

If you can't go out, why not travel the world from home?  
This week we travel to Central America



## Guatemalan Worry Dolls

Using scraps of material, pieces of wood, pegs, thread, wool or pipe cleaners, why not make some worry dolls of your own?

- Find out about the legend of the worry doll.
- Give them names and personalities.
- Make up stories and use them as puppets.

Tell them your worries at night and put them under your pillow, by morning you will feel better about your problem!

<https://youtu.be/JJWmReMZSAA>

## Ojo de dios



Weaving from Mexico: use leftover lolly sticks or sticks from the garden and wool. There are many more intricate designs to find online once you have mastered the basics!

<https://youtu.be/IPNEOYxQ66c>

## Molas from Panama

Make paper Molas or use fabric and a sewing machine if you have one! Or simply use the principle to inspire a painting or colouring. Let your imagination lead the way!



<https://youtu.be/SBWJMLit>

## Hola, ¿qué tal?

Spanish is spoken throughout Central America. Why not learn a few Spanish phrases and practise using them at home?

<https://www.duolingo.com>



## Find out more...

- Do you know where to find Central America on a map or globe?
- Do you know how many countries make up Central America?
- What are their national flags and capital cities?
- What can you find out about Central American history?
- What do you know about the food, cultural traditions and the animals that live in Central America?

There are no limits to what you can discover!