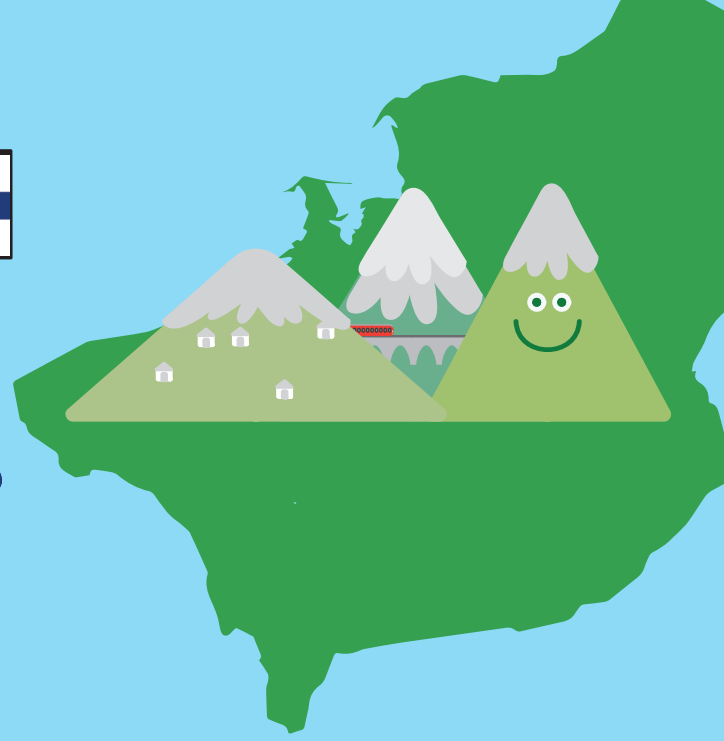
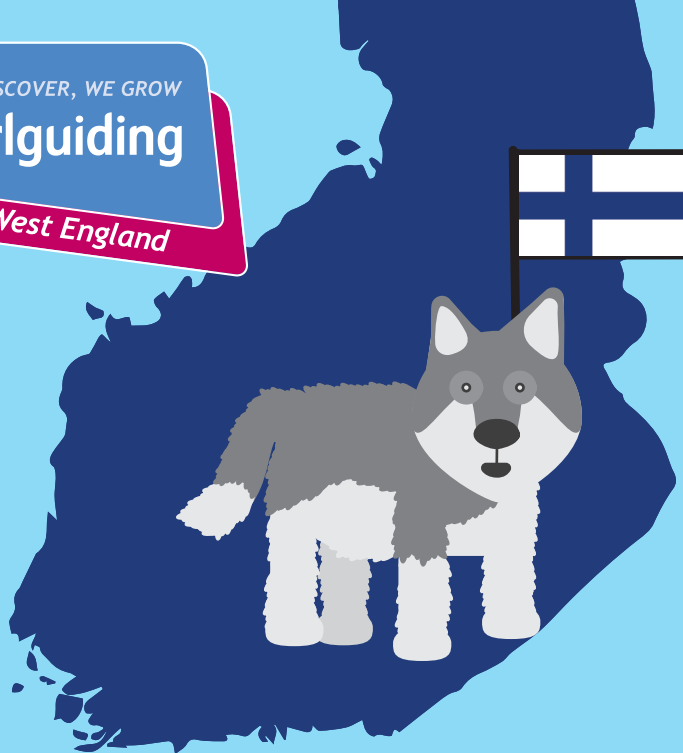


WE DISCOVER, WE GROW
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North West England

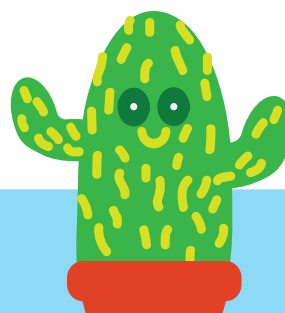
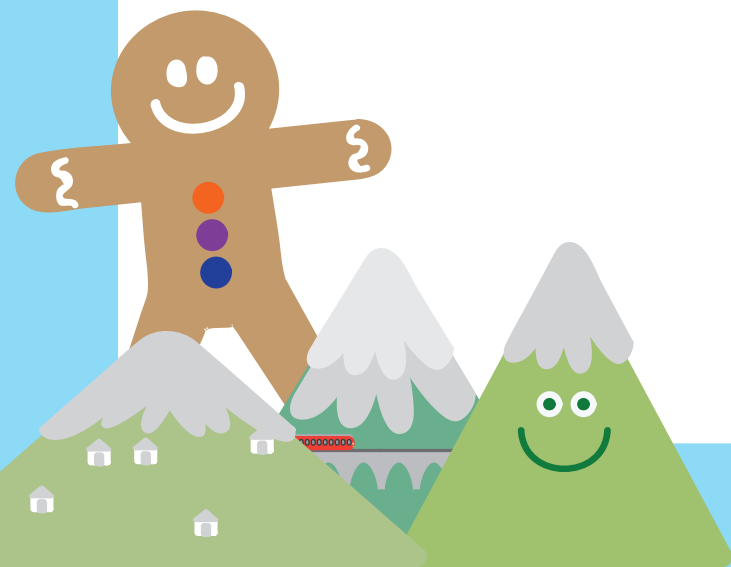


Let's Go... Support

INTERNATIONAL CHALLENGE 2019



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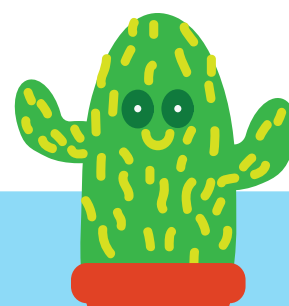
About 'Let's Go... Support'

This challenge has been developed by the Region International team and 2019 trip leaders and participants.

'Let's Go... Support' will take you on an exciting journey around the world and will bring the international experience to your unit. The challenges aim to give you a flavour of what it is like to get involved in an international experience with Girlguiding North West England and will help you to discover interesting facts about the destinations the Region is visiting this year, as well as the European Jamboree - an exciting international camp open to our members happening in Poland in 2020.

The 'Let's Go' scheme began in 2017 with 'Let's Go... Explore' and was followed by the release of 'Let's Go... Educate' in 2018. 'Let's Go... Support', 2019 represents the final year of the scheme. The aim of the 'Let's Go...' series was to ensure our Girlguiding members could achieve all three badges over the three years, even as they progressed through the sections.

All the badges can be sewn onto a camp blanket in a large triangle shape, as shown on the diagram below. The upside-down triangle, which makes up the fourth badge, can be gained by taking part in any international experience through Girlguiding.



International Trips 2019

This year, Girlguiding North West England will support four groups of young women on their international adventures. These teams will travel to Finland, Mexico, The Balkans, and Poland to take part in activities, get involved with local communities and to develop global guiding links. Our special 'Let's Go...Support' badge features our four mascots from this year's challenge pack. They represent different novelties from each country. You can find out more about them below.

How to complete the challenge

The 'Let's Go...Support' challenge is suitable for all sections to take part in. You can choose to complete activities as a Six, Patrol, unit... or another grouping of your choice! We've provided some helpful hints and tips for each activity, and how to take them further for older girls. Feel free to incorporate your own ideas and activities, if they are relevant to the challenge. We recommend you spend a minimum of three-unit meetings working on the challenge, and that you choose activities from a range of different countries. Rainbows and Brownies should aim to complete 3 - 6 activities; Guides and Rangers, 4 - 8. Don't worry if you don't have access to all the tools or materials listed in an activity - this is a flexible challenge! All the activities range in time and equipment needed, so you can adapt them to suit your needs. Remember that this is a fun badge, not a qualification, so a flexible approach is required. As long as you have taken a full and active part in the challenge, then you should receive your badge.

Characters



Remember

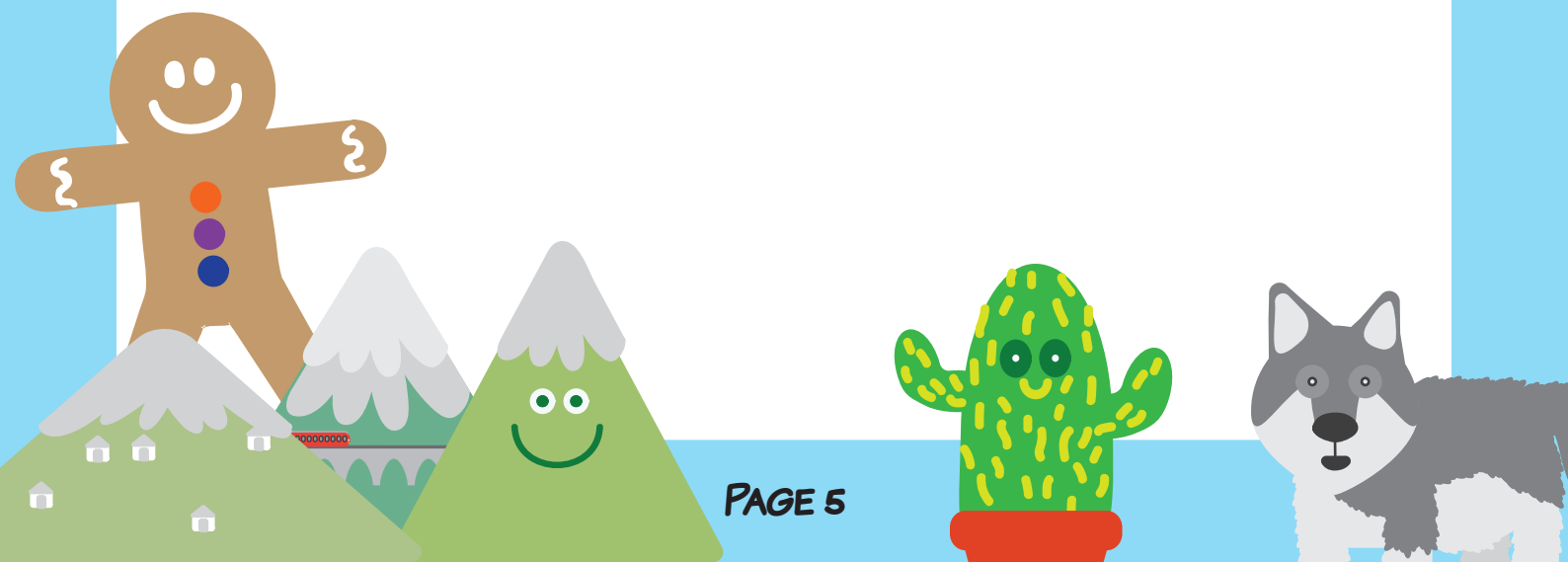
You should decide as a group which activities you would like to do. Why not get together for a Rainbow Chat, Brownie Pow Wow, or Patrol Meeting ?

How to order your badges?

Badges are £1 each and are available at the Girlguiding North West England shop. They can be purchased in store, or online here: <http://shop.girlguidingnwe.org.uk>

Why not try some of our top tips to make this challenge print-friendly:

- Print multiple pages to one sheet - make sure you can still read it though!
- Set your printer to print double-sided and use paper more efficiently
- Only print the pages and sections you need
- Print the challenge in black and white to save on ink





Chocolate Temples

Background Information

Our region team travelling to Mexico will be seeing the hints of Aztec culture everywhere- which remains since the Aztec empire. The country is a blend of Spanish and native cultures that can be seen in the architecture, food, art, and overall spirit. Did you know, an amazing Aztec find was only unearthed after an earthquake which struck Mexico in 2017? Here, a secret Aztec temple was discovered hidden inside an ancient Mexican pyramid. With this activity, you can learn about other cultures and make delicious Aztec treats by building your own temple out of chocolate, or any other materials you can get creative with.

Time: 1 hour

Suitable for: All sections

Equipment/Additional Materials:

Pictures of Aztec temples (Appendix 1)

Chocolate (if you are using it): Per six/patrol/group - 1 x200g bar of chocolate broken into squares

1 dessert spoon of chocolate spread

Plates/trays to use as a base

Knives or spoons

Alternative material: building bricks, stickle bricks, wooden blocks, cardboard

Method

1. Discuss in your groups or with your leader why temples are important. Why were they built? Who uses them? What do they do there? What are the different parts for? Perhaps you could look at pictures of Aztec temples on the internet and share them in your unit meetings.
2. Form a team of 4-6 girls.
3. Give out an even number of bricks per team.
4. Take some time to discuss how to design and build the temple. Write out a plan on some paper, or just have a simple discussion.
5. Work together with your team to create your temple using bricks and mortar.

Hints and tips

- Read the background information in appendix 1. It has lots of cool information about the Aztec religion to help you get started.
- Mortar can be sticky tape, glue etc. Depending on your initial discussion and the age/ability of the girls you can give each team a picture of an Aztec temple to use as a guide when they are doing the building activity.
- Try the Mexico quiz (appendix 2) and award a brick for teams that answer questions correctly. To make it more challenging, a bonus question could decide whether teams get mortar or not.

Taking it Further

- With your leader, explore Aztec belief systems (appendix 3) and discuss how they relate to your own belief systems.

Aztec Sundials

Background Information

Have you ever wondered how people told the time before clocks were invented? A sundial is a device that tells the time of the day using the position of the sun. It uses a flat plate (the dial) and a gnomon, which casts a shadow onto the dial; the markings indicate the time by the position of the shadow. Use your imagination and build a sundial using Aztec pictograms as inspiration.

Time: 30 minutes

Suitable for: All sections

Equipment/Additional Materials:

Paper to plan your design (or use the template in appendix 5)

Pencil

Paper plate

Colouring pens/pencils

Large craft/lollipop stick

Play dough/plasticine/blue tack

Method

1. Discuss how people could tell the time before there were clocks? How can the sun and shadows be used to tell the time?
2. Use paper and a pencil to sketch out your design of a sundial. Include symbols, numerals, and animal imagery the Aztecs used.
3. Sketch out the design on your paper plate and colour it. You can also add a design along the outer edge of the plate to make a frame.
4. Using the playdough/plasticine/blue tack to attach the large craft stick to the middle of the plate.
5. Take the plate outside and use it to tell the time. If your meeting place is too dark you can take it home and take pictures of it working in a sunny spot over the weekend.

Hints and tips

- Why not use the Aztec signs (appendix 4) representing different qualities, to express yourself in your own design? Would you use wind for strength, a house meaning love of home, or a lizard which means endurance? You can choose the most fitting ones from a full list in the appendix.

Take it further

- Use the Aztec day signs to create a picture of your Girlguiding friends. This can be done in pairs and you can share with each other how you described your friend in the Aztec key.



Aztec Ball Game



Background information

Ullamaliztli, the famous Aztec ball game, uses a court known as the tlachtli ball court, which is in the shape of an I. The ball court was one of the first things that was built when the Aztecs settled in the new area, which makes it one of the oldest and most important ancient game. A newer, more modern version of the game is still played in the indigenous population, to this day! In this activity, you will get active and work as a team to learn how to play the fun Aztec ball game.

Time: 20 minutes

Suitable for: All sections



Equipment/Additional information

2 Hula hoops
Masking tape
Football

Method

1. Split yourselves into two teams.
2. To start with, face each other on the court on either side of the line, but once the game starts you can go anywhere.
3. You need to get the ball into the hoop on the other side of the court from where you started.
4. You get 5 points for getting the ball in the hoop and 1 point every time the ball crosses the line.
5. BUT the ball cannot touch the floor, your hands or your feet. You have to keep the ball in the air and pass it between you using your elbows, knees, shoulders and head.
6. If the ball touches the floor, it is given to the opposing team and play resumes.
7. You decide how many points need to be scored for the game to end.

Hints and Tips

- Be careful of falling over and knocking yourself and other players as you attempt to get the ball during play.
- The court is in the shape of an I with a centre line, (traditionally it was 100-200-foot-long, but you can adapt it to smaller spaces that have enough room for girls to run about). There should be markers along the sides of the court and two rings (hula hoops) positioned at the middle of the two sides. You can use the masking tape to mark out the court and the line and markers etc.
- You can make this harder or easier by changing the size of the balls and the hole in the hoop.

Taking it Further

- Why not adapt the game by making up extra rules or using the markers along the side of the court in your games?
- Design a uniform for your team.
- Come up with a pre-team ritual or dance for your team to do before each game.



Hearty Gingerbreads

Background information

Traditionally, each capital in the Balkans set up a Christmas Market early December selling homemade crafts, food, and other exciting things. 'Buy Local' is a trend specifically in Montenegro where initiatives call on Montenegrins to buy handmade instead of mass-produced gifts for Christmas, which is why these markets are such a hit! Many of these countries bake goodies to sell to those visiting, including baked goods, sweets, meats and cheeses. Many sweets and baked goods are often shaped in hearts to really spread the love. Using the recipe in the below activity, bake and decorate gingerbread love hearts to tie in with Serbia, Montenegro & Bulgaria's love of baking.

Time: 45 minutes

Suitable for: All sections

Equipment/Additional Materials:

350g plain flour
 100g butter
 5 1/2 teaspoons ground ginger
 1 1/2 teaspoons ground cinnamon
 1 teaspoon bicarbonate soda
 175g light brown soft sugar
 4 tablespoons golden syrup
 1 medium egg

Method:

1. Preheat the oven to 180°C.
2. Put the flour, butter, ginger, cinnamon and bicarbonate of soda in a mixing bowl. Mix it all together with fingertips until crumbly.
3. Add the sugar, syrup and egg and mix until it forms a firm pastry mix.
4. Using the rolling pin, roll out the pastry to about 5mm thick. Make sure the surface and the rolling pin are well dusted with flour. Use gingerbread men cutters to cut out shapes.
5. Place the cut-out pastry on a greased or non-stick baking tray.
6. Bake in the preheated oven until golden, about 15 minutes. Check after 10 minutes. Gingerbread may be ready after 12 minutes in a fan assisted oven.

Hints and tips:

- Stay safe, make sure you use oven gloves, and only operate an oven with a suitable adult.
- If you don't have baking ingredients, why not use play dough and decorate your hearty cookies with glitter, glue, and craft goodies.

Take it further

- Why not research other tasty treats that come from countries in the Balkans and have a go at making and sharing them with your unit.

Traditional Dance of the Balkans

Background information

The Kolo is a traditional dance that originated in Serbia but is danced throughout Croatia, Bosnia, Herzegovina, and Slovenia. It is a group dance that is often performed at celebrations to bring people together. Starting off in a circle, people hold each other's hands making a chain or a union, following the same rhythm.

There are many different variations of the Kolo - all of which reflect the community spirit. Why not have your own Kolo dance to represent your guiding unit spirit!

Check out these videos to see how it's done:

www.youtube.com/watch?v=bQI2pp4AfX4

www.youtube.com/watch?v=07qN7RzIw0M&t=45s



Time: 30 minutes

Suitable for: All sections

Equipment/Additional Materials:

At least four group members

Kolo music: www.youtube.com/watch?v=tVevZnmpRkE

Method:

1. Stand in a line or circle. Hold hands no higher than waist height.
2. Moving to the right, take four side steps (right foot, left foot, right foot, left foot). On your fourth step, keep your left foot hovering in the air ready for your next step.
3. Take two small steps to the left, keeping right foot in the air after the second step. Do the same again whilst moving to the left.
4. Now, do the four side steps again but move to the left. After the four steps to the left, take the two side steps in each direction (starting with the right.)
5. Repeat this process.
6. If you would like to add a twist to your dance, put your left foot in front of your right when taking four side steps to the right. Do the same with your left foot when moving to the left.
7. In Kolo, all of the movement should be in the lower legs. To make it more challenging, you can hold hands.

Hints and tips:

- This can be made easier or simpler depending on the ability or age of your group. Watching the videos first will help you get an idea of the dance and can give you ideas about how to make the dance simpler/more challenging.

Take it further

- Make the dance more complex by adding in new steps, making the movement faster or trying a different formation.
- Research other styles of dance that are common in the Balkans. Are there any variations on the Kolo that you could try out? Or maybe even a completely different style of dance.



Martenitsa



Background information

Bulgaria is one of the great countries that belongs to the Balkans. Bulgarians continues to value many traditions and celebrations, many of which have been celebrated for years. One of the highlights of their calendar is Baba Marta (Grandma March). Celebrated on 1st of March, Baba Marta celebrates the start of spring. It is named after the mythical figure who brings with her the end of the cold winter and the beginning of the spring. The traditional day is celebrated by exchanging a Martenitsa which is often made of white and red yarn and usually in the form of two dolls. The dolls represent a male and a female called Pizho and Penda. It can also take the form of a red and white bracelet. Have a go at making your very own Martenitsa.

Time: 30 minutes

Suitable for: All sections

Equipment/Additional Materials:

Picture guide (appendix 6)

Red and White wool

A piece of cardboard (the height you want your doll)

Scissors

Method:

For Girl Doll Penda (use red wool for the main body)

1. Wrap the wool around the card at least 40 times.
2. Slide the wool off the book. Tie a separate piece of wool at the top end and cut the wool at the bottom end. To make the head, tie a piece of wool (in different colour) tightly around the wool to form a neck.
3. To make the arms, split the wool in two, and then split each half in two again. The outside bunches on each side are the arms. Tie each arm at the wrist (with different coloured wool) and trim the hands even.
4. Tie wool (different colour) at the dolls waist.

For Boy Doll Pizho (use white wool)

5. First, follow steps 1-4 as above.
6. Split the wool below the waist in half. Tie (in a different colour) each bunch at the ankle. Trim the feet even.
7. Attach the head to safety pin.

Hints and tips:

- Be careful when using the scissors, as they can be sharp

Take it further

- Martenitsas can also be made as the form of bracelets. Twist red and white wool together or knot as a friendship bracelet.
- Martenitsas are often given to friends and family as a symbol of good wishes. Give yours to someone you care about.
- Baba Marta is also a folklore in in other Balkan countries, research how these stories differ from country to country.

Aurora Borealis

Background information

The Aurora, sometimes referred to as, northern lights is a natural light display in the Earth's sky, predominantly seen in the high-latitude regions such as Finland. The lights are an incredible blend of green, purple, red or blue caused by electrons from solar winds. The fascinating light show is caused by collisions between electrically charged particles released from the sun that enter the earth's atmosphere and collide with gases such as oxygen and nitrogen. Create your own shining sky in a jar or paint the sky.

Time: 30 minutes each or whole meeting for both activities

Suitable for: All sections

Equipment/Additional Materials:

For Glitter jar:

One jar per girl
Glitter glue
Glitter
Warm water
Food colouring

For Paint the night sky:

Paper
Coloured Paint
Paint brushes
Glitter

Method:

For Glitter jar:

1. Choose a suitable jar.
2. Assemble glitter and food colouring.
3. Boil enough water to almost fill the jar. Pour the water into the jar once it has cooled slightly.
4. Add a few drops of food coloring. Go slowly, adding only enough to reach the color you desire.
5. Add the glitter. Tip in the glitter and the glitter glue. Stir to mix through.
6. Place lid on the jar securely.
7. Shake and use.



Paint the Night Sky:

1. Start with a blank piece of paper.
2. Be creative and think about the colours you want in the night sky such as orange, purple, blue, or just white and black.
3. Using your colour paints and brushes in water paint your version of the night sky. This can be the one you just looked at or one from a memory.
4. Add glitter for extra sparkle.
5. You could do this by a technique called marbling:
 - Use non-perfumed shaving foam.
 - Mix colours you want in.
 - Place paper on top to create desired effect



Hints and tips:

- When using paint and colouring, it is important to protect your work area and clothes.
- Be sure to use a jam jar which is safe to use with boiling water.
- Make sure the lid is screwed tightly, to prevent leaks when being shaken.

Take it further

- Use the internet to research pictures and videos of the Northern lights. Plot on a map where they are seen.

Finnish Furniture

Background information

The Finnish Artek stool was made in 1932 making it 86 years old! Designed by Alvar Aalto, the stool is one of the icons of Finnish furniture pieces. The design is often repeated and because of its geometry, the stools are known for their space-saving, easy to stack nature. To create this chair properly, takes 42 very important production steps. In this activity, you'll get to design your own furniture and create a model of your fab design.

Time: 30 minutes each or whole meeting for both activities

Suitable for: All sections

Equipment/Additional Materials:

For furniture design:

Plain paper
Coloured pens/pencils
Optional: scraps of fabric

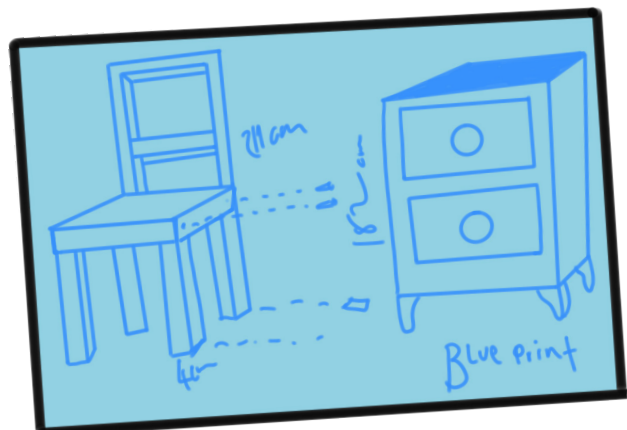
For 3D model:

Art Straws
Blue tack
Spaghetti
Pipe cleaners
Playdough (or any other malleable material)

Method:

Create a new furniture design:

1. Split into small groups and discuss what piece of furniture you want to design.
2. Top Tip: Think about the function of the material, what material would you use, the style it will be in, who will use it? You could use magazines to get inspiration.
3. Using a pen/pencil and a plain piece of paper, draw out your design.
4. Be creative and add colour or patterns or fabric to bring the design to life.
5. Share your design with the other groups.



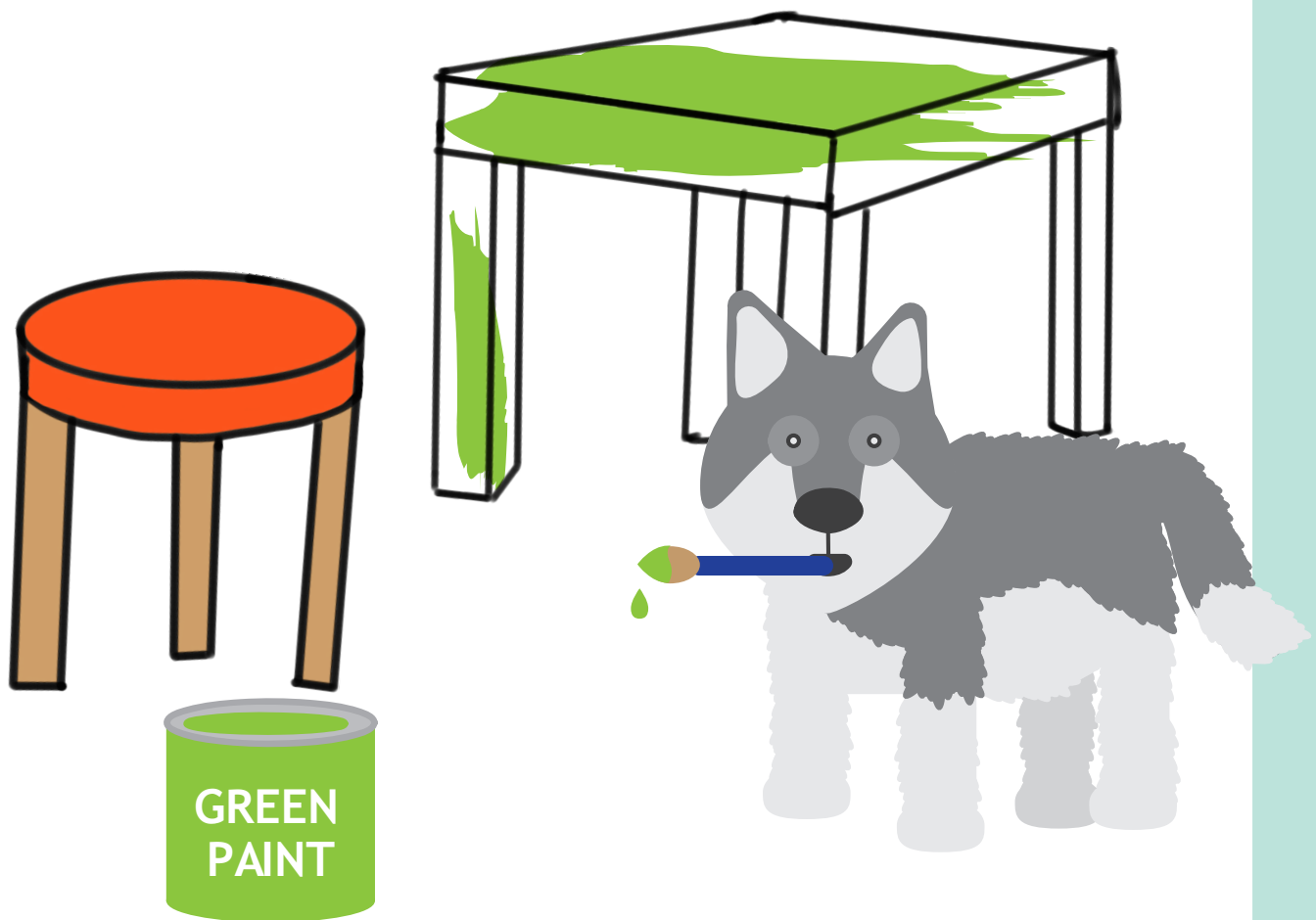
Method:

Create a 3D model:

1. Using your previous design collect the materials that you will use to build your piece of furniture.
2. Working on your own - try to create a small model of the design using playdough, clay, straws, spaghetti or whatever materials you have.
3. Once you have finished; show the model off to other unit members and see how they interpreted the design.

Take it further

- Take a unit visit to a furniture store to look at the furniture. Who is the furniture designed for? How does it work? What is it made of? Is there a piece of furniture that is similar to your design?



Create Yourself as a Haltija

Background information

Haltija are a Finnish version of gnomes or fairies and are believed to live everywhere you look and serve as protecting spirits for all things. There are Haltijas for nature, graveyards, and even humans. Human homes and buildings can sometimes have a protecting Haltija. Humans themselves may have a Haltija looking out for them, much like the idea of a guardian angel. A special kind of Haltija is the Joulutonttu, seen only at Christmas time; they are similar to Christmas elves, though without pointed ears.

Time: 30 minutes each or whole meeting for both activities

Suitable for: All sections

Equipment/Additional Materials:

Decorate a Haltija:

Haltija template (appendix 7)
Coloured pens/pencils
Optional: tissue paper, scraps of fabric

Haltija comic strip:

Plain paper or template (appendix 8)
Haltija character from first activity

Method:

Decorate a Haltija

1. Take a template picture.
2. Make clothes for your character.
3. Give them a facial expression.

Create a Haltija comic strip

4. Take a comic strip template.
5. Work in small groups to create a story for your character (Does your Haltija have a problem that needs solving? Have a few alternate endings).
6. Write up your comic strip.
7. Add your character in.
8. Add colour to make your story come alive.

Hints and tips:

- When working with a group to make a story, it is important to listen to each other and allow everyone a chance to input their ideas.

Take it further

- Make a video story for Guides and Ranger age by working in small groups to think up a story. You can each be a Haltija character and film your epic play.

TENT-TASTIC

Background information

European Jamboree 2020 is an exciting Jamboree for thousands of Scouts and Guides from all over Europe aged between 14 to 18, taking place in Gdańsk, Poland. Participants will be camping on Sobieszewo Island in Gdansk, the City of Freedom, on the coast of the Baltic Sea in Northern Poland, for just under 2 weeks. In this activity, you can have a go at working in a team to pitch a tent.

Time: 60 minutes

Suitable for: All sections

Equipment/Additional Materials:

Tent (s): you may want several so you can do this activity in small groups.
Space to pitch the tent (indoors or outdoors)

Method:

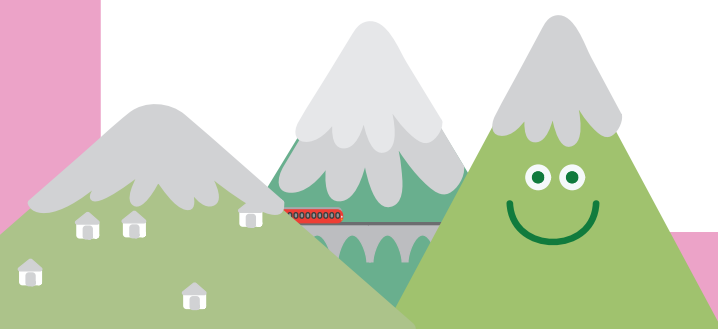
1. Pick a spot for your tent; find an area that is level as possible.
2. Unfold the tent and lay it out.
3. Insert the tent poles into the tent frame.
4. Thread them into the tent fabric, starting at one corner.
5. Time to raise the tent; pull the tent upright.
6. Tug poles as far apart as possible to make sure it is taut and roomy.
7. Peg out the tent.
8. Put up the inner tents.
9. Sit inside your tent and discuss what you think it would be like to camp for nearly 2 weeks. Brainstorm what your dream camp would be like. What activities would you do? What would the layout of the camp look like? What would you eat? Who else would be there? Etc.

Hints and tips:

- You could build a tent out of blankets etc. if you do not have access to a tent.
- You could pitch your tent inside (without pegs) if you do not have the outside space for this activity.

Take it further

- Perhaps you could race against other groups to see who can pitch the tent the fastest and who works as the most effective team.
- Challenge older girls to work together to pitch a tent with a twist! Have some girls who aren't allowed to touch the tent to direct girls with blindfolds to assemble the tent.
- Have a camping themed evening and make camp treats like dampers and smores.



International Friendship and Knots

Background information

Guides and Scouts around the world wear neckers (or scarves) as part of their uniform. At large camps/jamborees, there is a tradition of participants swapping neckers in an act of international friendship. Participants often also tie special friendship knots in neckers to demonstrate this. In this activity, you can practice tying friendship knots in neckers. Can you tie the knot on someone else's necker as a sign of friendship?

Time: 30 minutes

Suitable for: Guides and Rangers

Equipment/Additional Materials:

Neckers or triangles of fabric

Written instructions (appendix 9)

Video instructions for friendship knot tying: www.youtube.com/watch?v=Fc4E9C7mkMk

Paper

Pens

Method:

Use appendix as to see a picture guide on tying friendship knots.

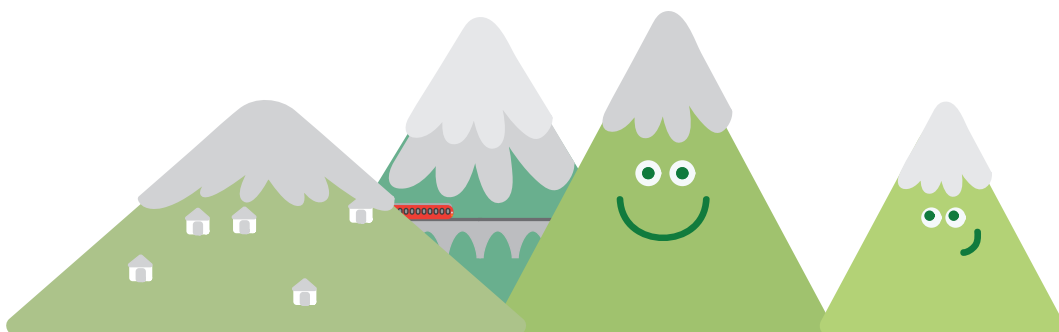
1. Roll the long edge of your necker first to give neat ends to tie.
2. Cross one end over the other then fold it back upon itself.
3. Bring the second end over the folded (first) end and take it round behind.
4. Bring end 1 down over end 2, then take end 2 round and over end 1 and tuck it through the loop formed by end 1.
5. Adjust the knot until the ends are even and the knot flat and square, tighten gently until it is the size you want.

Hints and tips:

- If you don't have any neckers you could try using triangular bandages instead.
- Remember to stay safe and not tie the knots too tight as this can be hazardous.

Take it further

- Why not make unit neckers? Find fabric you like and get sewing.
- Explore other useful knots for camping.
- Set yourself a knot challenge and see if you can tie the knots with your eyes closed.



ACT it out!

Background information

The educational motto for European Jamboree 2020 is 'ACT'. This is about realising that every Guide possesses the potential to become a driver of social change. Members of Girlguiding are invited to go to European Jamboree and discover their power, find out where their helping hands are needed, and inter-ACT with others of various cultures. To ACT, is to make positive change and for this, your voice needs to be heard. This fun activity will make you realise how difficult it is to make yourself understood and to make change if your voice cannot be heard.

Time: 10 minutes

Suitable for: All sections

Equipment/Additional Materials:

A group of at least 5 people
Bags of enthusiasm

Method:

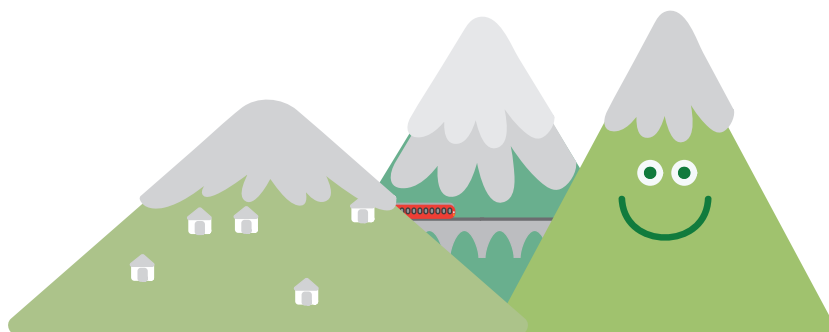
1. Sit or stand in a line one behind the other (if there are more than 15 people in your unit split into two smaller groups).
2. Give the girl at the back of the line an everyday action such as washing up or feeding the cat.
3. This girl should mime this action to the girl in front of her, who then mimes it to the girl in front of her. Repeat in silence until every girl in the line has had the action mimed to her.
4. When the action has reached the front of the line the girl at the front should guess what the original action was.
5. Discuss together...
 - a. Was the task easy or hard? Why? What would have made it easier?
 - b. Can you think of people in the world who do not have a voice? Why not? How can we help them?

Hints and tips:

- You could write out the actions on slips of paper and pick them out of a bowl to mime.

Take it further

- Make the activity harder and instead of miming everyday actions, mime causes or campaigns that you are aware of.
- You could use your creative skills and the voice you have, to promote change i.e. write letters to your MP about an issue you are passionate about, make posters or design social media campaigns etc.



Aztec Temples

Aztec temples were usually found at the top of pyramids and they are often called temple pyramids. They were built using ancient Mesoamerican architectural traditions that went back thousands of years. A temple-pyramid was always a tall structure consisting of four main platforms. A grand stairway runs up one side.

The Aztecs believed their pyramids were the homes of their gods and places of worship. Burial sites have been found inside the temple walls, and the pyramids were also used to perform rituals of sacrifice. The pyramids had flat tops - and called ziggurats - and were mostly located inside busy cities. They were centres of regular worship and festivities and used as centres of astrology and astronomy.

The temples were used as centres of worship, religious schools, astronomical observatories, sacrificial centres. They were also the focal point of regular religious festivities involving the whole community. Archaeologists have found incredible artefacts inside the different layers of Aztec temple-pyramids. These decorated pots or carved stones were most likely offerings to the gods. Sacrifices were made to the gods at the top of the temple. Sometimes the bodies of the people sacrificed were thrown down the stairs after they were sacrificed.



Mexico Quiz

You can use all these questions as part of a quiz or choose your favourites. We wanted to give you as much choice as possible.

Which state in Mexico has the same name as a breed of dog?

Chihuahua

What bird is found on the Mexican flag?

Eagle

What is the capital city of Mexico?

Mexico City

What name is given to a thin Mexican bread?

Tortilla

What is the main vegetable used in guacamole?

Avocado

Which country is in between Mexico and Canada?

USA

What is Mexico's most commonly used language?

Spanish

What festival occurs in Mexico on the 2nd of November?

Day of the dead

Which country did Mexico get its independence from?

Spain

When did Mexico gain its independence?

1821

What is the date of Mexican independence?

16 September

Which native peoples lived in Mexico for thousands of years and built great temples?

Aztec and Mayans

Frida Kahlo is a famous Mexican painter. What childhood disease resulted in her disability?

Polio

Which of the WAGGS five world centres is in Mexico?

Nuestra Cabana

What is the national animal of Mexico?

Xoloitzcuintli (a hairless dog)

What is the national plant of Mexico?

Nopal or prickly pear, it is on the flag

The Axolotl is an iconic Mexican animal, but where does it live?

In rivers and lakes

The ocelot and jaguar live in Mexico's rainforests, what kind of animals are they?

Cats

Aztec Belief Systems

In Aztec religion, there were many Sun Gods. There were five main ages in Aztec religion and therefore five suns - meaning that there were five main Sun God's too. These five ages represent different parts of Aztec history.

Tezcatlipoca (smoking mirror) was the first god to be a sun. He was the god of the night and an enemy of Quetzalcoatl (who we'll learn about later). Quetzalcoatl knocked Tezcatlipoca from the sky, and in revenge Tezcatlipoca took the form of a jaguar and destroyed the world.

Next, we have the defeater, Quetzalcoatl (feathered serpent). The great rivalry started with Tezcatlipoca continued and the jaguar knocked him too from the sky. This brought the end of the second Sun God and with it, brought a great wind and a huge wave of destruction over the earth.

The third god chosen to become a Sun God was Tlaloc - who was a god of rain. Although chosen by his fellow god's to take on this role, one was not happy, and Quetzalcoatl made fire rain down, once more devastating and destroying the earth, bringing with it the end of Tlaloc's age.

The fourth Sun God, was actually a Sun Goddess. Chalchiuhtlicue (lady of the jade skirts) was actually Tlaloc's sister and was specially chosen by Quetzalcoatl to rule the skies. Chalchiuhtlicue was the goddess of the waters - but once again, the sparring gods caused destruction of the world, which were destroyed by floods. This devastation brought an end to Chalchiuhtlicue rule as Sun Goddess and an end to this age of the world.

After the reigns of these four Sun God's ended in such disaster, no other god wanted the role of being the sun. A council was formed to decide who would take rule and it was decided that the last Sun God would have to offer his life so that the people of the world would survive. One humble god, Nanauatl and one wealthy god Tecciztecatl were chosen. A fire was lit and the god who leapt into the fire would become the Sun God. Tecciztecatl was proud and wanted the immortality becoming the Sun God would bring, but was not able to jump into the fire as the flames were too hot. Nanauatl, the humble and wise god jumped in without a second thought. Not to be outdone by a rival, Tecciztecatl jumped in right after him, meaning that the five age brought with it two Sun God's.

But of course it wasn't this simple, the gods did not think two Sun God's was right and so they threw a rabbit into the fire, which dimmed Tecciztecatl's brightness - and so he instead became the moon, leaving Nanauatl to be the Aztec Sun God. He was then given the name of Tonatuih - and it is his face that many believe adorns the Aztec sun calendar stones.

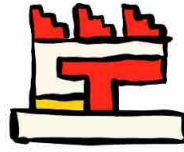
Day signs



Alligator
Quick response



Wind
Strength



House
Love of Home



Lizard
Endurance



Snake
Meditation



Death
Life Force, Vitality



Deer
Alertness



Rabbit
Speed



Water
Cleanliness



Dog
Loyalty



Monkey
Agility



Grass
Healing (herbs)



Reed
Music



Jaguar
Grace



Eagle
Great spirit



Vulture
Hope



Movement
Sensitivity



Flint
Renewal



Rain
Fertility



Flower
Contentment

Aztec Sundials



How to make a Martenista

1.



2.



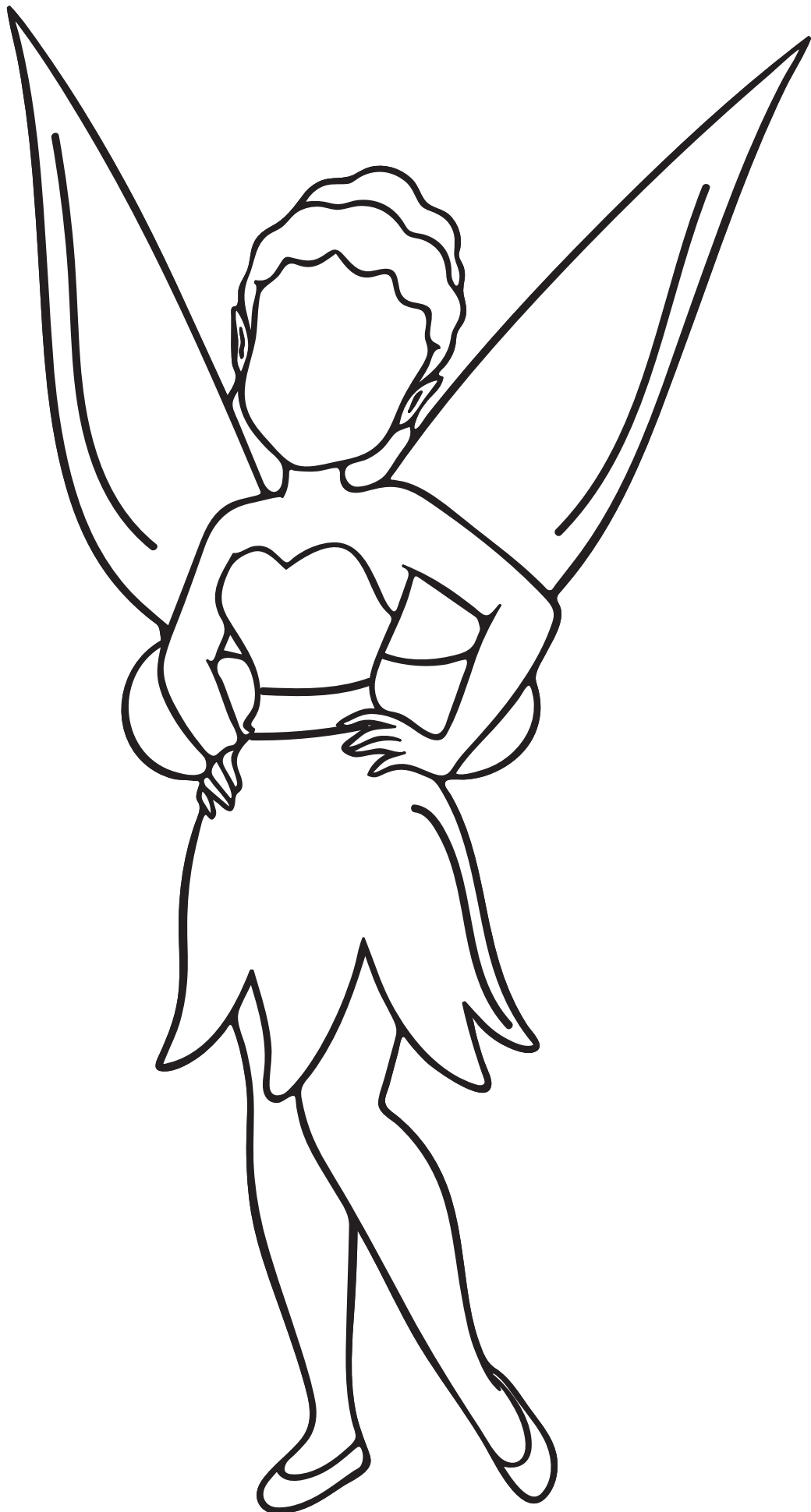
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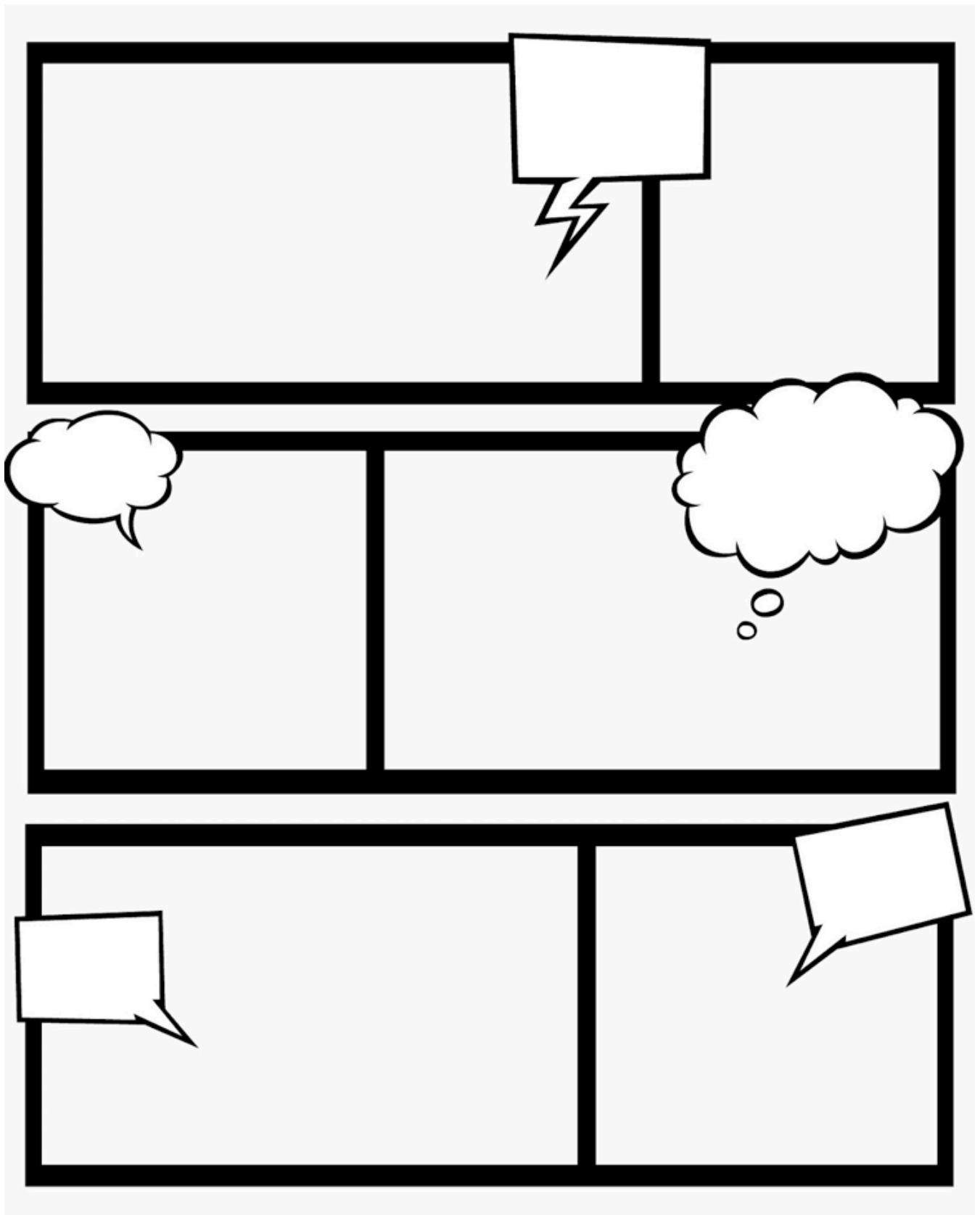
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Haltija Template



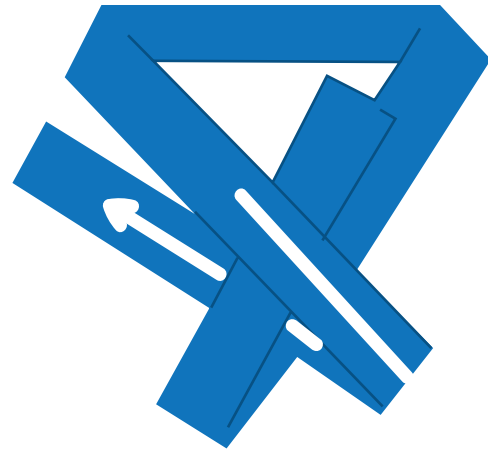
Comic Strip Template



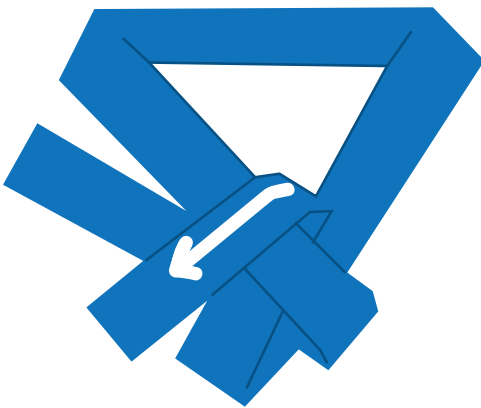
Friendship Knot



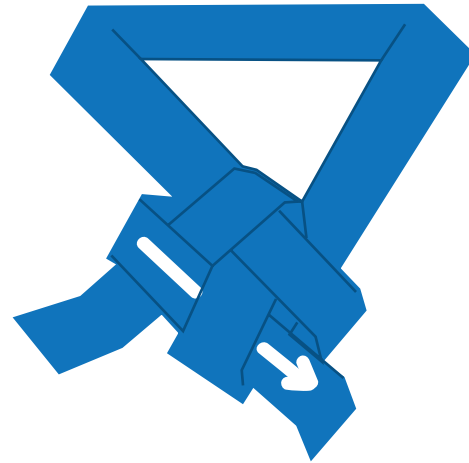
1. Put neckerchief around neck. Fold bottom of left-hand side up.



2. Put right-hand side over this and fold underneath



3. Fold the loose end of the left-hand side down as shown.



4. Use the loose end of the right-hand side to complete the knot.