4-H 1485

Family Celebrations From Around the World

A Unit of Kaleidoscope
The Michigan 4-H Youth Programs
5 to 8 Year-Old Curriculum

Name_____

4-H Youth Programs
Cooperative Extension Service
Michigan State University

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Name _____

My Thoughts and Feelings

Everybody Has A Name

We did these things:	I felt like this:
Egyptian Naming Ceremony	
About Me	
What Does My Given Name Mean?	
What a Name!	
Discovering Surnames	
Arts and Crafts	
Name Game	
Making Snacks	
Books and Stories	
This is how I felt about the whole meeting:	

Dear parent:

This week learning about names and the naming ceremonies of other countries helped your child learn more about the peoples of the world and how they are similar and different. (See "What Children Need to Know About Names.") The group participated in an Egyptian naming ceremony, located the country of Egypt on a map and participated in other activities that helped them learn more about names of people.

You can help your child remember what he or she learned by doing one or more of the activities listed under "Helping Children Learn More About Names." People all over the world have names and special ways of celebrating the naming of children. Helping children learn how other families name their children and where the names come from is a good beginning for understanding how all people are similar while still being different. As you do these activities with your child, talk together about how his or her feelings and responses are the same as those of children all over the world. Let your child know that people are people no matter where they live.

Children love to hear stories about themselves, and your child will enjoy hearing how he or she was named. Telling your child stories about the special happenings in his or her life helps to develop a sense of personal history and his or her special place in your family. It's worthwhile to plan a personal story time with each of your children—you will all enjoy sharing happy memories.

OVER

What Children Need to Know About Names

- Everyone in the world has one name, and most people have at least two names. Some people may have five or six names.
- Parents name their babies in many ways. Sometimes they name a baby after themselves or other family members or friends. Some parents name their babies after important people in their country or in their religion that they admire and respect. Some parents invent new names for their babies.
- In some countries there are special ceremonies for naming babies.
- Often names have special meanings.
- Your first name is called your "given name." Your last name is called your "surname."

Helping Children Learn More About Names

- Talk with your child about the names of people in your family. Where did these names come from? Do they have special meanings?
- Does your family or culture have special naming ceremonies? Share this information with your child.
- Go to the library with your child and find a book on the meanings of names. Look up family members' names and encourage your child to share what he or she learns with the rest of the family.
- With your child, make up rhythms to go with your names. Beat these rhythms out on a drum and dance.
- Make up songs about your names. Encourage your child to make a song all about him or her.
- Play a name game: Help your child spell words using the letters in his or her name. How many can he or she spell?

Name_____

My Thoughts and Feelings

A Mexican Birthday

We did these things:	I felt like this:
Make a Mexican Piñata	
About Me	
Games	
Arts and Crafts	
Making Snacks	
Books and Stories	
Visitors and Trips	
This is how I felt about the whole meeting:	

Dear parent:

This week learning about a family celebration of a child's birthday helped your child learn more about the people of Mexico. (See "What Children Need to Know About a Mexican Birthday.") They made a piñata, located the country of Mexico on a map, and participated in other activities that helped them learn more about the people and culture of Mexico.

You can help your child remember what he or she learned by doing one or more of the activities listed under "Helping Children Learn More About Mexico and Its People." Celebrations are occasions shared by people the world over. Helping children learn how other families celebrate special events is a good beginning for understanding how all people share similar feelings. It helps children learn to appreciate not only the similarities of people, but also their differences. As you do these activities with your child, talk together about how his or her feelings and responses are the same as those of children in Mexico. Let your child know that people are people no matter where they live.

Your child's birthday is an important marker in his or her life. It is an opportunity for the important people in your child's life to show their appreciation of the child. Children this age identify themselves by the things they do well. Family members and friends can support your child's special qualities by pointing out what he or she is good at and helping him or her to see personal strengths. For example, you can tell your child, "You're a really terrific soccer player," or "You're a great painter." These kinds of comments will enhance your child's self-esteem and let him or her know you appreciate him or her for the person he or she is.

OVER

What Children Need to Know About a Mexican Birthday

- In Mexico, children celebrate birthdays with parties.
- At their parties they play games, sing songs, eat treats and break the birthday piñata.
- A piñata is a decorated container that holds surprises for children.
- Mexican children especially like chocolate birthday treats. Chocolate has been made in Mexico for many, many years.
- The Mexican words for "Happy Birthday" are "Feliz Cumpleaños" *(Feh-lees coom-play-ahn-yos)*.

Helping Children Learn More About Mexico and Its People

- Help your child find Mexico on a map or globe. Based on your child's interest, talk about the information to be gained from the map or globe, such as important rivers or mountains. Have your child find the United States of America on the map or globe and help him or her compare the countries. Is the United States larger or smaller than Mexico? Is the United States close to Mexico or far away?
- Prepare a Mexican recipe for a family meal and encourage your child to help in the preparation. Talk together about which ingredients are the same as those used in your family's usual meals and which are different. Does your child enjoy these new foods?
- Take your child to the library and help him or her to find out more about Mexico. For example, what kinds of animals live there? What is the weather like? What kinds of clothing are worn? Are these things the same or different from our country? What kinds of games and sports do children in Mexico play? Let your child's interest guide you.
- Visit a Mexican restaurant.
- Plan a Mexican party with your child. Encourage him or her to choose festive decorations and simple party foods. Be sure to comment on the skills he or she demonstrates.

Name_____

My Thoughts and Feelings

Girl's Day

We did these things:	I felt like this:
Make a Japanese Ohina Doll	
About Me	
Games	
Arts and Crafts	
Making Snacks	
Books and Stories	
Visitors and Trips	
This is how I felt about the whole meeting:	

Dear parent:

This week learning about the Japanese family celebration, Girl's Day, helped your child learn more about the people of Japan. (See "What Children Need to Know About Girl's Day.") They made an Ohina doll, located the country of Japan on a map, and participated in other activities that helped them learn more about the people and culture of Japan.

You can help your child remember what he or she learned by doing one or more of the activities listed under "Helping Children Learn More About Japan and Its People." Celebrations are occasions shared by people the world over. Helping children learn how other families celebrate special events is a good beginning for understanding how all people share similar feelings. It helps children learn to appreciate not only the similarities of people, but also their differences. As you do these activities with your child, talk together about how his or her feelings and responses are the same as those of children in Japan. Let your child know that people are people no matter where they live.

Japan has two holidays that celebrate children: Girl's Day and Boy's Day. Children need to know both boys and girls have a variety of opportunities open to them. Encourage your child to play with a variety of toys, not just those that have traditionally been thought of as appropriate to a child of his or her sex. Assign chores and tasks of all sorts to your child, regardless of gender. Let your child know that boys, girls, men and women are able to be loving, strong, nurturing, independent and brave.

OVER

What Children Need to Know About Girl's Day

- In Japan a special holiday is celebrated just for girls. This holiday is called Girl's Day.
- Girl's Day is celebrated on March 3.
- Japanese girls display special dolls on this day. These dolls are Ohina Dolls.
- Each doll represents a person, such as the Emperor, the Empress, servants and musicians.
- Boys in Japan play with dolls, too.
- Peach Blossom Festival is another name for Girl's Day.

Helping Children Learn More About Japan and Its People

- Help your child find Japan on a map or globe. Based on your child's interest, talk about the information to be gained from the map or globe, such as important rivers or mountains. Have your child find the United States of America on the map or globe and help him or her compare the countries. Is the United States larger or smaller than Japan? Is the United States close to Japan or far away?
- Prepare a Japanese recipe for a family meal and encourage your child to help in the preparation. Talk together about which ingredients are the same as those used in your family's usual meals and which are different. Does your child enjoy these new foods?
- Take your child to the library and help him or her to find out more about Japan. For example, what kinds of animals live there? What is the weather like? What kinds of clothing do the Japanese wear? Are these things the same or different from our country? What kinds of games and sports do children in Japan play? Let your child's interest guide you.
- Plan a special Girl's Day celebration with your child. Encourage your child to make the plans and to carry out as much of the preparation as possible. Remember to praise your child for his or her efforts. Ask your child how this feels to him or her and remind him or her that Japanese children feel the same way.
- Visit a Japanese restaurant.
- Visit a Japanese display at a museum.

Name_____

My Thoughts and Feelings

Boy's Day

We did these things:	I felt like this:
Make a Carp Kite	
About Me	
Arts and Crafts	
Games	
Making Snacks	
Books and Stories	
Visitors and Trips	
This is how I felt about the whole meeting:	

Dear parent:

This week learning about the Japanese family celebration, Boy's Day, helped your child learn more about the people of Japan. (See "What Children Need to Know About Boy's Day.") They made a carp kite, located the countries of Japan and the United States of America on a map, and participated in other activities that helped them learn more about the people and culture of Japan.

You can help your child remember what he or she learned by doing one or more of the activities listed under "Helping Children Learn More About Japan and Its People." Celebrations are occasions shared by people the world over. Helping children learn how other families celebrate special events is a good beginning for understanding how all people share similar feelings. It helps children learn to appreciate not only the similarities of people, but also their differences. As you do these activities with your child, talk together about how his or her feelings and responses are the same as those of children in Japan. Let your child know that people are people no matter where they live.

Boy's Day is used as a means of telling Japanese boys what qualities are valued in their society, and of letting boys know they are special and appreciated. All children need to know what qualities are important to their families, and they need to know they are valued and appreciated members of their families. Sometimes as busy parents, we forget to let our children know how special they are to us and how much we admire certain qualities they demonstrate. It's important to remember it only takes a moment to praise a child—"Thank you for helping me clear the dinner table. You're a really good helper," or "You were kind to help Mr. Smith plant his garden. I'm glad you're my son."

OVER

What Children Need to Know About Boy's Day

- In the country of Japan there is a special holiday for boys. It is called Boy's Day. On this day boys are treated in special ways.
- This holiday is celebrated on May 5.
- A special kite is flown in the yard for each boy in the family. This kite looks like a fish called a carp.
- Boys are told they should be strong and brave like the carp as it swims upstream and through waterfalls.
- The spring flower, iris, is also used on Boy's Day. Its leaves are shaped like swords and remind everyone of brave soldiers.
- The Japanese word for Boy's Day is Tango-no-sekku *(Tahn-goh-noh-seh-kuu)*.

Helping Children Learn More About Japan and Its People

- Help your child find Japan on a map or globe. Based on your child's interest, talk about the information to be gained from the map or globe, such as important rivers or mountains. Have your child find the United States on the map or globe and help him or her compare the countries. Is the United States larger or smaller than Japan? Is the United States close to Japan or far away?
- Prepare a Japanese recipe for a family meal and encourage your child to help in the preparation. Talk together about which ingredients are the same as those used in your family's usual meals and which are different. Does your child enjoy these new foods?
- Take your child to the library and help him or her find out more about Japan. For example, what kinds of animals live there? What is the weather like? What kinds of clothing do the Japanese wear? Are these things the same or different from our country? Let your child's interest guide you.
- Show your child an iris plant. Help your child plant an iris bulb in your yard.
- Plan a special Boy's Day celebration with your child. Encourage your child to make the plans and to carry out as much of the preparation as possible. Remember to praise your child for his or her efforts. Ask your child how this feels to him or her and remind him or her that Japanese children feel the same way.
- Visit a Japanese restaurant.
- Visit a Japanese display at a museum.

Name_____

My Thoughts and Feelings

Mother's Day

We did these things:	I felt like this:
Make a Mother's Day Gift Card	
About Me	
Games	
Making Snacks	
Books and Stories	
Visitors	
This is how I felt about the whole meeting:	

Dear parent:

This week your child learned more about Mother's Day, a family celebration in the United States. (See "What Children Need to Know About Mothers and Mother's Day.") They made a Mother's Day gift card, located the United States of America on a map, and participated in other activities that helped them learn more about Mother's Day and the roles special women play in our lives.

You can help your child remember what he or she learned by doing one or more of the activities listed under "Helping Children Learn More About Mothers and Mother's Day." Celebrations are occasions shared by people the world over. Helping children learn how other families celebrate special events is a good beginning for understanding how all people share similar feelings. It helps children learn to appreciate not only the similarities of families, but also their differences. As you do these activities with your child, talk together about how his or her feelings and responses are the same as those of children in other parts of the world. Let your child know that people are people no matter where they live.

Children had choices in their 4-H meeting today. Offering children choices in their daily lives helps them establish a sense of control over their world. Allow your child to make frequent choices in areas that are appropriate for his or her development. For example, offer your child such choices as wearing the red shirt or the plaid shirt, eating strawberry or grape jelly on a sandwich, or folding the laundry or walking the dog. After your child has made a choice it is important for you to respect it—don't try to talk him or her into another choice (unless the child's choice is dangerous to the child or to someone else). As your child becomes experienced in making small decisions he or she will become better prepared to make larger decisions later in life.

OVER

What Children Need to Know About Mothers and Mother's Day

- In the United States a special holiday is celebrated for mothers called Mother's Day. On this day people treat mothers in special ways. People show their mothers they are thankful for all the things mothers do for them and with them. People show their mothers they are happy to have their mothers.
- If people do not have mothers, they can use this celebration to show a woman who is special to them how they feel about her.
- Mother's Day is the second Sunday in May. We usually give our mothers gifts on this day. These gifts do not have to be things we buy. They can be things we make or things we do for our mothers.
- A carnation is the special flower for this day.

Helping Children Learn More About Mothers and Mother's Day

- Include your child in the planning and preparation of your family's celebration of Mothers' Day. Talk with your child about why your family thinks it's important to honor special women on this day.
- Remind your child that children all over the world are born to mothers.
- Explain to your child that not all children have mothers in their lives now, but most children have special women in their lives. Tell them these special women are sometimes almost like mothers to children.
- Talk about the roles special women play in your child's life. Special women can include mothers, aunts, grandmothers, older sisters, stepmothers or close friends. Ask your child to tell you why he or she thinks someone is special in his or her life.
- Remind him or her that children all over the world feel just the same as he or she does about mothers.
- Help your child think of ways to show his or her mother how special she is in your family's life.
- Have your child make a list of his or her mother's favorite things. This can include things like having your child give her a hug at bedtime, eating breakfast in bed on weekend mornings and gardening.
- Help your child locate the United States of America on a map or globe, then help him or her find the state in which your family lives.

Name _____

My Thoughts and Feelings

Father's Day

We did these things:	I felt like this:
Make a Collage	
About Me	
Games	
Making Snacks	
Books and Stories	
Visitors	
This is how I felt about the whole meeting:	

Dear parent:

This week your child learned more about Father's Day, a family celebration in the United States. (See "What Children Need to Know About Fathers and Father's Day.") They made a collage, located the United States of America on a map, and participated in other activities that helped them learn more about Father's Day and the roles special men play in our lives.

You can help your child remember this new information by doing some of the activities listed under "Helping Children Learn More About Fathers and Father's Day." Celebrations are occasions shared by people the world over. Helping children learn how other families celebrate special events is a good beginning for understanding how all people share similar feelings. It helps children learn to appreciate not only the similarities of families, but also their differences. As you do these activities with your child, talk together about how his or her feelings and responses are the same as those of children in other parts of the world. Let your child know that people are people no matter where they live.

It is important for children to begin to learn about the countries of families around the world. Our world is becoming "smaller" as technology expands and our children will need information about distant lands. Unfortunately, many children in the United States are unable to locate other countries on a map or globe. In fact, many children are unable to locate their own states. A good way to help your child form mental maps of the world is to encourage him or her to form a mental map of the area where he or she lives. As you drive or walk with your child, point out landmarks appropriate to his or her age. Help your child draw a map of your yard, your neighborhood and your town. This is a good beginning for expanding his or her knowledge about other countries and the people who inhabit them.

OVER

What Children Need to Know About Fathers and Father's Day

- In the United States of America a special holiday is celebrated for fathers called Father's Day. On this day fathers are treated in special ways. People show their fathers they are thankful for all the things fathers do for them and with them. People show their fathers they are happy to have their fathers.
- If people do not have fathers, they can use this celebration to show a man who is special to them how they feel about him.
- Father's Day is the third Sunday in June.
- We usually give our fathers gifts on this day. These gifts do not have to be things we buy. They can be things we make or things we do for our fathers.
- A rose is the special flower for this day.

Helping Children Learn More About Fathers and Father's Day

- Include your child in planning and preparing your family's celebration of Father's Day. Talk with your child about why your family thinks it's important to honor special men on this day.
- Explain to your child that not all children have fathers in their lives, but most children have special men in their lives. Tell them these special men are sometimes almost like fathers to children.
- Talk about the roles special men play in your child's life. Special men can include fathers, uncles, grandfathers, older brothers, step-fathers or close friends. Ask your child to tell you why he or she thinks someone is special in his or her life. Remind him or her that children all over the world feel just the same as he or she does about fathers.
- Help your child think of ways to show his or her father how special he is in your family's life.
- Have your child make a list of his or her father's favorite things. This can include things like having your child give him a hug at bedtime, eating pizza on Friday nights and watching a football game.
- Help your child find the United States of America on a map or globe. Then help him or her to find the state in which your family lives.

Name_____

My Thoughts and Feelings

Raksha Bandhan

We did these things:	I felt like this:
Make a Rakhi Bracelet	
About Me	
Games	
Making Snacks	
Books and Stories	
Visitors and Trips	
This is how I felt about the whole meeting:	

Dear parent:

This week learning about the Indian family celebration for brothers and sisters, Raksha Bandhan, helped your child learn more about the people of India. (See "What Children Need to Know About Raksha Bandhan.") They made a Rahki bracelet, located the country of India on a map, and participated in other activities that helped them learn more about the people and culture of India.

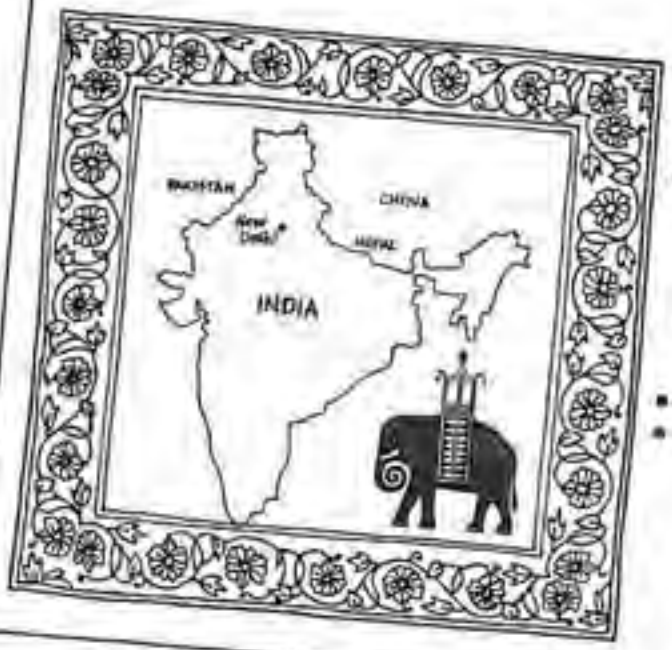
You can help your child remember what he or she learned by doing one or more of the activities listed under "Helping Children Learn More About India and Its People." Celebrations are occasions shared by people the world over. Helping children learn how other families celebrate special events is a good beginning for understanding how all people share similar feelings. It also helps children learn to appreciate not only the similarities of people, but also their differences. As you do these activities with your child, talk together about how his or her feelings and responses are the same as those of children in India. Let your child know that people are people no matter where they live.

Brothers and sisters sometimes have a hard time getting along with one another. This is normal for children of all ages. A good approach is to allow them to work out the conflict whenever possible. It's also a good idea to spend some time alone with each child on a regular basis so that each feels loved and appreciated for himself or herself. It's also important to praise them when you see them cooperating or sharing with one another.

OVER

What Children Need to Know About Raksha Bandhan

- Brothers and sisters have special relationships with each other.
- In the country of India there is a special celebration for brothers and sisters called Raksha Bandhan *(Rahk-sha Bond-hahn)*.
- This celebration is in August.
- Sisters make bracelets of colored threads or ribbons and give them to their brothers. This bracelet is called a rakhi *(rah-kee)*.
- Brothers also make gifts for their sisters.
- These gifts remind brothers and sisters of the love they have for one another.
- If a child does not have a brother or sister to celebrate this holiday, he or she may choose a special friend to give a gift to. This special friend becomes an honorary member of the family.



Helping Children Learn More About India and Its People

- Help your child find India on a map or globe. Based on your child's interest, talk about the information to be gained from the map or globe, such as important rivers or mountains. Have your child find the United States of America on the map or globe and help him or her compare the countries. Is the United States larger or smaller than India? Is the United States close to India or far away?
- Prepare an Indian recipe for a family meal and encourage your child to help in the preparation. Talk together about which ingredients are the same as those used in your family's usual meals and which are different. Does your child enjoy these new foods?
- Talk with your child about the special relationship between brothers and sisters. Plan a special brother-sister celebration with your child. Encourage your child to make the plans and to carry out as much of the preparation as possible. Be sure to show your child your appreciation of his or her ideas and efforts.
- Take your child to the library and help him or her find out more about India. For example, what kinds of animals live there? What is the weather like? What kinds of clothing do Indians wear? Are these things the same or different from our country? Let your child's interest guide you.
- Visit an Indian restaurant.
- Visit an Indian display at a museum.

Name_____

My Thoughts and Feelings

First Day of School

We did these things:	I felt like this:
Make a First Day Cone	
About Me	
Games	
Movement Activity	
Arts and Crafts	
Making Snacks	
Books and Stories	
Visitors and Trips	
This is how I felt about the whole meeting:	

Dear parent:

This week learning about the First Day of School family celebration helped your child learn more about the people of Germany. (See "What Children Need to Know About First Day of School.") They made a First Day Cone, located the country of Germany on a map, and participated in other activities that helped them learn more about the people and culture of Germany.

You can help your child remember what he or she learned by doing one or more of the activities listed under "Helping Children Learn More About Germany and Its People." Celebrations are occasions shared by people the world over. Helping children learn how other families celebrate special events is a good beginning for understanding how all people share similar feelings. It also helps children learn to appreciate not only the similarities of people, but also their differences. As you do these activities with your child, talk together about how their feelings and responses are the same as those of children in Germany. Let your child know that people are people no matter where they live.

The first day of school is a big change, or transition, for children, but there are many other kinds of transitions which children face, such as a new baby, a new pet, or a vacation. Children need help in preparing for transitions of all kinds. Let your child know ahead of time when something different is going to happen and explain it to him or her in terms he or she can understand. Encourage your child to ask questions, and be sure to explain how this new event will affect him or her personally. Remember your child may require several discussions over time and will probably need to be told the same information more than once. The result will be worth the preparation time, however, when your child accepts the new situation more smoothly.

OVER

What Children Need to Know About First Day of School

- Children in Germany celebrate their first day of school in a special way.
- They receive First Day Cones that their families have filled with special treats such as candies and cookies.

Helping Children Learn More About Germany and Its People

- Help your child find Germany on a map or globe. Based on your child's interest, talk about the information to be gained from the map or globe, such as important rivers or mountains. Have your child find the United States of America on the map or globe and help him or her compare the countries. Is the United States larger or smaller than Germany? Is the United States close to Germany or far away?
- Prepare a German recipe for a family meal and encourage your child to help in the preparation. Talk together about which ingredients are the same as those used in your family's usual meals and which are different. Does your child enjoy these new foods?
- Talk with your child about any ways your family celebrates a child's first day of school. Are there any traditions for a child's first day of school in your family?
- Talk about your child's first day of school. If you have pictures of your child on his or her first day of school, show them to your child. Ask if he or she remembers how he or she felt that first day. Was he or she excited, happy, scared? Tell your child that children in Germany feel just like he or she did on that important first day. Tell your child how you felt that day and explain that parents in Germany feel just the same way. Together, share your memories of this important first in a child's life.
- Take your child to the library and help him or her find out more about Germany. For example, what kinds of animals live there? What is the weather like? Do Germans wear special clothing? What do German children do for fun and relaxation? Are these things the same or different from our country? Let your child's interest guide you.

Name_____

My Thoughts and Feelings

Divali—A Celebration of Light

We did these things:	I felt like this:
Make a Divali Lamp	
About Me	
Games	
Making Snacks	
Books and Stories	
Visitors and Trips	
This is how I felt about the whole meeting:	

Dear parent:

This week learning about the Indian family celebration of Divali helped your child learn more about the people of India. (See "What Children Need to Know About Divali.") They made a Divali lamp, located the country of India on a map, and participated in other activities that helped them learn more about the people and culture of India.

You can help your child remember what he or she learned by doing one or more of the activities listed under "Helping Children Learn More About India and Its People." Celebrations are occasions shared by people the world over. Helping children learn how other families celebrate special events is a good beginning for understanding how all people share similar feelings. It also helps children learn to appreciate not only the similarities of people, but also their differences. As you do these activities with your child, talk together about how their feelings and responses are the same as those of children in India. Let your child know that people are people no matter where they live.

Lighting Divali lamps is believed to bring good luck to families in India. Luck and "magical thinking" can be very important to children because they are just beginning to understand how the world works. The notion of cause and effect is still quite new. Help your child increase his or her understanding of the world by encouraging your child to explore new ideas, experiences, and objects, and be on hand to answer questions and offer explanations.

OVER

What Children Need to Know About Divali

- Divali *(dee-WAH-lee)* is a holiday celebrated in India.
- Divali is celebrated in the fall, either in October or November.
- Divali is a festival of light.
- Children and adults make special saucers that are used as lamps. These are lighted to bring families good luck.

Helping Children Learn More About India and Its People

- Help your child find India on a map or globe. Based on your child's interest, talk about the information to be gained from the map or globe, such as important rivers or mountains. Have your child find the United States of America on the map or globe and help him or her compare the countries. Is the United States larger or smaller than India? Is the United States close to India or far away?
- Prepare an Indian recipe for a family meal and encourage your child to help in the preparation. Talk together about which ingredients are the same as those used in your family's usual meals and which are different. Does your child enjoy these new foods?
- Indian families light Divali lamps for good luck. Does your family have any traditions like this? Discuss them with your child. You may also want to point out that many Americans think four-leaf clovers and rabbits' feet are lucky.
- Take your child to the library and help him or her find out more about India. For example, what kinds of animals live there? What is the weather like? What kinds of clothing do Indians wear? Are these things the same or different from our country? Let your child's interest guide you.
- Visit an Indian restaurant.
- Visit an Indian display at a museum.

Name_____

My Thoughts and Feelings

Kwanza

We did these things:	I felt like this:
Make a Love Gift	
About Me	
Games	
Making Snacks	
African Block Tag	
Books and Stories	
Visitors and Trips	
This is how I felt about the whole meeting:	

Dear parent:

This week learning about the African-American family celebration of Kwanza helped your child learn more about the people on the continent of Africa and about where families come from. (See "What Children Need to Know About Kwanza.") They made an African money bag as a love gift, located the continent of Africa on a map and participated in other activities that helped them learn more about the people and culture of Africa.

You can help your child remember what he or she learned by doing one or more of the activities listed under "Helping Children Learn More About Africa, Its People and Its Family History."

Celebrations are occasions shared by people the world over. Helping children learn how other families celebrate special events is a good beginning for understanding how all people share similar feelings. It helps children learn to appreciate not only the similarities of people, but also their differences. As you do these activities with your child, talk together about how his or her feelings and responses are the same as those of children in Africa. Let your child know that people are people no matter where they live.

Kwanza is a celebration that helps African-Americans focus on their family histories. Today many families of all races live far away from each other. Grandparents, aunts, uncles and cousins may only be seen on special occasions. Telling your child about family history and where the family came from can be an anchor in a child's changing world. Sharing family stories can help a child feel closer to relatives who may be distant in more ways than one.

OVER

What Children Need to Know About Kwanza

- Some African-Americans celebrate Kwanza *(Kek-WAHN-zah)*.
- Kwanza lasts for seven days. It is celebrated from December 26 to January 1.
- African-Americans celebrate Kwanza in honor of traditional African harvest festivals.
- The Kwanza celebration stresses the importance of families and of cooperation and sharing.
- Gifts are given on the seventh day of the celebration. These are usually homemade "love gifts."
- African-Americans come from all the countries of the African continent.

Helping Children Learn More About Africa, Its People and Its Family History

- Help your child find Africa on a map or globe. Show him or her how many countries make up this continent called Africa. Based on your child's interest, talk about the information to be gained from the map or globe, such as important rivers or mountains. Have your child find the United States of America on the map or globe and help him or her compare the country and the continent. Is the United States larger or smaller than Africa? Is the United States close to Africa or far away?
- Prepare an African recipe for a family meal and encourage your child to help in the preparation. Talk together about which ingredients are the same as those used in your family's usual meals and which are different. Does your child enjoy these new foods?
- Take your child to the library and help him or her find out more about the countries in Africa, such as Zimbabwe, Nigeria and Ethiopia. For example, what kinds of animals live there? What is the weather like? What kinds of clothing do the people wear? What kinds of games and sports do the children play? Are these things the same or different from our country? Let your child's interest guide you.
- Talk with your child about where your family comes from. If you have pictures of previous family homes, share them with your child. Show your child pictures of you, your parents and siblings as you were as children and young adults.
- If your family comes from another country, help your child find more information about that country. Share your memories of this country.
- Tell your child the stories you heard about your family when you were a child.
- Does your family have family celebrations that came from other countries? Talk with your child about these celebrations and why they are meaningful to your family.