Take a trip around the world with us! Find themed weekly activities, recipes, and crafts for your family as we travel around the world!
<table>
<thead>
<tr>
<th>TOPIC</th>
<th>PAGE #</th>
</tr>
</thead>
<tbody>
<tr>
<td>Introduction to Country</td>
<td>3-5</td>
</tr>
<tr>
<td>Importance of a Schedule</td>
<td>7-9</td>
</tr>
<tr>
<td>Family Activities</td>
<td>10-18</td>
</tr>
<tr>
<td>DIY Mehndi: Hand Henna</td>
<td>11-12</td>
</tr>
<tr>
<td>Water Bottle Bangles</td>
<td>13</td>
</tr>
<tr>
<td>Paper Plate Asian Elephant</td>
<td>14</td>
</tr>
<tr>
<td>Diwali Flower Garland</td>
<td>15-16</td>
</tr>
<tr>
<td>Make the Indian Flag</td>
<td>17-18</td>
</tr>
<tr>
<td>Family Recipes</td>
<td>20-24</td>
</tr>
<tr>
<td>Quick Naan Bread</td>
<td>20</td>
</tr>
<tr>
<td>Jeera Rice</td>
<td>21</td>
</tr>
<tr>
<td>Easy Tandoori Chicken</td>
<td>22</td>
</tr>
<tr>
<td>DIY Indian Seasoning</td>
<td>23</td>
</tr>
<tr>
<td>Aloo Gobi: Vegetable Curry</td>
<td>24</td>
</tr>
<tr>
<td>Coloring Pages</td>
<td>26-28</td>
</tr>
<tr>
<td>Learning Pages</td>
<td>29-34</td>
</tr>
<tr>
<td>Parent Resources</td>
<td>35-40</td>
</tr>
<tr>
<td>How to get outside during COVID 19</td>
<td>36</td>
</tr>
<tr>
<td>Self-Care Everyday of the Week</td>
<td>37</td>
</tr>
<tr>
<td>Family Exercise Ideas</td>
<td>38</td>
</tr>
<tr>
<td>Tips for Helping your Kids Get Along</td>
<td>39</td>
</tr>
<tr>
<td>Easy Lunches</td>
<td>40</td>
</tr>
<tr>
<td>Sources</td>
<td>41</td>
</tr>
</tbody>
</table>
This week we will be exploring: India
Where in the world is India?
## Facts About India

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>What is the population of India?</td>
<td>1.4 Billion</td>
</tr>
<tr>
<td>What is the capital of India?</td>
<td>New Delhi</td>
</tr>
<tr>
<td>What is the official language spoken in India?</td>
<td>Hindi</td>
</tr>
<tr>
<td>What are native animals to India?</td>
<td>Bengal Tiger, Snow Leopard, Peacock</td>
</tr>
<tr>
<td>What is the Indian flag?</td>
<td>![Indian Flag]</td>
</tr>
<tr>
<td>What is the tallest mountain in India?</td>
<td>Kangchenjunga</td>
</tr>
<tr>
<td>What year did India gain independence?</td>
<td>1947</td>
</tr>
<tr>
<td>What are the most common religions?</td>
<td>Hinduism (80%), Muslim (14%)</td>
</tr>
</tbody>
</table>
Daily Schedule

follow along with us as we give you
daily activities, recipes, and learning
pages all about India!
why should you have a schedule?

1. offers *stability in times of stress and uncertainty*

2. allows the child to *get excited about what is ahead*

3. establishes *expectations for the child*

4. gives your child *confidence and independence*

5. creates a *calmer household for the whole family*
**Sample Schedule: School Aged Child**

Do your best with the schedule, it's okay to not follow it exactly, adapt it to best fit your family.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00 AM</td>
<td>Wake Up</td>
<td>Start your morning off with a routine, it helps your child know what to expect</td>
</tr>
<tr>
<td>9:00 AM</td>
<td>Exercise</td>
<td>There are so many benefits to daily exercise, check out ideas for family exercise on page 39</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>School Program</td>
<td>Follow along with your school program, it's important for your child to know this is expected</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>School Program</td>
<td>Follow along with your school program, it's important for your child to know this is expected</td>
</tr>
<tr>
<td>12:00 PM</td>
<td>Lunch Time</td>
<td>Pick an easy meal idea from our lunch ideas on page 40, keep it simple!</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>Activity Time!</td>
<td>Pick an activity from our activity pages, let the child have time to be creative</td>
</tr>
<tr>
<td>5:00 PM</td>
<td>Dinner Prep</td>
<td>Get ready to make one of the yummy theme inspired recipes, adapt it to your family</td>
</tr>
<tr>
<td>6:00 PM</td>
<td>Family Dinner</td>
<td>Sit together, learn more about each other, it helps the children feel more secure</td>
</tr>
<tr>
<td>7:00 PM</td>
<td>Wind Down</td>
<td>Read books or let the children watch t.v., take time to consider your own hobbies or interests</td>
</tr>
<tr>
<td>8:00 PM</td>
<td>Wake Up</td>
<td>Remember to keep a routine! Your child should know what to expect, it helps fight anxiety</td>
</tr>
</tbody>
</table>
# Sample Schedule: Child Aged 0-5

Do your best with the schedule, it's okay to not follow it exactly, adapt it to best fit your family.

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<th>Activity</th>
<th>Notes</th>
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<td>Exercise</td>
<td>There are so many benefits to daily exercise, check out ideas for family exercise on page ___</td>
</tr>
<tr>
<td>10:00 AM</td>
<td>Activity Time!</td>
<td>Pick an activity from our activity pages, let the child have time to be creative</td>
</tr>
<tr>
<td>12:00 PM</td>
<td>Lunch Time</td>
<td>Pick an easy meal idea from our lunch ideas on page ___, keep it simple!</td>
</tr>
<tr>
<td>1:00 PM</td>
<td>Quiet Time</td>
<td>Independent play is an important time for children and parents, try some of our suggested activities, or try a nap or a movie!</td>
</tr>
<tr>
<td>3:00 PM</td>
<td>Activity Time!</td>
<td>Pick an activity from our activity pages, let the child have time to be creative</td>
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<tr>
<td>8:00 PM</td>
<td>Bed Time</td>
<td>Remember to keep a routine! Your child should know what to expect, it helps fight anxiety</td>
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</tbody>
</table>
Family Activities

follow along with us as we give you daily activities, recipes, and learning pages all about India!
DIY Mehndi: Hand Henna

DID YOU KNOW?
Mehndi is a form of body art originating in ancient India, in which decorative designs are created on a person’s body, using leaves of the henna plant. Although this practice dates back to ancient India, mehndi is still a popular form of body art among the women of India.

MATERIALS:
1. Paper
2. Scissors
3. Markers

DIRECTIONS:
1. Grab a piece of paper and trace your hand
2. Use your scissors and cut out the shape of your hand
   (you can also skip these steps and use the printable on the next page)
3. Use markers to decorate the hand in a henna pattern,
   look some up on the internet and try to copy them
4. Hang them on the wall and show them off, do it again and again
DID YOU KNOW?
Bangles are traditionally a part of the solah shringar of Indian brides. It is compulsory for newlywed brides and would-be-brides to wear bangles made of glass, gold or other metals as they signify the long life of the husband. They signify good fortune and prosperity.

MATERIALS:
1. Empty disposable water bottle
2. Scissors
3. Decorations: gems, glitter glue, colored paper, markers, paint. etc.

DIRECTIONS:
1. Start with a clean water bottle washed out and dried
2. Cut off the bottom and top of the water bottle to your selected width
3. Make sure to file off any sharp corners (for toddlers with small wrists, you could use a toilet paper roll)
4. Decorate the bangles, use the photos below for inspiration!
DID YOU KNOW?
The Asian Elephant is native to India. Elephants used to carry soliders into battle and are highly esteemed. Elephants are often decorated with the same pigments used in Holi at Indian Festivals.

MATERIALS:
1. Paper plate  4. Scissors
2. Paper (preferably, colored)  5. Markers
3. Glue

DIRECTIONS:
1. Grab a paper plate and cut out holes for the eyes, these can be in the shape of a circle, oval, or diamond (as pictured below)
2. Cut out two ears (half circles) and a trunk (the shape of the letter "J")
3. Glue the ears to the side of the paper plate and the trunk to the middle
4. Decorate the elephant with traditional Indian designs, or create your own!
Diwali Flower Garland

DID YOU KNOW?
In Hawaii they welcome visitors with a garland of fresh flowers, or a lei. Similarly, in certain parts of India, it is customary to wear a necklace of fresh flowers at Diwali, the festival of lights.

MATERIALS:
1. Paper
2. Markers
3. String
4. Scissors
5. Hole Punch (optional)

DIRECTIONS:
1. Cut out lots of paper flowers out of your paper, use the printable on the next page, or create your own
2. Color the paper flowers with your favorite colors
3. Cut or punch a hole in the center of the flowers
4. Cut your string to fit as a necklace
5. String the flowers onto the cut out string
6. Tie the necklace around your neck and show it off!
DID YOU KNOW?
India’s flag was adopted on July 22, 1947, after India became independent from Great Britain. India’s flag is a horizontal tricolour in equal proportion of deep saffron (orange) on the top, white in the middle and dark green at the bottom. White represents peace, unity and truth. Green stands for faith and fertility.

MATERIALS:
1. Paper
2. Markers or Paint

DIRECTIONS:
1. Grab a piece of paper and trace out the Indian flag, or print out the printable on the next page
2. Let the child paint or color in the Indian flag with the authentic colors
use some of these simplified, delicious, country themed recipes with your family, let the kids help with prep!
Quick Naan Bread

DID YOU KNOW?
The Naan is one of the most popular flat breads served with South Asian food. In particular, accompanying food from the Northern Area of India, Pakistan, Afghanistan, Bangladesh, Iran, Uzbekistan, Tajikistan and surrounding areas.

INGREDIENTS:
- 1 3/4 cups all-purpose flour
- 2 tsp sugar
- 1 tsp salt
- 2 tsp oil
- 1/2 cup milk
- butter + herbs for seasoning

DIRECTIONS:
1. Combine all dry ingredients, and whisk together.
2. Create a well in the middle of the dry ingredients, and add the oil and milk. Mix everything together until it forms a ball. Turn out on the counter and knead until very smooth and elastic — at least 5 minutes — adding more flour as necessary.
3. Let the dough rest for 10 minutes. Divide into 8-10 equal pieces.
4. Heat a skillet over medium-high heat. Roll one piece of dough until very thin (less than 1/8”). If the skillet isn’t non-stick, melt some butter before each piece. One at a time, cook the naan for about 90 seconds, or until parts are blackening, on each side. When they are done, you can brush them with butter and add seasonings (cilantro, garlic, etc.), if you want.

DID YOU KNOW?
The Naan is one of the most popular flat breads served with South Asian food. In particular, accompanying food from the Northern Area of India, Pakistan, Afghanistan, Bangladesh, Iran, Uzbekistan, Tajikistan and surrounding areas.

The ingredients required for Quick Naan Bread are:
- 1 3/4 cups all-purpose flour
- 2 tsp sugar
- 1 tsp salt
- 2 tsp oil
- 1/2 cup milk
- butter + herbs for seasoning

The directions for making Quick Naan Bread include:
1. Combine all dry ingredients, and whisk together.
2. Create a well in the middle of the dry ingredients, and add the oil and milk. Mix everything together until it forms a ball. Turn out on the counter and knead until very smooth and elastic — at least 5 minutes — adding more flour as necessary.
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Jeera Rice

DID YOU KNOW?
Jeera rice is a dish consisting of basmati rice and cumin seeds. It is a popular dish in North India and Pakistan as an everyday rice dish. Jeera is the Hindi/Urdu word for "cumin."

INGREDIENTS:
- 1 cup Basmati rice
- 3 1/2 cups water
- salt to taste
- 2 Tbs oil
- 1 large onion (finely chopped)
- 2 tsp cumin seeds
- 1/2 cup water

DIRECTIONS:
1. Wash the Basmati rice well in running water
2. Add the 3 cups of water and salt to taste to the rice and set it up to boil.
3. Once the rice is almost cooked, remove from fire and drain the water by straining the rice through a sieve or colander. Set aside.
4. In another pan, heat the oil/ghee till hot and add onions. Fry till light brown and then add the cumin seeds. The seeds will splutter and sizzle to show they are done.
5. Now add the rice and stir well.
6. Add 1/2 a cup of water to the rice and cover. Simmer till all the water dries up.
7. Allow the rice to stand for another 2 to 3 minutes and then serve garnished with coriander leaves. Enjoy!
DID YOU KNOW?
Tandoori chicken is a chicken dish prepared by roasting chicken marinated in yogurt and spices in a tandoor, a cylindrical clay oven. The dish originated from the Indian subcontinent and is popular in many other parts of the world.

INGREDIENTS:
- 2 lbs skinless chicken legs
- 2 cups greek yogurt
- 1 tsp salt
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- 1 tsp turmeric
- 1 tsp garam masala (pg.23)
- 1 tsp cayenne pepper
- 1 tsp yellow food coloring (optional)
- 1 tsp red food coloring (optional)
- 1 lemon juiced

DIRECTIONS:
1. Cut very shallow little lines into the de-skinned chicken legs and add them to a large bowl or a zipper bag.
2. Add the rest of the ingredients to the chicken and mix well (I use a zipper bag and just sort of squish it all around).
3. Let marinade in the refrigerator for at LEAST 8 hours, preferably 24 hours.
4. Remove the majority of the marinade before cooking the chicken.
5. Heat the oiled grill to medium-high heat and cook the chicken until cooked through, 10-12 minutes.
6. Preheat the oven to 400 degrees and cook on a sheet pan for 25-30 minutes.
7. Enjoy!
GARAM MASALA SPICE MIX

- 2 Tbs cumin
- 1 Tbs coriander
- 1 Tbs cardamom
- 1 Tbs black pepper
- 2 tsp cinnamon
- 1 tsp ground cloves
- 1 tsp nutmeg

TANDOORI SPICE MIX

- 1 tsp salt
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp ground ginger
- 1 tsp paprika
- 1 tsp turmeric
- 1 tsp cayenne pepper
- 1 tsp garam masala
- 1 teaspoon cayenne pepper
Aloo Gobi: Vegetable Curry

DID YOU KNOW?

Aloo Gobi is a very classic Indian dish of potatoes and cauliflower. It’s a one pot, super simple, comforting dish that’s ready in 30 minutes flat. Full of flavor, you’ll be making it every night.

INGREDIENTS:

- 2 tsp oil
- 1 red chili, diced
- 2 cloves garlic
- 1 tbsp minced garlic
- 1 tsp garam masala (pg. 23)
- 1/2 tsp dried turmeric
- 3 potatoes, peeled and chopped
- 1 head cauliflower
- 1 c broth

DIRECTIONS:

1. In a large skillet over medium-high heat, heat oil.
2. Add chili, garlic, and ginger and cook until fragrant, or 1 minute.
3. Add garam masala, turmeric, and cayenne and cook until toasted, or 1 minute more.
4. Add potatoes, cauliflower, and vegetable broth and season with salt and pepper.
5. Reduce heat and cook, covered, until potatoes and cauliflower are tender, about 15 minutes.
color in these theme-inspired pages to enhance the exploration of our different countries each week!
try studying one of these each day with your family to learn more about the highlighted country!
Diwali is an important religious festival originating in India. Diwali takes place annually and lasts for five days, marking the start of the Hindu New Year. The word Diwali means “row of lights” in an Ancient language of India, called Sanskrit. For many people, Diwali honours the Hindu goddess of wealth, Lakshmi. It’s also a celebration of good triumphing over evil, and different legends based on this theme are associated with Diwali. But it’s not just about lights and legends -- Diwali is a time to have fun with friends and family! Today, this fascinating festival is celebrated by thousands of people in countries all around the world. During Diwali, Hindus living outside India gather at places of worship called mandirs to leave offerings to deities, watch firework displays and eat yummy food together!
What is the Holi Festival?

Facts about Holi
1. The Holi festival is usually celebrated in India and smaller festivals also occur in places around the world.
2. Holi is based on Indian mythology of good triumphing over evil and is sometimes also considered a festival of love.
3. The festival is used to mark the beginning of spring.
4. The colored powders used in the festival have different meanings. Red symbolizes love and fertility, yellow matches the color of the natural remedy turmeric, green is for spring, and blue is for Krishna.
5. It’s the second day of the festival when the colored powders are thrown as a way to celebrate life and the new beginning spring has to offer.
6. The celebration is scheduled based on the cycles of the moon.
7. During the celebrations in the streets, the usual social order of caste and age is set aside.
What is the significance of the Bindi?

Facts about the Bindi
1. One of the most recognizable items in Hinduism is the bindi, a dot worn on women’s foreheads. It is a form of the tilak, a symbolic mark worn by many Hindu men and women, but has less religious connotations than other tilaks.

2. Traditionally, the bindi is worn on the forehead of married Hindu women. It symbolizes female energy and is believed to protect women and their husbands. The festival is used to mark the beginning of spring.

3. Bindis are traditionally a simple mark made with the paste of colored sandalwood, sindoor or turmeric. The bindi is most commonly a red dot made with vermilion. It’s the second day of the festival when the colored powders are thrown as a way to celebrate life and the new beginning spring has to offer.

4. In addition, the bindi is a way of accentuating the third eye, the area between the eyebrows where attention is focused during meditation.
India won its freedom from British colonial rule in 1947 after many decades of struggles. Mahatma Gandhi joined the fight in 1914 and led the country to independence, using his method of non-violent protest known as satyagraha.

Gandhi encouraged Indians to stop buying British goods, avoid paying taxes to the British government, and take part in peaceful protest & marches.

After suffering in the war, Britain finally gave in and announced India’s independence and also its partition into two countries--India & Pakistan.
What is the climate like in India?

Facts about India’s Climate

- India has a large number of climatic regions, tropical climate in the south to temperate and alpine in the north Himalayan regions.
- Summer: March to June are the Summer months in most parts of India. North Western India has April to July as the summer months. May is the hottest month in the North while West is the hottest in April.
- Rainy Season: Also called the South West Summer monsoons, the rains last from June to September. South India receives more rainfall than the North.
additional resources for families, we know you need help during social distancing, this is hard!
Ways to Get Outside During COVID-19

1. Try going on a bike ride! This is an easy way to spend some time outdoors while staying a safe distance from others.

2. Spend time outside your home or in your yard looking at the clouds, try to point out different shapes.

3. Try your everyday exercise routine outside, yoga, weight training, running, it all works outdoors!
Self-Care Every Night of the Week

M
- take a bubble bath tonight

T
- journal about your experience in quarantine

W
- search youtube for a guided meditation, follow along

Th
- find some way to get outside and be in the sun today

F
- watch your favorite movie and pop some popcorn

S
- make your own facial mask with at-home ingredients

Su
- take some time to read--a book, magazine or an article
Family Exercise Ideas

Dance Together

Play a Game

Family Yoga Poses

Take a Walk
Tips to Help your Kids Get Along

- Be calm and give each child an opportunity to tell you what happened.
- Ask for suggestions to solve the problem and brainstorm until a compromise is made.
- Repeat their responses and validate their feelings.
- Later, talk about the issue—ask how they can avoid hurting each other in the future.
Easy Lunch Ideas

tuna melt

chicken nuggets

spaghetti

hard boiled eggs

cheese tortilla

baked potato