

# A Festival of Light

## Diwali Lantern

India 



Mark special days with fun traditions from around the globe.

Many cultures celebrate in the dark days of autumn and winter. Although these holidays each have a unique story, one thing they all share is light. Diwali (*deh-VAH-lee*) means “festival of lights” and is a time when many people in India and beyond celebrate the power of good over evil.

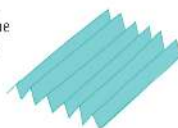


### You'll Need:

- scissors
- stapler, tape or glue
- construction paper or card (standard letter or A4 size)
- glitter (optional)
- ruler (optional)

### Let's Get Started!

- 1** Make small accordion folds along the longer side of the paper. Use a ruler or the edge of a table to help keep your folds straight.



- 2** Fold the accordion in half, then unfold to reveal a fan. Staple, tape or glue the bottom fold.

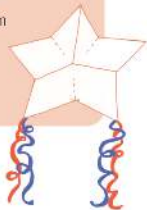
- 3** Cut out two small flame shapes of different sizes — try a large orange flame (about 2½ in [6 cm] tall) with a smaller yellow one (about 2 in [5 cm]) inside it, for example. Stick them together, then decorate them with glitter if you want.



- 4** Attach the flame by taping it to the folded-over bottom of your accordion, then balance your Diwali lantern (also called a *diya* [*DEE-yah*]) against a wall or window.

### Christmas Parol (Philippines)

The symbol of Christmas in the Philippines is a **parol** (*pair-OAL*), a star-shaped lantern. Make your own simple parol by attaching ribbons to the two bottom points of a paper star decorated with glitter.



From *Global Kids*, written by Homa Sabet Tavangar, illustrated by Sophie Fatus.



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# Wishes and Prayers

## Wishing Tree

Japan 🇯🇵

Do you have a special way to pray or make a wish? One Japanese tradition says to fold 1,000 origami cranes to make your wish come true. In another Japanese custom, the Tanabata (*tan-ab-BAH-tab*) Festival, people write their wishes or prayers on small pieces of paper and hang them from trees. You can try making your own wishing tree for your family and friends.



Serve our planet and other people through kindness.



### You'll Need:

- sticks you've collected from outside (bamboo, if available)
- container that sticks can stand in
- blue, yellow, red, black and white paper
- pens
- string
- hole punch
- scissors

### Let's Get Started!

- 1 Make your wishing tree by standing your sticks in a container.
- 2 Cut your paper into small strips, about 6 in x 2 in (7½ cm x 2½ cm). These strips of paper are known as **tanzaku** (*TAN-zah-ku*) in Japanese. Blue, yellow, red, black and white paper is supposed to have the power to keep away bad luck.



- 3 Punch a hole at one end of each strip of paper. Then thread a piece of string through each hole and tie to create a loop so you can hang the tanzaku from your wishing tree.
- 4 Give out your tanzaku to family and friends and ask them to write down their wishes.
- 5 Choose a tanzaku to write or draw your own wish on. Think about your circles of caring— will you make a wish for yourself or a wish for others? Hang your wish on your wishing tree along with the ones from your family and friends.



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# Sweet 'n' Refreshing Fruit Smoothie

## Vietnam



Taste a world of food  
with recipes and other  
delicious activities.

On a hot day in Vietnam, a cold smoothie made with fruits like dragon fruit, soursop or passion fruit is a refreshing treat. Vietnamese food and drink are influenced by French and Chinese cultures, but they have a unique and delicious taste all their own. Try making a smoothie!



**Adult Helper Needed!**

### You'll Need:

- blender or food processor
- 4–6 ice cubes
- 1 cup sliced fruit such as mango, strawberries or banana
- 2 tbsp sweetened condensed milk or coconut cream
- ½ cup milk or coconut milk (or milk alternative of your choice)
- sweetener like honey (optional)

### Can You Find It?

Are any tropical fruits like dragon fruit, jackfruit, soursop, star fruit, lychee or passion fruit sold near where you live? Pick up one new fruit next time you go to the market. How does it smell? How does it feel in your hands? Would you like to try it?

### Let's Get Started!

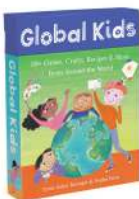
- 1 With an adult, place all ingredients in a blender or food processor.
- 2 Blend ingredients until smooth.
- 3 If you want, add a sweetener like honey.
- 4 Pour blended smoothie into a glass.
- 5 Enjoy!



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