



ULTIMATE GUIDE FOR PLANNING A SENSORIAL WORLD CULTURE STUDY

How To Include the Five Senses in Planning a
Country Study With Your Child



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Welcome

Thank You For Downloading this Guide to Plan your World Culture Studies!

Children deserve to live in a world where there is mutual respect and acceptance of differences in customs, beliefs and cultural practices. They deserve to live in a world free of judgment and not be subject to cultural stereotypes. It is also important that each and every one of us learn how to live more sustainably so we can protect and preserve our planet for ourselves and future generations.

I have been engaging my children in multi-sensorial world culture activities since they were very little and we have been taking small steps towards living more minimalistically and sustainably. I believe that every child (from a young age) should be raised and taught the values of respect, tolerance and empathy to show not only others but also to our only living planet. I believe that by learning about different countries' cultures we understand how similar-yet-different the people on our planet are.

This guide includes resources to help you plan a country-study around the five senses. I've also included my blog link to low-waste or 'no-prep' ideas if you want resources that are easy to implement without any preparation.



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OF THE GUIDE

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APARNA | WWW.GLOBALMINDFULJOURNEY.COM



*“First the education of the senses,
then the education of the intellect.”*

*“The senses, being explorers of the
world, open the way to knowledge.
Our apparatus for educating the
senses offers the child a key to guide
his explorations of the world, they
cast a light upon it which makes
visible to him more things in greater
detail than he could see in the dark,
or uneducated state.”*

Dr Maria Montessori

Italian Educator and Founder of the Montessori
method of education

According to the Montessori education philosophy, children between the ages of 2-6 benefit greatly from activities that strengthen their 5 senses. Using this principle, I plan all our world culture studies around the five senses namely gustatory, olfactory, visual, tactile and auditory to enable my children to learn about the world in a sensorial-rich environment.





Share With Me!

Show me your inspired cultural studies and tag me on Instagram @globalmindfuljourney using the hashtag #globalmindfuljourney for a chance to be featured. I would love to see you and your child enjoying studying about the world using the resources mentioned here.

Thank you again for your interest in exploring the world with your child in a fun, sensorial manner and I am honored to be a part of your learning journey.

Yours,
Aparna

*Adventure Is
Worthwhile In Itself*

Amelia Earhart
Aviation Pioneer and Author

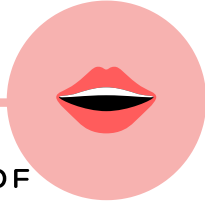
World Culture Study

5-SENSES ACTIVITY CHEAT SHEET + CHECKLIST



A Comprehensive Cheat Sheet and Checklist For a Five Senses World Culture Exploration With Your Child

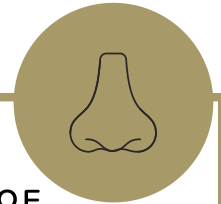
5-Senses World Culture Study at Home



GUSTATORY (SENSE OF TASTE)

- Traditional Recipes
- Food Sampling at Restaurants
- Local Snacks from Specialty Stores
- Food Delivery

Your Ideas: _____



OLFACTORY (SENSE OF SMELL)

- Local Herbs, Flowers and Spices
- Local Foods with Strong Scents (e.g., cheeses)

Your Ideas: _____



TACTILE (SENSE OF TOUCH)

- Traditional Crafts
- Building Landmarks
- Art and Colouring Pages
- Art History Studies

Your Ideas: _____

AUDITORY (SENSE OF HEARING)

- Traditional Music & Language
- Audio Stories

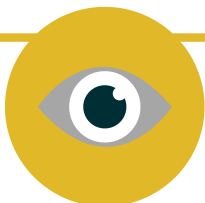
Your Ideas: _____



VISUAL (SENSE OF SIGHT)

- Costume Dress Up or Paper Doll
- Map Work
- Flag Work
- Books (Non-Fiction and Folk Tales)

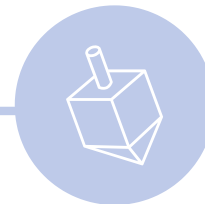
Your Ideas: _____



LOW WASTE ALTERNATIVES

- Local Games
- Apps, Podcasts, Websites
- Virtual Tours to Landmarks (Google Arts & Culture App)

Your Ideas: _____



Activity Checklist

- | | |
|---|---|
| <input type="checkbox"/> Cooking | <input type="checkbox"/> Restaurant Visit |
| <input type="checkbox"/> Specialty Foods | <input type="checkbox"/> Food Delivery |
| <input type="checkbox"/> Herbs, Flowers, Spices | <input type="checkbox"/> Foods with Strong Scents |
| <input type="checkbox"/> Traditional Crafts | <input type="checkbox"/> Local Iconic Art |
| <input type="checkbox"/> Art History Study | <input type="checkbox"/> Build Landmarks |
| <input type="checkbox"/> Music and Language | <input type="checkbox"/> Audio Stories |
| <input type="checkbox"/> Map Work | <input type="checkbox"/> Flag Work |
| <input type="checkbox"/> Costume Dress Up or Paper Doll | <input type="checkbox"/> Book Reading |
| <input type="checkbox"/> Podcasts | <input type="checkbox"/> Apps |
| <input type="checkbox"/> Games | <input type="checkbox"/> Websites |

Cook Traditional Recipes

Exploring foods from different countries gives children a chance to relate to kids around the world. I enjoy cooking global cuisines with my children as it provides opportunities for them to cook independently and also learn to have respectful interactions in the real world.

Visit a Local Restaurant

We love visiting restaurants offering the cuisine from the featured country of study. If you have an opportunity to enjoy global cuisines at a restaurant in your town, I encourage you to consider it! You are also supporting local businesses this way!



Purchase Specialty Foods

Most major supermarkets have an international food section aisle. You can buy fun snacks, sweets, fruits or veggies from the country of study. Your child also gets a chance to observe different languages printed on the snack package.

Get Food Delivered/Takeaway

If the restaurant has home delivery or takeaway options, these are great alternatives if you can't visit the restaurant (bonus if you can bring your own container to avoid packaging waste!).





Gather Local Herbs & Spices

When researching local foods from the country of study, it might help to pick out a few ingredients from the recipe list that have a signature fragrance. Think *fresh or dry herbs* (basil for Italy, turmeric/ginger root for South East Asian countries) and *spices* (saffron, cinnamon for Asian and European cuisines).

Find Foods with Strong Scents

When I'm doing research on specialty foods from a country, I'm always on the lookout for those that have a strong scent [the good or bad is highly subjective!:]. For example, French or Italian Blue Cheeses and yeast spreads from Switzerland and Australia.

Make Traditional Crafts

Every country is known for its handicrafts made by local artisans. There are also those made during holidays and celebrations. Making musical instruments from recyclable materials can also be fun! When planning craft activities for your child it would help to take note of these.

Make Art of Local Icons

I use an online art lesson subscription to give my children an opportunity to learn how to draw the country's famous national icons: the flower, flag, bird, animal or foods. You could also set up an invitation to 'copy' a local souvenir/icon or print out colouring pages of the same.



Learn about Famous Personalities

Learning about famous personalities like artists and their artwork, scientists and their inventions or activists and their achievements is a wonderful way to learn about the featured country of study. Some ideas here would be to re-create art pieces or conduct experiments.

Build Landmarks

If you have pictures of famous landmarks and open-ended building play materials like wooden blocks, Lego, Popsicle sticks/glue/string, you could set up 'invitations to create' so your child can build such landmarks.

Listen to Traditional Music

While we play games, sample country-specific foods or even do crafts, I love having folk or traditional music running in the background to give the kids an opportunity to appreciate the music and language from that country. Include learning of simple phrases in the language spoken in the country of study!

Hear Audio Stories

Audio stories are a wonderful way to stimulate the auditory sense. There are various apps and websites offering global stories of fiction/folktales and non-fiction (see resources below)

Invest in a Map or Globe

Having a world map in your home is an excellent way to strengthen your child's visual sense of the whole world and to form accurate mental maps. A globe allows them to have a relative sense of the locations of various land and water forms.

Learn about Flags

Flags are national symbols of a country and learning about them gives children an opportunity to understand the significance of their cultural beliefs, values and symbols important to them. We use colouring sheets and our wooden blocks to recreate country flags.



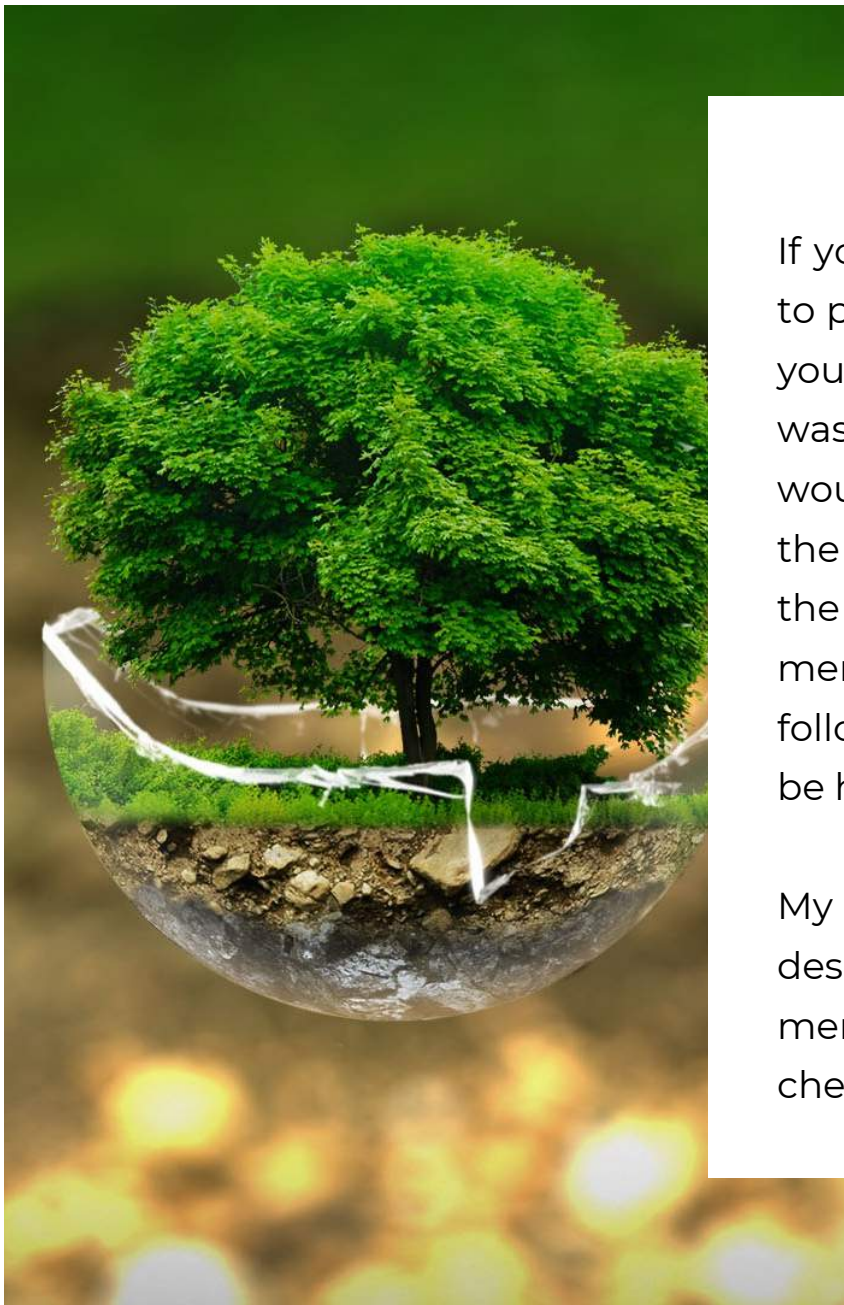
Costume Dress Up or Paper Doll

National Costumes are a reflection of a country's traditional arts and are typically worn during important events such as festivals, celebrations, weddings and others. Our friends around the world send us costumes or we print paper dolls to learn about them.

Read Books

If you have a library close to where you live, reach your maximum borrowing limit! If you can't borrow books where you are, there are various websites offering read-alouds of books you intended to read with your child. Introducing traditional folktales not only instills a love for reading, it also helps children understand the country's cultures and positive values. Reading non-fiction books consolidates your child's memory of country facts too.

Low Waste Resources for Planning Your World Culture Study



If you don't have the time to plan materials ahead or you want a no-prep/low waste experience and would still like to explore the world with your child, the resource links mentioned in the following checklist might be helpful.

My blog post [here](#) describes the resources mentioned in the checklist below.

A SUSTAINABLE STAY-HOME GUIDE FOR WORLD CULTURE EXPLORATION WITH KIDS

AUDIO STORIES

Magic Tree House (on [Audible](#)) • [Around The World Stories](#)

PODCASTS

World of Wonder • Kid-Friendly Geography Fun Facts
• Barefoot Books • Goodnight Stories for Rebel Girls

APPS

[Montessorium: Intro to Geography](#) • [Barefoot World Atlas](#) • [Google Arts & Culture](#)

GAMES

[Games Around the World \(by Globe Trotting Kids\)](#)
• [Global Kids \(Cards by Barefoot Books\)](#)

MUSIC & FOOD

Music Exploration: [Putumayo Kids](#) Playlist (Spotify)
Local Foods: Recipes from [Global Table Adventures](#) • Food Delivery

WEBSITES

[National Geographic Family & Kids](#) • [Scholastic Global Trek](#) • [World Geography Games](#)



Sustainable Tips

01 Use What You Have

Before thinking of purchasing new material for your child's art projects, look around your home and see what you can give a second life to. For example, using the blank side of printed paper or recyclables.

02 Swap Materials

Look for various social media platforms (such as FaceBook groups) in your community that allow members to swap/barter unwanted art materials for something you may find useful. One man's trash is another man's treasure!

03 Hold Off Printing

Unless absolutely necessary, save the trees and print frugally. You can take notes off a curriculum if you need to on your phone or read off the screen before the start of a project. If you need to print, use the blank side of printed paper!

04 Support Local

Wherever you can, purchase materials required for your projects from local (if possible women-owned!) businesses. Supporting and encouraging small businesses helps local communities and often have a lower carbon footprint as well!

05 Rent or Borrow

Numerous book choices are now available for a country study. Do not get overwhelmed and feel the need to own them all. Your local libraries or even friends may have the titles you require so don't be shy to rent or borrow them!

My Favourite Resources

In the following pages, I have listed all the resources that we personally love and use in our home to complement our cultural studies.

Some are free resources while others are paid memberships.

Each of the resources mentioned have been tried and tested by our family and were purchased by us before this guide was published. All opinions expressed are my own and are not sponsored. This guide contains a few affiliate links (at no cost to you!) that help me maintain my blog and find amazing resources for you!



My Favourite Resources for 'Tactile' Activities



Build Your Masterpiece Class

Alexandra has lovely multi-age Europe studies that include craft ideas, artist studies, book recommendations and recipes to try out with your child. Her lesson plans also include QR codes that lead to additional resources specially curated for the country study. Use code JOURNEY15 to get 15% off any printable on her [website](#).



Our Crafty World

The country [projects](#) posted by Carrie Smith are really inspiring and we love using them for our country studies. Her country board and concentration game printables are wonderful to strengthen understanding of country facts in a fun way!



The Curious Wanderer Society

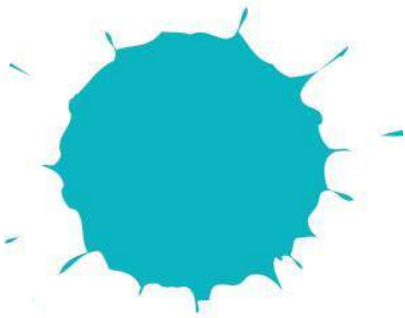
I absolutely adore Hana's comprehensive [country guides](#) and am inspired by so many of her art, craft and recipe ideas! She has a fantastic book recommendation list for every country as well. Look out for secret missions sent to your email inbox when you subscribe to her newsletter!

My Favourite Resources for Art Activities



Artventure

We are huge fans of Kirsty's online art lessons which we also use in our country studies. For example, when learning about Italy, we drew the Leaning Tower of Pisa after watching her tutorial video. It's always fun to include art to learn about the world! You can subscribe for her online membership [here](#) (*affiliate link*) to gain access to hundreds of art tutorial videos!



Art History Kids

Lotus has numerous open-ended art history exploration ideas to occupy children while they interpret masterpieces to make their own creations. Lotus includes comprehensive booklists for each artist study and the ideas she includes in her curriculum allow for creative interpretations rather than a set of "how-to" instructions. We have a subscription to her [Studio Membership](#) (*affiliate link*) where a new theme related to art history is explored each month and includes a flexible, open-ended style curriculum.



Artsy Craftsy Mom

Shruti is a passionate craft blogger and has been sharing art & craft ideas on her popular blog for years! Every country unit-study of ours in the past included an art history element and I loved (and still do!) referring to her blog for inspiration! You can access her free art history activity resources [here](#).

My Favourite Resources for 'Auditory' Activities



Around The World Stories

Around the World Stories is a subscription-based original audio story series created by a parent couple after their travels around the globe. Each week, a 30-min original adventure story clip is delivered to your inbox along with a comprehensive parent guide that includes activities, recipes and fun facts about that country. You can also view a sample of their parent guide [here](#) before deciding to [subscribe](#) ([affiliate link](#)).



Putumayo World Music

One of my favourite music playlists on the Spotify app is 'Putumayo Kids'. They have a wonderful selection of music from around the world that are much loved by my children. You can download various Putumayo Kids Playlists (based on the featured country of study) on the Spotify app and can read about Putumayo Kids on their official website [here](#).



Gus on the Go Languages

Gus on the Go is a language app that offers 10 interactive lessons, engaging vocabulary reviews and delightful games for 30 languages. They have numerous printables available for each language which can be found [here](#).



Keen To Read About How I Use this Guide in Planning World Culture Studies for My Kids?

I am honored that you found this guide useful in helping you plan country studies for your child. I write about our low waste lifestyle and world culture studies (using the resources mentioned in this guide) on social media as well as on my blog.

I'd love for you to follow my family's low waste and home learning journeys on my social media (links below!).

Stay safe and blessed!

Aparna

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