushes      Black ink stick      Chop stamp  
red ink paste in porcelain jar      Carved mixing stone      Porcelain mixing bowl and ladle  
Porcelain brush stand

## How to use the kit

Pull out a sheet of specially designed rice paper.

Make ink. Dip the black ink stick into a small amount of water just wetting the tip. Next, grind the stick against the edge of the ink stone (the black dish), adding enough drops of water to form a small pool of black ink. Use the golden dipper to transfer the ink to the small ceramic bowl for easier access with your brush.

Choose a brush. Treat the brush gently to keep the tip's fine point. Store the brush between strokes in the brush holder.

Use the stone chop as a signature. Press the end of the chop in the red paste and then carefully press the painted end on your document. Normally, a chop would include your name and a unique symbol or picture to identify you.

## The Characters

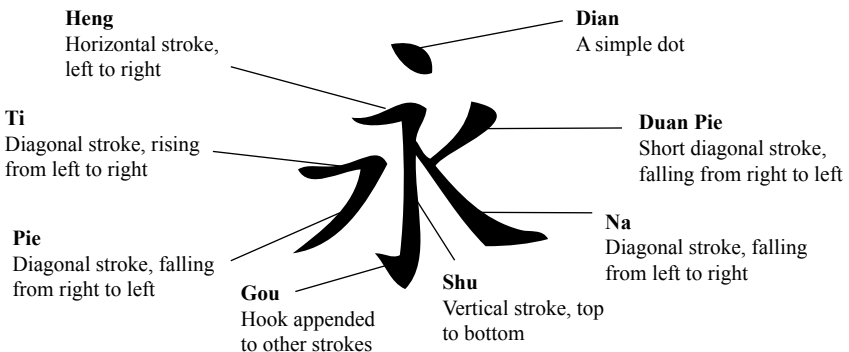
Chinese does not use an alphabet, like in English. Characters represent a full word or part of a word, like a syllable. These characters have developed over thousands of years. Some began as pictures of an object. Even though the character has changed over the years, you can still see that it looks something like the object (e.g. mountain, water, field, mouth). Other characters are formed from compound words: 2 characters put together to mean something new (e.g. sun + moon = bright). Still others are invented, taking the sound or meaning from another character. For example, the character for electricity used the symbol for flash and took it over; flash was given a new character.

Calligraphy is a disciplined art. There are eight basic stroke types and an order in which these strokes must be drawn. Each of these strokes is found in the character for eternity.

## Eternity

Pinyin: yong3 heng2

### The eight basic stroke types



Take some time to look at the characters included in these instructions. Copy them with your calligraphy set.

**Daughter** (simple character)  
Pinyin: nv3 er2

女儿

**Son**  
Pinyin: er2 zi

儿子

**Mama** (see the repeated sounds)  
Pinyin: ma1 ma1

妈妈

**Mother**  
Pinyin: Mu3 qin1

母亲

**Dad** (daddy, papa)--see the  
repeated sounds again  
Pinyin: ba4 ba4

爸爸

**Father**  
Pinyin: fu4 qin1

父亲

**Cat**

Pinyin: mao1  
(Simplified character)

猫

**Dog**

Pinyin: gou3  
(simplified character)

狗

**Sister**

Pinyin: jie3 mei4  
(note: there are different characters for an older sister or a younger sister, some sources show that the first 2 characters below are for “older sister” and the last 2 characters are for “younger sister”)

姐妹

**Brother**

Pinyin: di4 xiong1  
(Note: there are different characters for an older brother or younger. Some sources show that the first character below is for “older brother” and the last character is for “younger brother”)

兄弟



**SONLIGHT**  
The way you wish you'd been taught.