

A day in the life of Lynda

Lynda lives in a longish single story house with mud and brick walls and a tin roof.

7am When I get up in the morning I take out my bed mat, shake it out and roll it up, then I pray to God. When I've done that I go and say hello to my dad.

Then I sweep my house and take the metal water jars to collect water – it's not too far and the jars aren't too heavy, so I don't mind doing it. Then I wash and clean my face and have breakfast.

Sometimes I even do a little homework.

8am I walk to school.

3pm After school, I walk home and get changed out of my uniform (the yellow and brown uniform which all Junior school children wear in Ghana). Then I help my mum in the kitchen. I help her to cook fufu - a kind of dumpling. It's made out of cassava and plantain. I cut them up and put them in the pot to boil. When they're cooked I mash them with a mortar and pestle.

5pm I eat. I love fufu, groundnut (peanut) soup and chicken.

6pm I'll play with my friends. I really like playing Ampe. Ampe is a jumping and clapping game played by two people, where each person jumps into the air at the same time, claps and lands in a different position. Certain positions 'win' over others.

7pm Then I do some more homework by the light of a gas lamp. The problem is when I want to do my homework my sister often takes the lamp, and then I cannot read!

9.30pm Then it's bedtime.