

# Traditional Game

## The Tired Old Man

**Boys game**

5 players or more

**The game:**

The players select one of them to act as an old blind man. The game starts with the boys coming very quietly near the old man and try to touch him. The old man chases them with a stick in his hand, and the first boy he touches with the stick takes the old man's role, and the game is repeated on the same way.





# AL SABLAH



## Omani Craft

This time our children, we shall tell you how to make frond boxes and containers. This is a traditional frond craft. Fronds are the leaves of the palm tree. Very refined and attractive shapes can be made of fronds. They are unique and combine traditional culture with modernity.

### Stages of Making Frond Boxes and Containers:

- Padding stage: black cloth, white fronds, a board, threads.
- Drying stage: then drying the fronds as required.

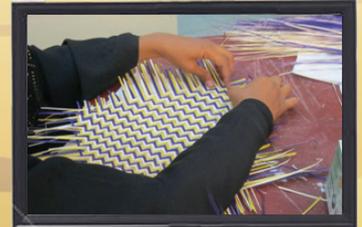
### How to Prepare the Fronds

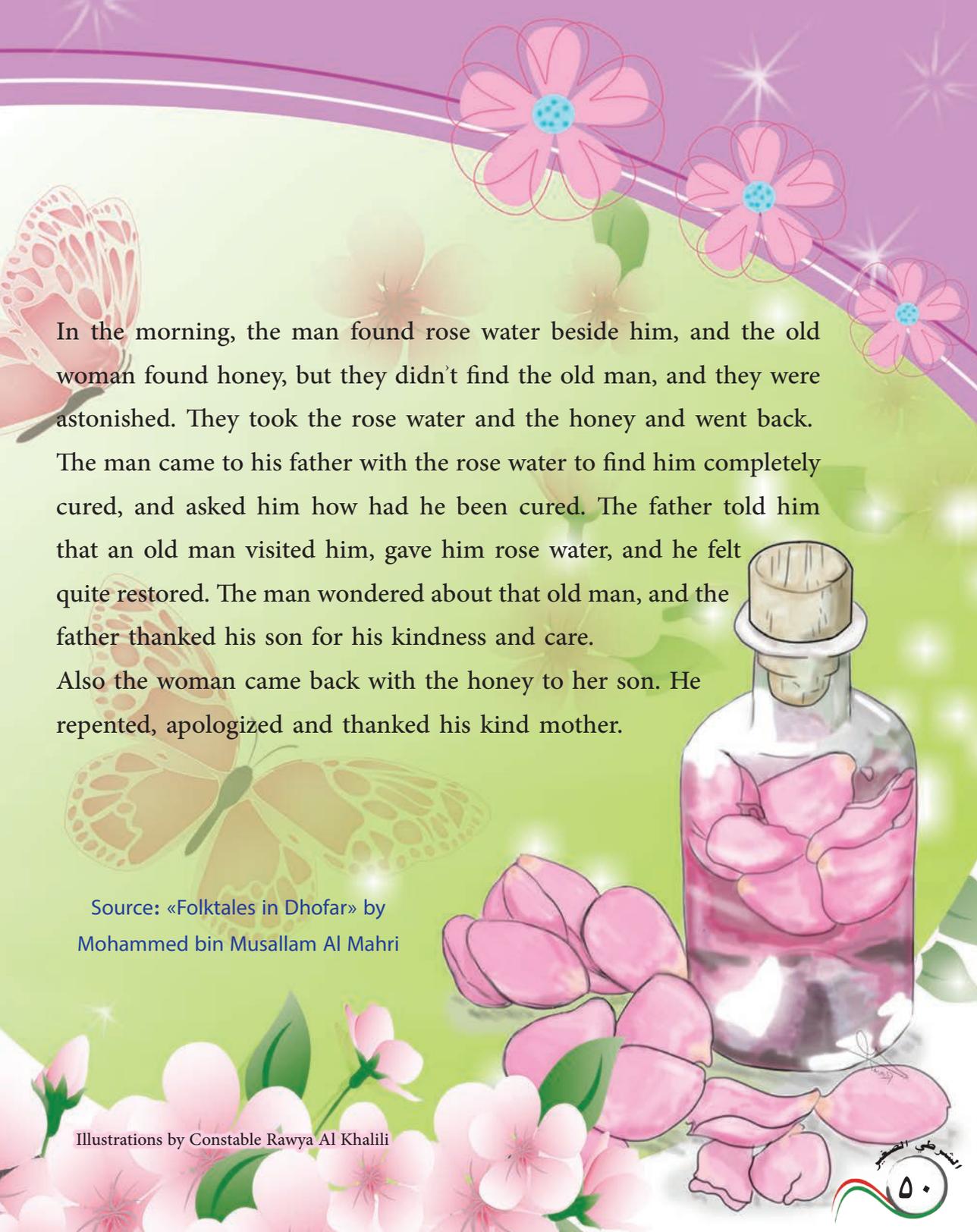
- Put water on fire until it boils.
- Put the fronds into the boiling water.
- Add salt and leave the mixture to boil for about half an hour.
- Wash the fronds with water and soap.



### Making the Container

- Cut the board to the required size (length, width and height).
- Cut the fronds and stick the woven fabric to the cloth and keep them out to dry under the sun.
- Stick the cloth to the board and stitch.
- Assemble the container in the required shape.





In the morning, the man found rose water beside him, and the old woman found honey, but they didn't find the old man, and they were astonished. They took the rose water and the honey and went back. The man came to his father with the rose water to find him completely cured, and asked him how had he been cured. The father told him that an old man visited him, gave him rose water, and he felt quite restored. The man wondered about that old man, and the father thanked his son for his kindness and care. Also the woman came back with the honey to her son. He repented, apologized and thanked his kind mother.

Source: «Folktales in Dhofar» by  
Mohammed bin Musallam Al Mahri

Illustrations by Constable Rawya Al Khalili



# The Rose Water

Once Upon a time, an old man and his son were living in a small village in the Arabian Peninsula. The father became seriously ill, and can only be cured with rose water. No rose water in the village, but it can be brought from very far places in the high mountains about two days walk from their village.

The son left his village to go to the mountains to bring rose water for his father. On the way he met an old woman. She told him that she was looking for honey for her son, who insisted that he must have it, or he would leave her and go away. Also the man told her about his sick father and the rose water.

The man and the old woman travelled together, and kept walking until night when a strong wind blew and heavy rains fell. It became very dark and cold, and they could not continue their walk. When the wind was calm, they tried to look for a safe place to sleep in. Suddenly they heard a voice, and walked towards it to find an old man who asked them what they were looking for, and they told him. He gave them food and they slept.