Friends Around the World

Pack your bags—we are going on a virtual vacation! Learn about the experiences of girls in different countries and how they compare to your own experiences. Take three virtual vacations during the months of June, July, and August. As you discover the history and culture of each country, use your very own passport to collect your memories and experiences.

**Here’s what’s included in this packet:**

- **Friends Around the World Passport Booklet**
  This passport can be used for your three virtual vacations to Ireland, Australia, and India. Use any empty pages as you go along for journaling, drawing, or collecting photos.

- **Activity Pages**
  This packet includes instructions for your India virtual vacation. Follow along for suggested activities and explore even more on your own! Please cut along the dotted lines to insert each page into the passport. Please visit the GSK Girl Scouting at Home page for all instructions: [https://www.gskentuckiana.org/en/activities/girl-scouting-at-home.html](https://www.gskentuckiana.org/en/activities/girl-scouting-at-home.html)

- **Patches**
  There are three patches included in this packet: Friends Around the World, Ireland, Australia, and India. Girls earn each country’s patch by completing its virtual vacation activities, and the Friends Around the World patch for completing all three virtual vacations.

Hang onto your Friends Around the World passport after you complete each virtual vacation to use for the upcoming program, International Day of the Girl Child (available at a later date).

To purchase this packet, click on the Girl Scouts of Kentuckiana Shop Order Form: [https://www.jotform.com/gskentuckiana/ShopOrderForm](https://www.jotform.com/gskentuckiana/ShopOrderForm)

If you live in Louisville, you can also use the Louisville PLC Curbside Pick Up Order Form: [https://www.jotform.com/gskentuckiana/louisville-plc-curbside-pick-up-ord](https://www.jotform.com/gskentuckiana/louisville-plc-curbside-pick-up-ord)

For questions, please contact program@gskentuckiana.org.

**Bon Voyage!**
India Virtual Resources

Find all of the website links for the activities listed here!

Taj Mahal
Want to learn more about the Taj Mahal? Visit their website: https://www.tajmahal.gov.in/
Check out The Story of the Taj Mahal for Kids in this video: https://www.youtube.com/watch?v=l6i8cLXPGQE

Build Your Own Taj Mahal
*Courtesy of Crayola: https://www.crayola.com/lesson-plans/majestic-taj-mahal-lesson-plan/

**Supplies needed:**
- Cup or Bottle
- Erasable Colored Pencils
- Paper Towels
- Marker & Watercolor Pad
- Metallic Colored Pencils
- Pointed Tip Scissors
- Poster board
- Recycled Material
- Washable No-Run School Glue
- Boxes and paper towel tubes or wrapping paper tubes

**Directions**
1. Select several recycled boxes (small square Kleenex boxes and a shoe box might work) and a cardboard gift wrap tube (or 4 paper towel tubes). Cut the gift wrap tube into four sections (for minarets) with scissors. Decide how to assemble the boxes to resemble the Taj Mahal.
2. After covering the work area with recycled newspaper, paint a light shade of Tempera Paint on the exterior of their boxes and tubes. Cut poster board to fit in front, painting the gardens and reflecting pool. Allow paint to air-dry.
3. Brainstorm how to attach boxes to re-create the Taj Mahal, as well as the gardens to each other with Glue. Air-dry the glue.
4. On white paper, use Colored Pencils and Metallic Colored Pencils to draw the decorative windows, arches, and filigree details from the Taj. Cut them out and glue them to the facade.
5. On poster board, draw the center dome, smaller domes, and the top of the minarets. Cut them out and glue them in place.

Each girl can determine the three most fascinating facts about the history of the Taj Mahal and write them on the back of their Taj Mahal.
**Festivals of India**
What does Holi celebrations look like?: [https://www.youtube.com/watch?v=R1hs5FO_Oqk](https://www.youtube.com/watch?v=R1hs5FO_Oqk)
Holi, Hindu Festival of Color: [https://www.youtube.com/watch?v=E7NZEtivn0s](https://www.youtube.com/watch?v=E7NZEtivn0s)
The meaning behind the Holi Festival for kids: [https://www.youtube.com/watch?v=jD1opmWBR1U](https://www.youtube.com/watch?v=jD1opmWBR1U)
Learn more about Diwali: [www.youtube.com/watch?v=HrrW3rO51ak](http://www.youtube.com/watch?v=HrrW3rO51ak)

**Rangoli Art**
Step by step instructions: [https://www.wikihow.com/Make-Rangoli](https://www.wikihow.com/Make-Rangoli)

**Famous People of India**
Learn more about Gandhi: [https://www.ducksters.com/biography/mohandas_gandhi.php](https://www.ducksters.com/biography/mohandas_gandhi.php)
Story of Mahatma Gandhi’s Life for elementary aged kids: [https://www.mkgandhi.org/students/story1.htm](https://www.mkgandhi.org/students/story1.htm)

**Sangam World Centre**
Sangam World Center Facebook Page: [www.facebook.com/sangamworldcentre](http://www.facebook.com/sangamworldcentre)

**Even More Resources!**
Junior Jetsetters India Facts for Kids: [https://www.youtube.com/watch?v=kMCUCYKm3LY](https://www.youtube.com/watch?v=kMCUCYKm3LY)
Sights and Sounds of India National Geographic: [https://www.youtube.com/watch?v=8_SXNcqgcl](https://www.youtube.com/watch?v=8_SXNcqgcl)
Activities for Kids: [https://www.theschoolrun.com/homework-help/india](https://www.theschoolrun.com/homework-help/india)
India Song for Kids | All About India Song: [https://www.youtube.com/watch?v=LwP_Fs8uZkA](https://www.youtube.com/watch?v=LwP_Fs8uZkA)
India with Kids/Travel without Tears: [https://www.youtube.com/watch?v=4TZzDcBAw48](https://www.youtube.com/watch?v=4TZzDcBAw48)
Girl Scouts of Kentuckiana

FRIENDS AROUND THE WORLD PASSPORT

INDIA

MY VIRTUAL VACATION

Name: ____________________

Date: ____________________
LEARN ALL ABOUT THE LAND OF MYSTERY AND DIVERSITY!

India, located in south Asia, is a fascinating country. Over thousands of years, geographical, historical, and religious influences have weaved the colorful fabric of Indian culture, one of the oldest known to humanity. Traditions, rituals, art, music and dance, drama, literature, movies, recreation, sports, and cuisine all have their distinct flavors depending on the region of the country.

COLOR THE FLAG OF INDIA

1. Over 1.3 billion people live in India and half are under the age of 25.
2. The capital of India is New Delhi, but the largest city is Mumbai.
3. Hindi is the official language in India, with English as an additional official language.
4. The currency in India is the rupee.
5. The main religion in India is Hinduism. The next most popular religion is Islam; Sikhs and Christians also live in the country.
6. Women in India wear saris, and men wear dhotis. Both are long pieces of cloth draped around the body in a certain way.
7. Cows are considered sacred in India and allowed to wander freely. Most people do not eat beef and are vegetarians because of their religious beliefs.
8. India has a very large film industry called Bollywood.
9. The national symbol of India is the endangered Bengal Tiger.
10. 70% of spices used around the world come from India.
11. India is the only country in the world where both lions and tigers live.
12. Arranged marriages continue to exist among Indians and is a fundamental part of Indian traditions.
TAJ MAHAL

The Taj Mahal is a famous Mausoleum in India that was built by the Indian emperor Shah Jahan for his beloved wife Mumtaz Mahal around 1632. It was built to be her final resting place or place of burial. The story is that he loved her so much that he wanted to create a lasting monument that reflected both her beauty and his love for her. The Taj Mahal is in the city of Agra, in the Uttar Pradesh region in northern India. It took 20 year to build the Taj Mahal and its surrounding complex. The name Taj Mahal means “crown of Palaces”. It is considered to be one of India’s most admired works of art, as well as a famous landmark and a tourist attraction that draws millions of visitors every year.

Find out more about the Taj Mahal on the India Virtual Resources Page.

Build Your Own Taj Mahal
India’s Taj Mahal is a work of architectural genius. Construct a replica of this magnificent marble structure. Find the instructions and supplies on the India Virtual Resources Page.

YOGA

Yoga is an ancient practice that comes from India. It is a practice for the mind, body and spirit which combines physical posture, breathing techniques, relaxation, and meditation. Women who practice yoga are called yoginis and men are call yogis. Yoga has been in use for thousands of years and was created by Yogis who lived in the mountains and forests of India, observing nature, and seeing the harmony in which nature flowed. Poses were made by imitating animals, trees, mountains, and other elements of nature. Some examples of yoga postures that illustrate this are Mountain pose, Warrior pose, Cat and Cow poses, to name a few. Yoga makes us feel great by exercising our bodies, our breath, and our minds. It helps us to stay flexible and strong in our bodies and be happy and peaceful in our minds.

Time to Try Some Yoga!

Tree Pose
Stand tall, hands to heart.
Place one foot on side of ankle or calf.
Stretch arms up like branches.
Hold for count to 5-10.

Try this really fun 25 Minute yoga practice for kids video: https://www.youtube.com/watch?v=X655B4ISakg
CHAI IS THE NATIONAL DRINK OF INDIA

Chai is more than just a cup of tea. Beginning the day with a sweet thick drink is an essential part and tempo of life in India. India is also the 2nd largest producer of tea in the whole world. This explains why tea plays such an important part of Indians’ lives. The word “chai” is the Hindi word for “tea”. However, in Indian culture they like to mix tea with spices, a blend called “masala,” which means a blend of spices. So, the spiced tea we think of as Chai, is tea, with milk and a blend of spices. Want to try to make some Chai? Try the following recipe:

**Mix in saucepan:**
1 1/2 cups water
1 1/2 cups whole milk
1-2 Tablespoons sugar (or to taste)
1/2 – 1 1/2 teaspoons spice mix*

Contents of 5 tea bags
Bring mixture to a boil, cover, turn the heat to low, and simmer for about 2-3 minutes.
Strain into cups.
Makes 3 servings

*To make spice mix, mix well together:
3 Tablespoons ginger powder
1/2 Tablespoon clove powder
1/2 Tablespoon black pepper powder
1 Tablespoon cinnamon powder
1 Tablespoon cardamom powder

You can save any extra spice mix for your next batch of tea. You can also use whole cloves, cinnamon sticks, cardamom pods, star anise instead of the whole spice mixture. Lightly crush spices before adding to milk and tea mixture. You can adjust spices to your taste.

FESTIVALS OF INDIA

Indians celebrates many festivals throughout the year. Their festivals are based on their culture, traditions, history, and different religions. Some festivals are celebrated in particular locales, but many are celebrated across the country. Their celebrations are full of color, music, and food and are shared by all the people of country regardless of religion or caste. They help to bring people together. Two important festivals that are held across the country are Holi and Diwali. To learn more, watch the videos provided on the India Virtual Resources Page.

**Holi**

The festival of Holi welcomes the arrival of spring in India. It is also a most colorful festival and is called the festival of colors. On festival day people play with colors, going out and throwing powdered paint on each other and up into the air. There is great fun and festivities and good food. As with other festivals in India, the holiday is also associated with legends and religious stories. Look a little deeper and find the stories behind the festival.
Diwali

Diwali, held in late fall, is known as the festival of lights and is one of the most important festivals in the Hindu Culture. The whole family celebrates Diwali. It begins early in the morning with buying flowers, wearing new clothes, visiting the temple, and sharing treats with family and neighbors. Towns and cities and family homes are decorated with lights. Firework displays are common at the end of the celebrations. During Diwali, it is traditional to create Rangoli, or sand art, in doorways as a sign of welcome. The Festival of Diwali celebrates the triumph of light over darkness.

RANGOLI (SAND) ART

Make a rangoli design! In India, Rangoli (colored powdered sand) is used for many festivals and celebrations. To help you create your designs, find pictures of Diwali Rangoli art online or see pictures below to get you started. Draw your design on paper or poster board. Color in the design on the following page with Rangoli if you have it or with markers, crayons, colored pencils, or paint.

If your parents say ok, you could use sidewalk chalk or rangoli outside on your sidewalk or driveway. Be sure to get permission first.
FAMOUS PEOPLE OF INDIA

Mohandas Mahatma Gandhi – The Father of the nation. Mohandas Gandhi is one of the most famous leaders and champions for justice in the world. His principles and firm belief in non-violence have been followed by many other important civil rights leaders including Martin Luther King, Jr. and Nelson Mandela. His renown is such that he is mostly just referred to by the single name "Gandhi".

Learn more about Gandhi on the India Virtual Resources Page.

Mother Teresa – Albanian nun who moved to Calcutta to take care of the poorest of the poor. Mother Teresa was a humanitarian. This means she did things to help other people. Her entire life was fully devoted to helping the poor, the sick, the needy, and the helpless. She was best known for fighting for the rights of the sick and helpless.

Rudyard Kipling – Rudyard Kipling is an English author who spent his some of his life as a child and young adult in India. His time in India and the culture there inspired much of his writing. He is most known for his Just So Stories and The Jungle Book.

SANGAM

Sangam World Centre is one of the five World Centers of the World Association of Girl Guides and Girl Scouts. Situated along the banks of the Mula River in Pune, India, it is a few hours from Mumbai. The word Sangam means ‘coming together’ in the ancient language of Sanskrit. Girl Scouts and Girl Guides get to visit Sangam from June to March and participate in programs emphasizing cultural sharing, issues that impact girls, and the rich cultural heritage of India.

Activities you might do at Sangam:
1. What does the word “Sangam” mean? Show in a creative way! (Drawing, painting…. it’s up to you)
2. Learn how to tie a saree – if you don’t have one, get creative!
3. Listen to some Bollywood music – choreograph a dance to your favorite song!
4. Try your Mehendi skills on yourself or your family (you can be creative with what you use if you don’t have henna! Mehendi or henna-is an ancient form of body art.
5. One of Sangam’s Community Partners is Maher. Maher makes and sells goods out of recycled materials – and we want you to do the same! Watch an online tutorial to learn how to sew or share your skills with someone to create something new from something old!

Find out more about Sangam on the India Virtual Resources Page.