

Salena's Adventures

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Story Building Activity

Take Salena on an adventure to Thinking day, the movies, dance class or an activity with your group.

This book/kit represents the laser cut patch of Salena. Whenever someone sees Salena on your vest, totebag, or banner they will know that you have contributed to Salena's adventure. She is from India. Included in this kit is an introduction about her life, culture, and clothing she wears. In addition, there are crafts, games, and recipes that will enhance your knowledge of her country and lifestyle.

Read Salena's story and take the laser cut patch of Salena on an adventure of your own. There are several pages of decorated stationery to write your adventures with Salena on. Don't forget to draw a picture of you and Salena. Pass your book around to your other friends so they can have fun with their own Salena patch as well. If you run out of pages to write your stories on, you can always add more pages to the book or write on the back of the pages.

After you have completed your adventures with Salena you can **mail** or **email**

copies of your stories to Patchwork Designs, Inc. and we will place these stories on Salena's web page it will be fun to see where Salena goes.

Email: orders@patchworkdesigns.net

We will not include full names on the website due to security issues. You will want to keep a laser cut Salena for yourself so you can remember the adventure you went on with her.

These kits books can be shared to write stories in but can only be copied for the activity sheets, stationery pages, or puzzles.

Great for studying the country for Thinking Day events, winter holiday vacation, summer vacation, or other group projects.

The recipes and activities presented in this kit are different than the activities in the India manual listed below.

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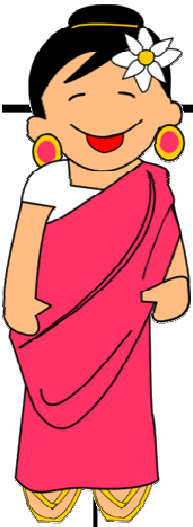


OTHER PATCHES AND BOOKS ABOUT INDIA

- *Historically Speaking India patch and manual.*



Salena



Salena's Adventures

Hello, my name is Salena. I live in India, in the town of New Delhi. My family owns a clothing shop. I help sometimes after school with stocking the jewelry and shoes. The clothing that we sell depicts the fashion of our culture. I am wearing a sari. A *sari* is a rectangular piece of cloth which is five to six yards in length and wraps around your body. We sell them in a variety of colors and you wear a short top underneath it called a *choli*.

We live above the store, so when I finish my homework, I come downstairs to help. My mom lets me try on the bangle bracelets as long as I put them back. Each month I get to pick one to keep for helping in the store.



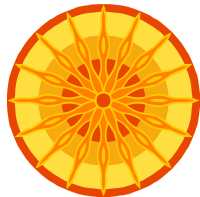
Lately, I have been practicing my Diwali dance for the upcoming Festival of Lights celebration. My friend and I are going to perform at the town celebration. My sister is a teacher at the dance studio we take lessons at. She has been dancing since she was five years old. She performs the *Bharatanatyam* dance at special events. It is a difficult dance that tells a story with over 100 different moves. I hope to be as good as her one day.



Our family decorated the store today with colorful flower garlands, lights, and lamps. In the doorway, we hung mango leaves and a garland of marigolds for good luck. We also draw *rangolis* on the doorstep outside with vibrant colorful powders to welcome everyone. The design is usually a circle with images such as: the sun, lotus flower, fish, moon, trees and other geometric patterns. Our celebration begins when we light all the lamps and lights called *dipa*, meaning row of lights.



Tonight we are getting together with all my cousins and their moms. We sit on the floor on large cushions talking and eating pastries and fruit. The adults take turns drawing designs on their hands with *henna* ink. Afterwards they draw something on our hands or feet. We like to sit and watch them create beautiful designs.



Tomorrow, everyone will go to the big celebration in town. We will have a big breakfast with our traditional bread *chapati*, which are similar to pancakes. I help my mom roll the dough out so she can fry them in the pan. After breakfast, we are gathering with our family and friends to exchange small gifts.

Next, we will go to the Diwali fair where we can buy toys, watch dancing bears, snake charmers, monkey tricks, street musicians, and dancing. When it gets dark, we light the *dipa* lights and watch the fireworks light up the sky. This year I will be dancing in the show and I'm wearing a lotus flower in my hair for good luck. Wish me luck!



Why don't you take me with you on an adventure and show me what your life is like? Use the following pages to write about our adventures together.

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Recipes

Coconut Macaroons– Coconut cookies are eaten during special occasions as desserts. You can find them in India at floating markets on *shikaras*. A *shikara* is a wooden boat found on a body of water that sell items or transport people.

2 large egg whites
Pinch of salt
2 bags [14 oz each] of shredded coconut
1 can [14 oz] of sweetened condensed milk
2 teaspoons of vanilla

Preheat the oven to 300° F. In a medium sized bowl, whisk the egg whites and salt until frothy, about 2 minutes. Stir in the condensed milk and vanilla. Fold in the coconut into the mixing bowl with a spatula. Grease a cookie sheet with non stick spray or parchment paper.

Using a tablespoon drop the dough on the cookie sheet. Make sure they are at least 2 inches apart. Bake for 15-20 minutes or until they are golden brown.

Remove them from the cookie sheet with a spatula and place them on a cooling rack. Let them cool completely before placing them in an air tight container to store, up to a week.

Chapatis– People in India use *chapatis*, or flatbread, to scoop up food from their plates while they are eating.

2 cups whole wheat flour
2/3 cup water
Salt to taste
2 tablespoons of vegetable oil

Place the flour in a large mixing bowl. Add the remaining ingredients and mix with a fork then with your hands. Continue to mix with your hands until it forms into a ball. Knead the dough for about 10 minutes. Form it into a ball and cover it with a damp cloth for about 30 minutes.

Place the dough on a lightly floured surface and shape into a thick log. Cut the dough into 6 slices. Roll each chunk into a thin pancake, about 7 inches round. It doesn't need to be perfectly round, just thin as possible.

Spray a skillet with non stick spray and place on the stove on medium high heat. Place one chapati on the skillet and cook for 30 seconds. Check the bottom with a spatula and let it cook until it is golden brown, then flip it over to cook for another 30 seconds.

Wrap the cooked chapati in a cloth napkin while you cook the remainder of them. Serve them warm with butter or curry chicken.

Games

Bagh-Bandi- The game is about tigers and goats. It is played similar to a fox and geese game where one player has less pieces than the other.

Game board [located in the back of this book]

22 playing pieces, coins work best [20 of one design, 2 of a different type or color]

One player is the goats, 20 pieces. The other player is the tigers, 2 pieces.

Place the **tigers** on the two black spots marked on the board. Stack the **goats** in four piles of five on their marked gray circles on the board. Both animals move along the lines.

Goats may not eat tigers; if a tiger can jump a goat, it must; when a tiger is cornered and can not move it is taken off the board.

Goats move one at a time. The **top goat** in the pile moves first. It may only move along a diagonal that is connected to the triangle it started on.

Tigers make the same moves as the goat plus, they can jump a goat on its own if in a pile if there is an open spot on the goat's other side. Each time a goat is jumped, it is eaten and removed from the board. Only the **TOP GOAT** in a pile may be eaten. It is possible for a tiger to make more than one jump in a move-eating after each jump.

To win the game the tigers need to eat all the goats OR goats win if they corner the tigers making it impossible for them to move.

Cheetah, Cheetal - For centuries, Indian princesses have trained cheetahs to hunt *cheetals*, a spotted deer. This game resembles the chasing in a form of a tag.

Chalk or cones to mark off the playing area

7 or more players

To create your playing area you need to draw or mark off an area. Create two lines with the chalk, about 5 feet apart. These are the baselines.

Pick one person to be the Indian Princess or Prince. Divide the rest of the players into two teams. One team is the cheetahs and the other is the cheetals.

Have the Cheetahs and the Cheetals line up back to back. The prince or princess stands at the top of both lines and calls out, "Chee-ee-ee- "tah" or "tal" trying to surprise the groups.

The team that's called must turn quickly and chase the other players to their baseline. All the players that were tagged are out of the game.

The game continues until all the players on one side are tagged.



Salena's Word Search

Z	A	I	Q	J	X	M	B	X	S	T	D	M	M	Y
H	I	Z	H	T	E	F	H	N	N	E	W	O	C	B
D	D	L	G	L	E	W	O	E	S	I	T	N	A	T
U	N	R	A	C	E	I	E	I	T	J	E	K	M	X
G	I	P	N	W	H	D	G	L	X	U	L	E	O	K
R	Z	A	V	S	I	N	W	E	R	R	E	Y	H	B
F	D	C	U	J	S	D	B	E	Z	Y	C	S	C	E
R	L	C	A	N	E	L	A	S	N	D	A	D	B	B
C	H	A	P	A	T	T	I	V	M	P	R	D	E	H
H	E	N	N	A	J	J	S	B	P	K	B	Z	A	O
L	L	A	X	Q	Y	K	E	B	L	A	F	H	R	A
D	N	A	L	R	A	G	R	E	W	O	L	F	S	U
O	M	T	M	Y	M	V	Q	Q	R	A	H	K	K	X
M	F	W	U	P	E	O	V	I	S	U	F	J	E	T
L	O	G	U	P	S	J	D	U	E	I	O	O	P	S

Find the following words in the puzzle above. Some may be two or three words, but they are found as one.

BEARS

CUSHIONS

DIWALI

INDIA

MONKEYS

BRACELET

DANCE

FLOWER GARLAND

JEWELRY

NEW DELHI

CHAPATTI

DESIGNS

HENNA

LAMPS

SALENA

Crafts

Rangolis- During the Diwali festival, artistic floor paintings are created outside the doorways or in courtyards. Each design usually has a theme or symbolic design. Common designs are of lotus, fish, birds, snakes drawn within a circle showing a sense of endlessness of time.

Chalk

Design patterns, available on the next page

Sidewalk or area to create

Other options is to color the pattern on paper to represent the event.

Create your own design or use a design provided in this book for your rangolis.

Draw the pattern on the surface with white chalk and fill the areas in with vibrant colors.



Paper Flower Garland - To decorate for the Diwali festival they hang garlands of marigolds in the doorway for good luck.

Yellow or orange tissue paper

Pipe cleaners

String

Scissors

Cut 4" squares out of the tissue paper, in a variety of vibrant colors. Take 3 squares of tissue paper and fold them like an accordion fan. Stack them on top of each other, vertically. Fold the pipe cleaner in half. Grab the folded tissue paper in the middle. Place the pipe cleaner over the center of the folded paper, folding the pipe cleaner in half. Twist the pipe cleaner together about 4 times to secure it to the tissue paper.



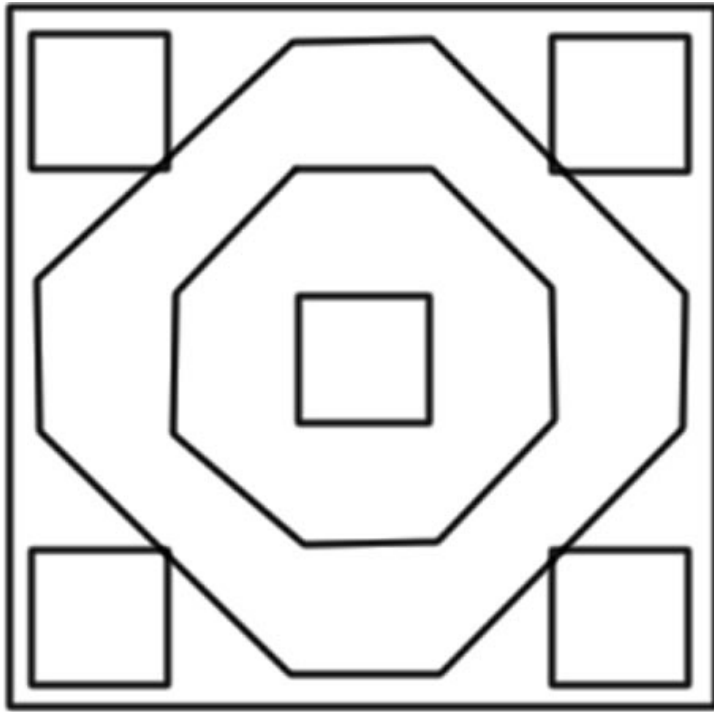
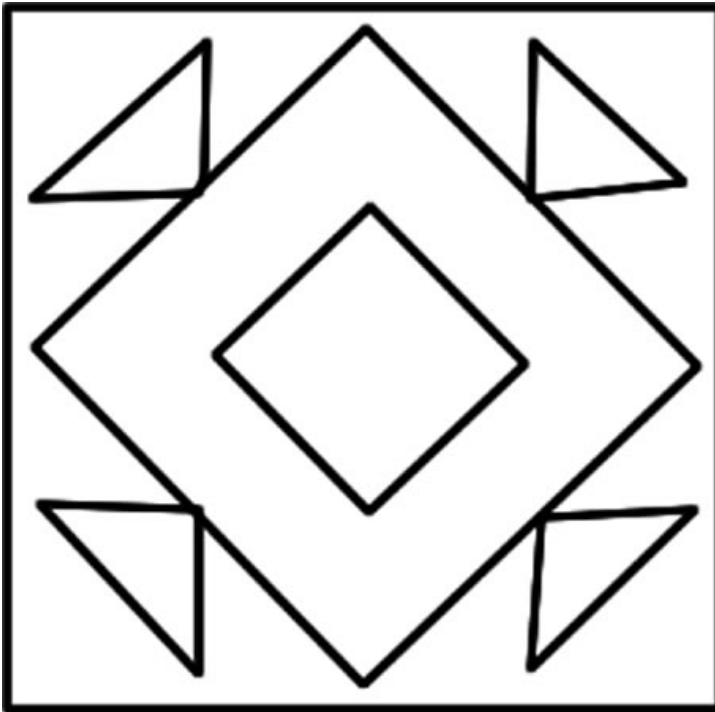
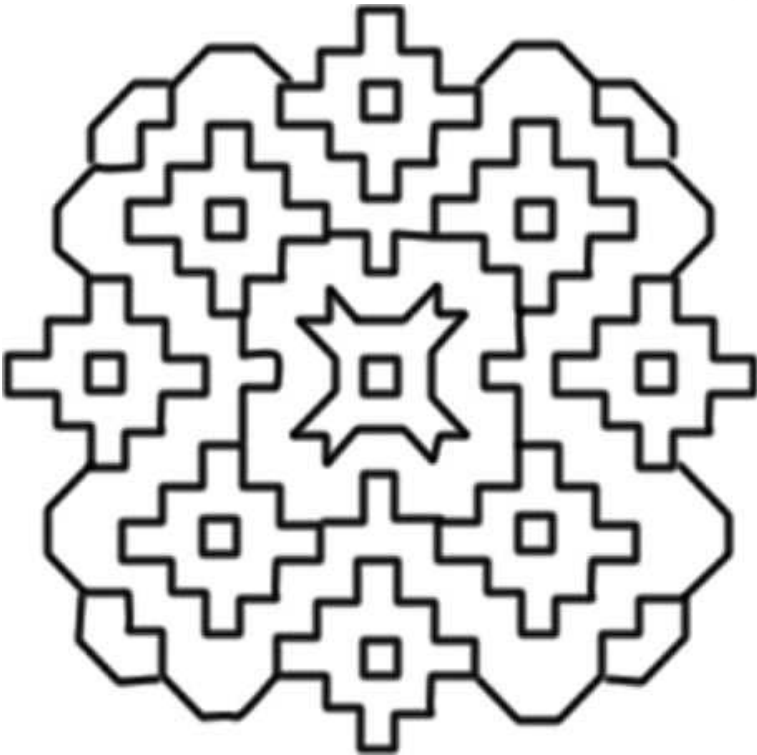
Spread each sheet apart one at a time, careful not to rip each layer of tissue paper, fluff it out. Set it aside. Once you have created 5-6 flowers to can begin to create the garland.

Cut a piece of string or yarn about 36 inches long. Lay it on the table and space the flowers out evenly on the string. Take the two ends of the pipe cleaner and twist it on to the string securing it. For extra, stability place sturdy packing tape on the back to the flower.

Optional: Purchase a garland of ivy or greenery from the dollar store and attach the paper flowers to the garland and hang for decoration. This will make the garland more sturdy and add color to the decoration.

Rangolis Patterns to Color or Copy

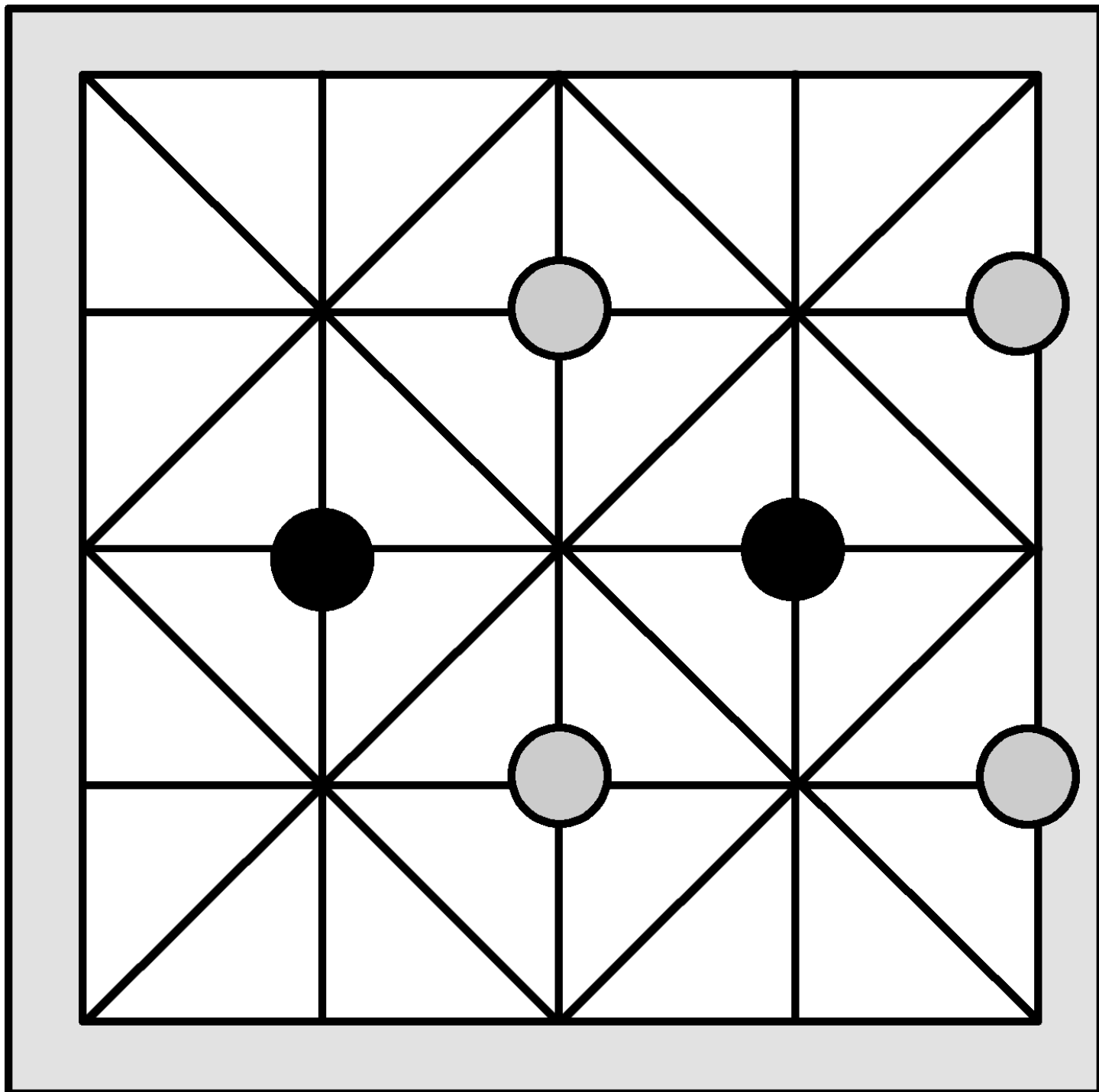
Color the patterns in vibrant colors.



Bagh-Bandi Gameboard- The game is about tigers and goats. It is played similar to a fox and geese game where one player has less pieces than the other.

One player is the goats, 20 pieces. The other player is the tigers, 2 pieces.

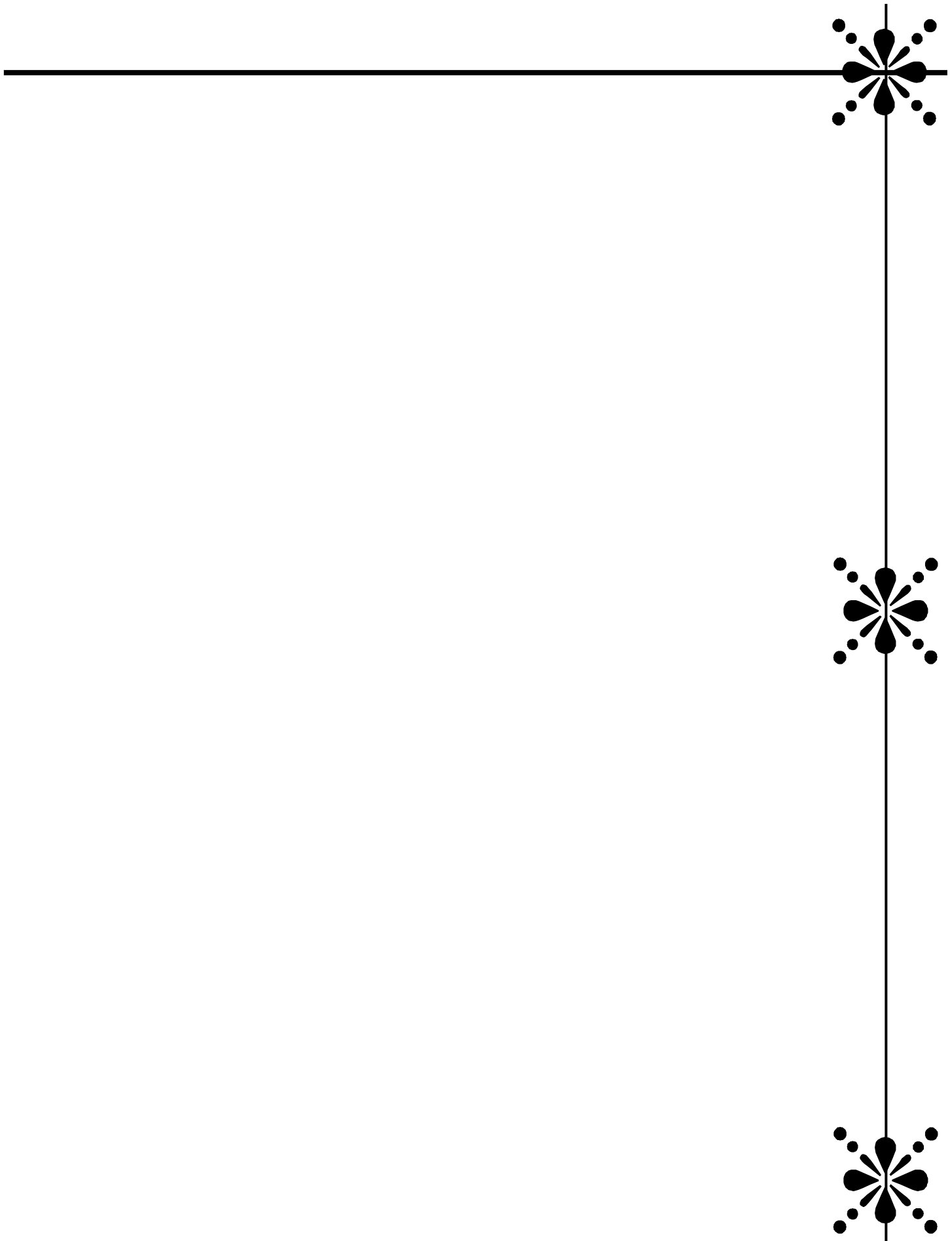
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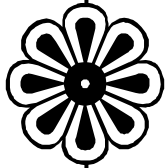
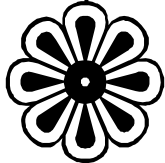
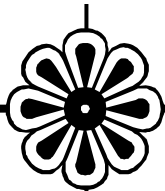


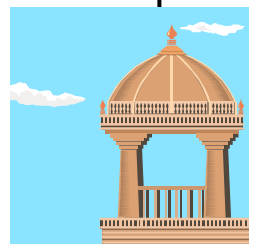




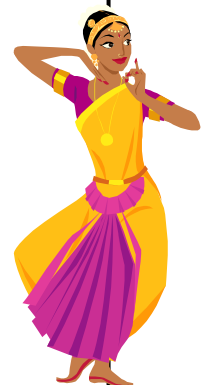




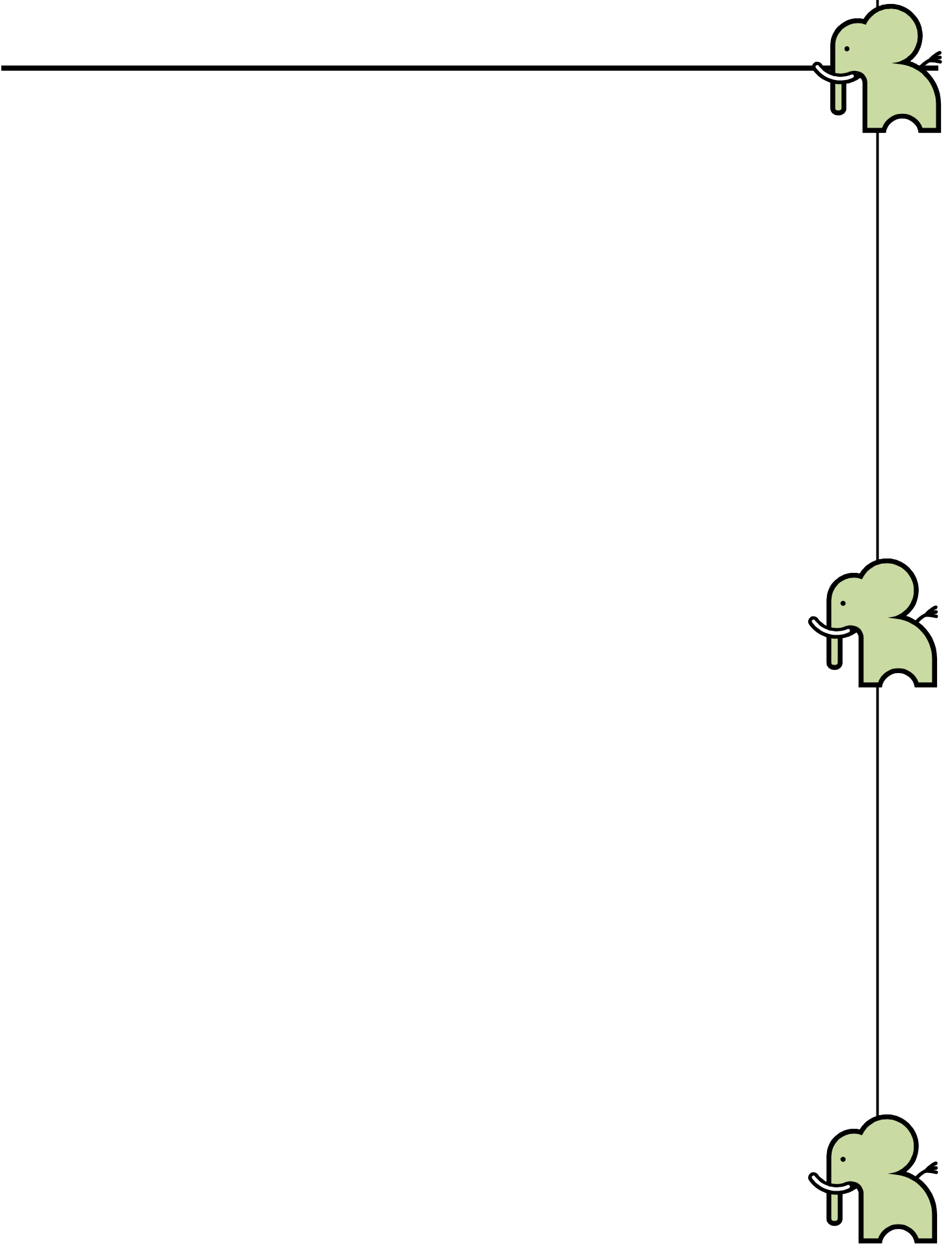


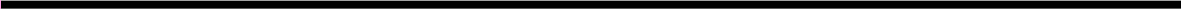












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You can add any additional items to this form that you may need for your event. Ask for bulk rate pricing for your items.

Name _____

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Expiration Date: _____ Have you ordered before? _____

Item #	Description	Quantity	Unit Price	Total Price
India	India Patches		\$1.85	\$
INDIA-MAN	India Manual		\$6.00	\$
				\$
				\$
				\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
SUBTOTAL				\$
Regular Shipping & Handling (view chart)				\$
Special Shipping (next day, priority mail etc)				\$
TOTAL ENCLOSED				\$

