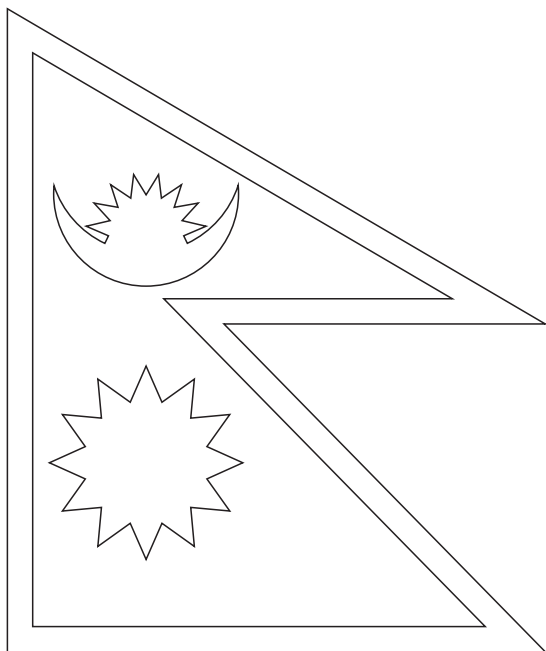


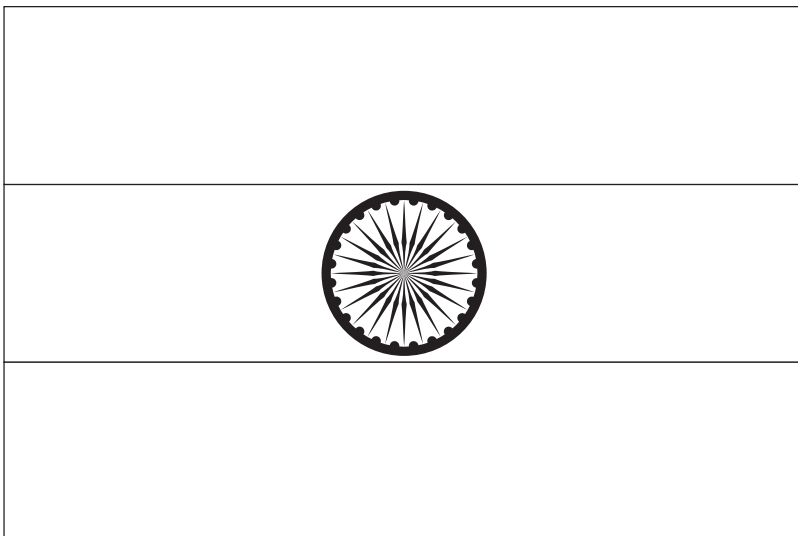
Color The Flag



NEPAL

DIRECTIONS:

Color the border dark blue. Color the inside of the flag red. Leave the two figures white.



INDIA

DIRECTIONS:

Color the top stripe yellow. Leave the middle stripe white. Color the bottom stripe green. Color the wheel, spokes, and hub in the center dark blue.

Let's Play

FOUR CORNERS (INDIA)

INSTRUCTIONS:

This is often played by elementary schoolchildren. Four corners are designated, and a player is chosen as "it." The rest of the players go into the corners. At a signal, the players have to swap corners without being caught. If a player is caught by "it," he or she becomes "it."

LANGDI

INSTRUCTIONS:

Langdi is played by two teams. Toss a coin and the team that wins the toss defends first. The teams face each other, and the opposing team sends a player to tag as many defenders as he or she can, while hopping on one foot. The team that tags the most defenders wins.



Let's Create

TIGER MOBILE (NEPAL)

SUPPLIES:

Paper
Crayons, colored pencils, or colored markers
Scissors
Two 8–10 inch (20–25 cm) wooden rods or unsharpened pencils
Paints
String
Tape

INSTRUCTIONS:

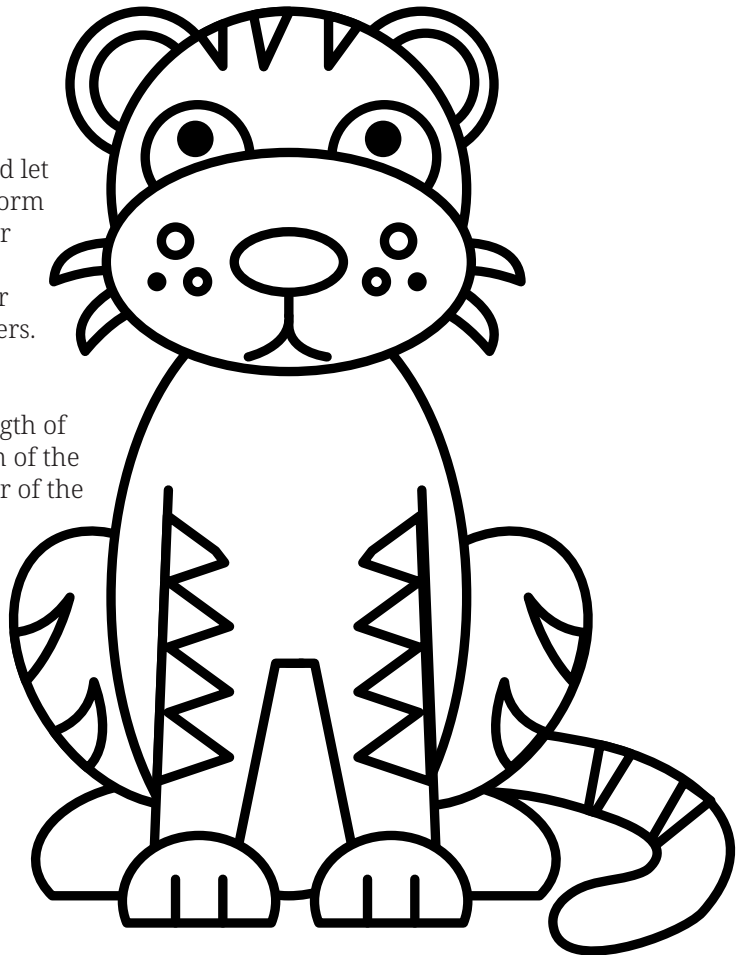
Paint the wooden rods and let them dry. Cross the rods to form an X, and bind them together securely with string.

Print off or trace four tiger figures onto paper. Color tigers. Cut out figures.

Cut five 18-inch (45-cm) lengths of string. Tie one length of string to the end of each arm of the mobile, and one to the center of the X to hang the mobile from.

Attach each of the dangling ends of the strings to the back of a tiger with a piece of tape.

Hang up mobile and enjoy!



Tiger Printable Template by SuperColoring, available under a Creative Commons Attribution-NonCommercial 4.0 License at <https://www.supercoloring.com/paper-crafts/tiger-printable-template-0>.

Let's Cook!

MANGO LASSI (INDIA)

INGREDIENTS

1 cup (240 ml) plain yogurt, chilled
1/2 cup (65 g) powdered sugar
1 cup (240 ml) mango puree

1/2 tsp (2.5 ml) cardamom powder
2 tbsp (30 ml) fresh cream, chilled

INSTRUCTIONS:

Mix yogurt and powdered sugar in a bowl until the sugar is dissolved. Add mango puree, and mix well. Add cardamom powder and cream, and mix until you have a thick, creamy, and smooth texture. You can add a little water or milk if it is too thick to drink easily.

Pour into a glass and serve chilled.



BigStockPhoto.com