

Travel Checklist

Follow the steps below to get started and visit each continent! You can find global books to help you learn about each destination at www.barefootbooks.com

1 Get Ready!

- Print out your world map
- 🎒Activity: Pretend Passport
- Read global books that show you the whole world
- Fill out the “Global” section in your Reading Log



2 Explore Africa

- 🎒Activity: Plastics Penalty Pot
- Read books about or from Africa
- Fill out the “Africa” section in your Reading Log



3 Visit Asia

- 🎒Activity: Mandala
- Read books about or from Asia
- Fill out the “Asia” section in your Reading Log



4 Tour the Americas

- 🎒Activity: Worry Dolls
- Read books about or from the Americas
- Fill out the “Americas” section in your Reading Log



5 Next Stop: Europe

- 🎒Activity: Chocolate Game
- Read books about or from Europe
- Fill out the “Europe” section in your Reading Log



6 Finish with Oceania & a Flag Ceremony

- Read books about or from Oceania
- Fill out the “Oceania” section in your Reading Log
- 🎒Activity: Flag Ceremony



🎒 Find step-by-step videos for these activities on Barefoot Books' YouTube channel!
www.youtube.com/barefootbooks

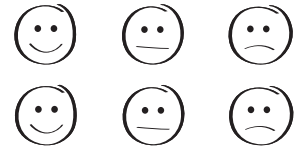
Reading Log

Read global books and books from each part of the world!

Book Title:

Did you like it?
(circle one):

Global



Africa



Asia



Americas



Europe

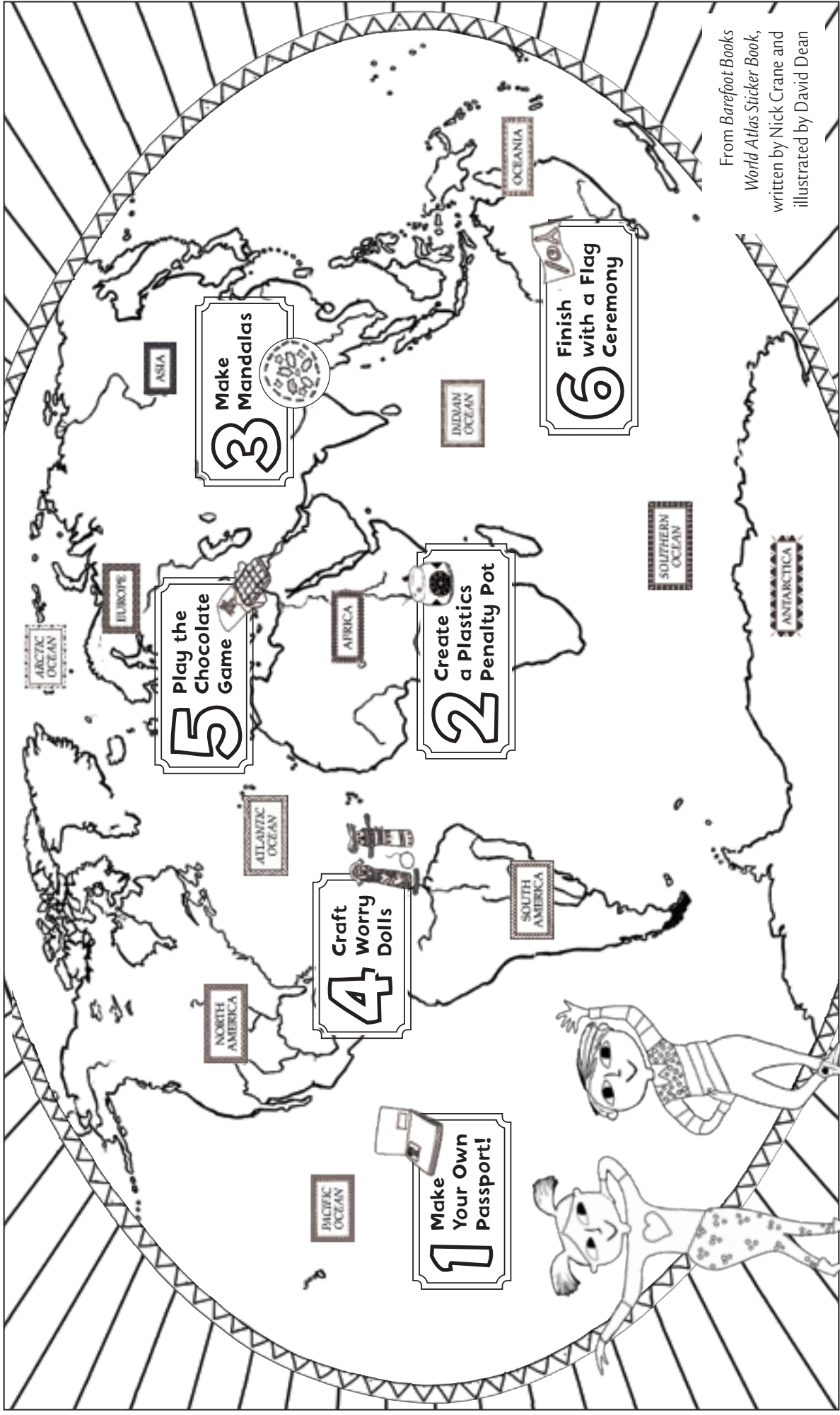


Oceania



Find global books to help you learn about
each destination at www.barefootbooks.com

MAP OF THE WORLD



From Barefoot Books
World Atlas Sticker Book,
written by Nick Crane and
illustrated by David Dean

Ready to travel the world from home?

Decorate your map and draw a line from one continent to the next as you do each activity.
Mark where you live on the map and see how far you've traveled!



Barefoot Books

1 Get Ready!

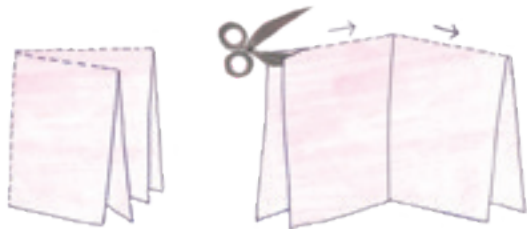
Pretend Passport Global

Passports are little books that everyone must carry when they travel from one country to another. They are usually stamped as you enter and exit new countries to keep track of who is going where. Make your own passport so you can keep a record of all the places you learn about!

You'll Need:

- paper (standard letter or A4 size)
- scissors
- pens, pencils or markers for decorating
- glue (optional)
- stapler (optional)
- small photo of yourself (optional)

- 1 Fold your paper in half, then in half again, so it is one quarter of its original size.
- 2 Cut the top folds open so you have a booklet with four pages, plus a front and back cover. If you like, staple your booklet in the middle. You can always add more pages if they all fill up with stamps from your travels.



- 3 Decorate your passport cover. Passport covers usually include the name of the country you're from and a design that represents that country.



- 4 On the first page, draw a self-portrait or glue in a small photo of yourself, like a real passport.



- 5 Add your full name, date of birth and where you were born.

- 6 Now you're ready to travel! As you go on an imaginary journey around the world with these activities, you can fill up your passport by drawing the flags of the countries that you visit!



2 Explore Africa

Plastics Penalty Pot From Rwanda

Plastic waste can impact life on land, in the air and in oceans, lakes, rivers and streams. Rwanda, known as the Land of a Thousand Hills, is serious about preventing plastic pollution. It was the first country in the world to ban all single-use plastic bags. People who break the rules there must pay a fine.

You'll Need:

- clean, empty jar
- white paper
- scissors
- pencils, pens or paints
- glue or tape



traditional
agaseke (baskets)



- 1 Cut a piece of paper to fit around your jar. Write a label on the paper: "Plastics Penalty Pot."
- 2 Decorate the paper. Rwanda is known for the bold graphic designs woven into traditional **agaseke** (*ogg-ah-SEK-ay*, baskets like the ones below). Try drawing a similar pattern on your paper.
- 3 Glue or tape the paper to your jar.



Using Your Penalty Pot

Talk with your family and agree on some new plastic rules, like taking reusable bags when shopping, packing lunches in reusable containers and/or refusing plastic straws when offered (if possible). Whenever someone breaks one of the plastic rules, they place a small fine in the Plastics Penalty Pot.

3 Visit Asia

Mandala

From Bhutan

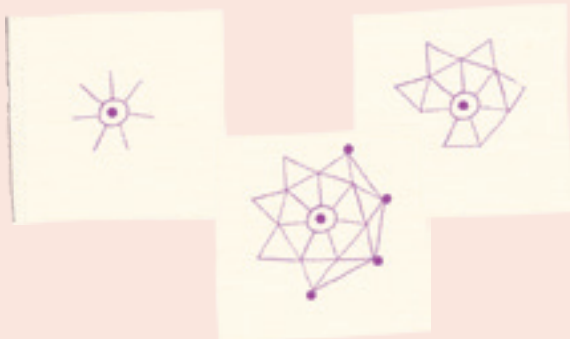
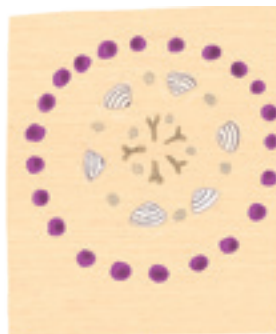
Mandala (*man-DAH-lah*) means “circle” in the ancient language Sanskrit. Artists from Bhutan, Tibet, Nepal and beyond create mandalas and then destroy them to represent letting go of something special — something we all have to do sometimes. This tradition, inspired by Buddhist teachings, is meant to represent the universe: beautiful and always changing.

You'll Need:

- natural materials like sticks, shells, leaves, etc.

- 1 Find a flat, clear area outside to make your mandala, like a patch of green grass, a sandy beach or a safe paved area.
- 2 Collect any natural objects that you like — sticks, shells, leaves, stones and flowers work well.

- 3 Place the objects you've collected in a pattern that starts in the middle and grows outward. Be inspired by nature's mandalas like tree rings, spiderwebs and flowers.
- 4 Remember that your work of art is only there for a little while. If you're at the beach, you could let the tide wash it away. The fun is in creating it, letting go and making more!



Draw It! If you can't go outside to make a mandala, you can draw one inside. Start with a dot in the middle of the page, then draw circles and patterns around it to create your own **mandala**. Want to make it temporary like a real mandala? Use chalk, dry-erase markers or tinted sand, then erase it when you're ready.

4 Tour the Americas

Worry Dolls From Guatemala

Originating in Guatemala, **muñecas quitapenas** (*moon-YAY-kas kee-ta-PEN-as*) — “worry dolls” or “trouble dolls” — are tiny dolls children can put under their pillows when they sleep. According to a Maya legend, the dolls take your worries from you and help you sleep peacefully.

You'll Need:

- thick paper (standard letter or A4 size)
- fabric scraps
- yarn / wool
- glue
- thin-tipped marker
- scissors
- tape

- 1 Cut a strip of paper about 2 in (5 cm) wide and 12 in (30 cm) long.
- 2 Roll the strip of paper into a tight cylinder to create the doll's body. Tape down the end of the roll so it doesn't unfold.



- 3 Wrap small pieces of fabric around the body for clothing. You can tie, glue or tape them on. Then glue on yarn for hair.

- 4 Draw on the eyes and mouth with a thin-tipped marker.
- 5 One sheet of paper makes about four dolls. Give the dolls out to your friends, letting them know that you are thinking about them and care about their worries.



Using Your Worry Doll

Take your doll to bed with you at night. Tell it the worries you would like it to take away. As you put the doll under your pillow, try the tradition of rubbing its tummy a few times so that your concerns don't hurt it. Before you go to sleep, tell it some good things too — try to remember three specific things you were grateful for that day.

5 Next Stop: Europe

Chocolate Game From Switzerland

Not every culture or family celebrates birthdays, but when they do, it's often a day marked by special treats and sweets. The treats may be part of a fun game, like a Mexican **piñata** (*peen-YAH-tah*). In Switzerland, a country famous for its delicious chocolate, some people play the Chocolate Game.

FOR **three or more** PLAYERS

You'll Need:

- butter knife
- 1 large wrapped chocolate bar
- ribbon or tape
- six-sided die
- hat, scarf, gloves
- wrapping paper or similar
- 1 fork for every player

Unwrap More Fun!

If you would rather not include chocolate, you can wrap any snack you like!

- 1 Wrap the chocolate bar in several layers of wrapping paper or clean scrap paper. Tie a ribbon around the paper or tape it to keep it together.
- 2 All the players sit down at a table with the materials in the middle of the table. Each person takes turns rolling the die.
- 3 The first player to roll a six puts on the hat, scarf and gloves, then starts to unwrap the chocolate bar.



- 4 Meanwhile, the rest of the players continue to take turns rolling the die. As soon as someone rolls another six, they put on the hat, scarf and gloves and take over from the previous player.
- 5 If the player who is unwrapping the chocolate gets as far as the chocolate itself, they pick up the knife and fork and try to cut into the chocolate. If they manage to cut any off, they can eat it!
- 6 Continue to play until the chocolate bar is all eaten up. This game can move very quickly and get very funny!



Fairy Bread (*Australia*)

Australians traditionally celebrate birthdays with "Fairy Bread." Simply spread butter or margarine on slices of white bread then cover with rainbow sprinkles, known as "hundreds and thousands" in Australia!

6 Finish with a Flag Ceremony

Flag Ceremony

Global

The flag ceremony for big sporting events like the World Indigenous Games and the World Cup builds excitement and team pride. Teams from around the globe parading together with a rainbow of flags creates a feeling of shared happiness and fellowship. Try having your own flag ceremony!

You'll Need:

- paper
- tape or glue
- sticks or straws
- crayons, markers or paint

1 Time to get decorating! Use crayons, markers or paint to create your flag design on a piece of paper. You could make a flag of the country you live in, the country you were born in, where your grandparents came from, a sports team you like — or come up with your own idea! Try to choose symbols that represent what you care about, like peace, animals or the planet.

2 Glue or tape your finished flag to a stick or straw. This will make it easy to hold onto your flag during the ceremony.

3 Ask your friends or family to make their own flags so they can join your flag ceremony. People often use ceremonies as a way to celebrate and show pride. There are many ways to do this! You can play some music that is special to you, wave your flags and march to the beat. If you like to dance, perhaps you will use your flag in a dance routine. Remember to cheer for everyone!



Celebrate! Your flag ceremony could celebrate anything from a sporting competition to the start of a holiday.