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| ***A day in the life of a Kayapo child*** | ***A day in the life of ……………………………(name)*** |
| Breakfast and before school  I get up as soon as the sun comes up. For breakfast I have potato bread dipped in pepper sauce and an avocado. I go to the river to wash. | Breakfast |
| School  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. | School |
| Lunchtime  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. Sometimes I go hunting to catch monkeys and wild pigs with bows and arrows. We fish in the river with spears. It’s very difficult! I love Nuts and caterpillars! | Lunchtime |
| After school.  I swim or climb trees before I have to go help mum with the chores, collecting wood and water. It’s very hard work | After school |
| In the evening  We eat what we have caught during the day. Sometimes we have a huge feast but if we don’t catch much, we get hungry. We have a story about the forest, some singing and dancing. We paint our faces using dyes from plant juice, and put parrot feathers in our hair. | In the evening |
| Bedtime - I sleep in a hammock in a room with the rest of my family.  It is very cosy | Bedtime |