

May

15

Passport to the World **Panama**

Virtual

B.A.S.E Activities



Craft - Create a Panamanian Mola



The country is very diverse with mountains, rain forests, beautiful white-sand beaches, and 1,500 islands.

Darién Gap, from Panama City to Colombia, has about 12 million acres of rain forest, yet few Panamanians or tourists ever visit the area, which is only accessible by boat.

To learn more about Panama follow the link below
<https://kids.nationalgeographic.com/explore/countries/panama/>

Molas are part of the traditional dress of Kuna Indians and are worn by the women on the front and back side of their blouse. Together with the blue print cotton skirts, the red and orange head scarves and the characteristic glass bead strings on wrists and ankles they represent the traditional dress of the Kuna women.

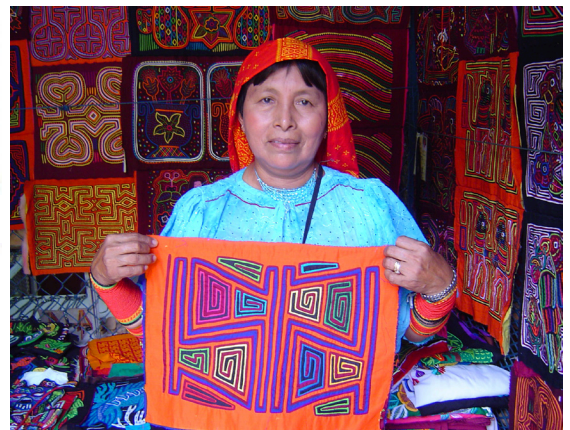
To learn more about the Mola follow the link; <https://www.panama-mola.com/english/what-are-molas/>

Materials:

- Various Colors of Construction Paper
- Glue Stick
- Scissors

Directions:

1. Look at examples of Panamanian Mola's online and notice how all of the colors and shapes fit together. Next, sketch out an animal, plant or even a basic shape onto one of your sheets of construction paper and cut it out. Then, using a different color of paper, trace this first shape. Now you will cut this out, but cut it out a little smaller than your original piece. Glue this smaller piece onto the larger piece.
2. Now you will glue this to your background. Now decorate the background with additional geometric shapes. You can make this simple or get very complex, it is up to you



Post a photo of your finished product in our comments!

Virtual Exploration - Panama Canal

The Panama Canal is an artificial 82 km waterway in Panama that connects the Atlantic Ocean with the Pacific Ocean. The canal cuts across the Isthmus of Panama and is a conduit for maritime trade.

Follow the link below and get ready to go on a tour
<https://www.youtube.com/watch?v=ky2hvPyKLI4>



Science Activity - Rainbow Walking Water

What a fun science experiment! The empty cups fill up and mix colors to form all the colors of the rainbow. This happens because of Capillary Action!

Follow the link for this fun experiment
https://www.youtube.com/watch?v=fYniUL4l_BA

Daily Challenge - Build a Train

A total of 12,000 lives were lost in the construction of the Panama Railroad, which is the oldest continually operating railroad ever in the world.

It is still fully functional as it transports passengers between the cities of Panama City and Colon.

Use your creativity and build a train.
<https://www.bonbonbreak.com/upcycle-egg-carton-train/>



Let's Stay Active - Zumba

Reggae en Español originated in Panama, known as Spanish reggae is very popular among youth, and spawned the Spanish language dancehall style known as the predecessor to reggaeton. One of the first artists who made Spanish reggae popular in the early 1990's and before it became mainstream worldwide is El General.

Try to keep up with this Zumba routine set to El General's Muevelo.

Follow the link below
https://www.youtube.com/watch?v=9U7XFjXiD_c&list=PLrjWw-mUbpUvRv86CC-tLHi90WdOx3G49jk&index=33