

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!