

Activity Guide for Educators

MATH

Himalayan Heights

How tall are the Himalayas when compared to mountain ranges from around the world?

Select four ranges from across the world—for example, the Himalayas, the Andes, the Alps and the Rocky Mountains. Once you find out the height of the tallest peak in each range, break it down into 'height blocks'—for example, Mount Everest is 29,029 feet tall, which could be broken down into 5 blocks of 5,000 feet, 4 blocks of 1,000 feet and approximately 3 blocks of 10 feet. Using cardboard boxes of different sizes, build each peak in the classroom to demonstrate the difference in heights. This will help the class understand basic ratios—for example, how many times larger is Mount Everest when compared to Mount Elbert in the Rockies? (Answer: 2 times)

Additional Resources

Mountain Ranges by Height—
<https://owlcation.com/stem/TopTenMountainRanges>

New vs. Older Ranges -
<https://www.soest.hawaii.edu/GG/ASK/mountains.html>



SCIENCE

Phases of the Moon

Follow Tashi's example and encourage your class to observe the moon for a lunar month. Create a simple calendar for them to record their observations and have them draw out the shape they see each day. Encourage them to think about why the moon waxes and wanes, even allowing them to think up of creative explanations. Follow this up with a presentation on lunar phases (see link for additional ideas).

Finally, here is a sweet story to narrate in class—

There once lived a tailor who grew tired of making clothes for people. He sat by the window and looked out wondering how he could make his life interesting. He saw a full moon high up in the sky and he had a brilliant idea. "Why don't I make a shirt for the moon?" he thought to himself. The next morning, he cut a large piece of fabric and sewed a shirt that he thought would fit the moon. He worked on it day and night and it took him a few days to finish it. When he did finish, he was disappointed to find that it was too big for the moon. He promised the moon he would fix it. He cut it down to a few sizes smaller. He found it still too big for the moon. He worked on it once again and when he finished it a few days later, the moon had disappeared entirely! (The story repeats for the waxing moon.) Finally, when he saw the full moon, he was extremely frustrated. He vowed he would never ever make a shirt for the moon.

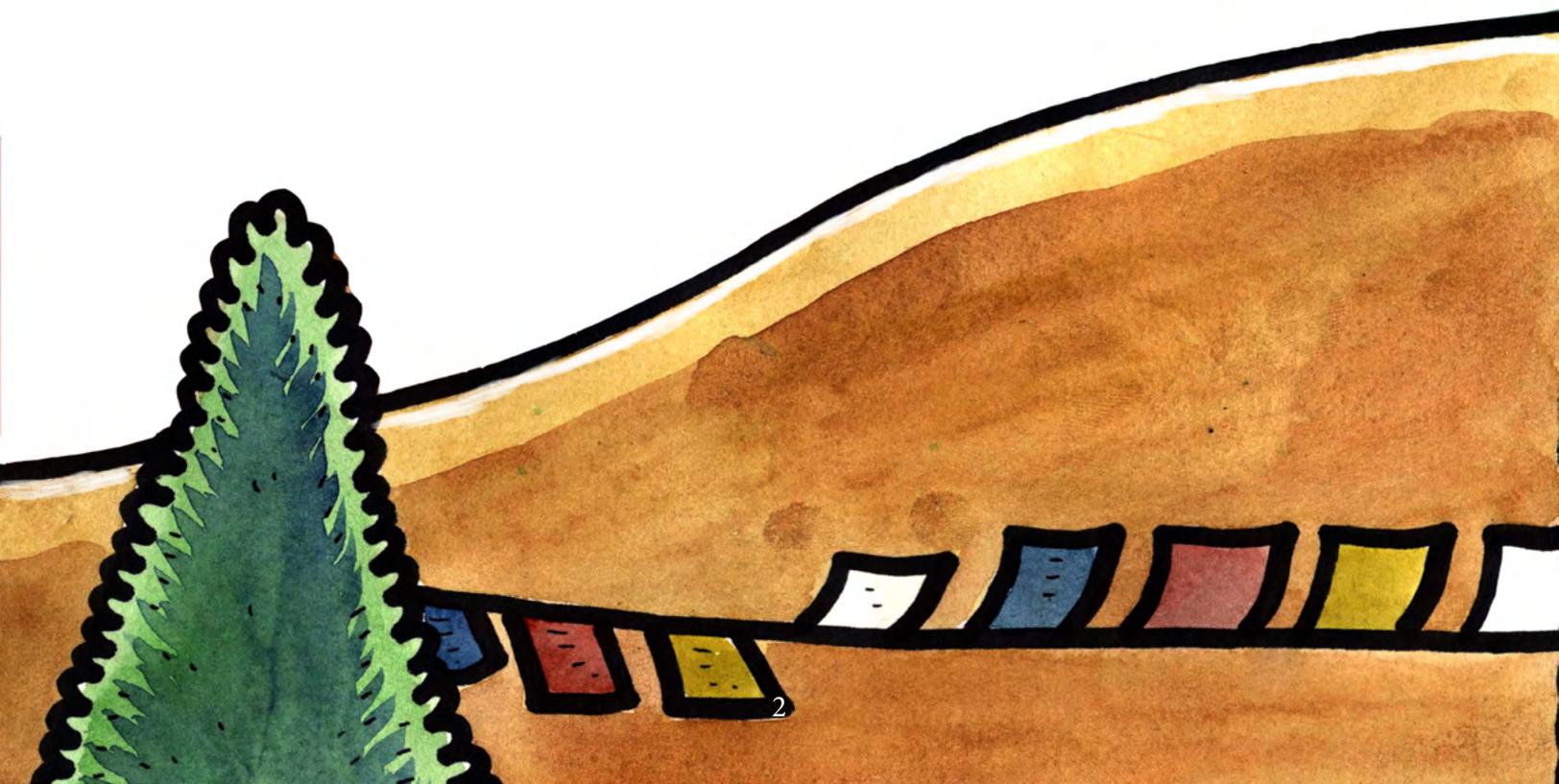
Additional Resources

More Moon Phases Activities—

<http://www.teachjunkie.com/sciences/21-super-activities-teaching-moon-phases/>

Moon Phases Science—

<https://www.livescience.com/46606-why-does-the-moon-have-phases.html>



LANGUAGE

All in the family

Tashi calls his mother 'Amma-ley' and grandmother 'Momo-ley'. What do you call your family members?

Encourage children to create a family tree and ask them to write down the words they use to refer to each member. Ask them to find out if this is a word from a specific language (say, Spanish). Create a generic family tree with relationship words in English. Compare trees in different languages to find multiple words for one member, say grandmother. You might find unique words to describe familial relationships that don't exist in English!

Additional Resources

A sampler of family terms —
<https://omniglot.com/language/kinship/index.htm>

Little-known familial terms in English—
<http://mentalfloss.com/article/54486/11-little-known-words-specific-family-members>



CULTURE

Momo Mania

Make a batch of *momos* in class! *Momos* are steamed dumplings with a meat, poultry or vegetable filling—Tashi loves them and so will you! Bonus—Getting the class to participate in rolling out the wrappers encourages them to work on their fine motor skills.

Here is a quick recipe (use the link on the right to see the complete version)—

To make the dough:

In a large bowl, add flour and water, a little bit at a time. Mix well and knead until the dough is soft (not sticky) and flexible. Cover and let stand for at least 30 minutes.

To make the filling:

In a large bowl, combine ingredients for a meat or vegetable filling (see recipe for an authentic Ladakhi version). The consistency of the filling should be moist.

Assembling the *momos*:

Divide the dough into portions after the final knead. Each ball should be about 3/4 inch to 1 inch. Flatten each ball between your palms. With a rolling pin, roll out each flattened circle to 3 – 3.5 inch circular wrappers. Wet the edge of the wrapper with water. Hold in one palm and add a heaped tablespoon of filling in the center of the wrapper. Gently fold it in a semi circle, like a taco. Make pleats and seal well.

Steaming the *momos*:

Prepare your steamer. Oil the steamer rack well. The oil will prevent the *momos* from sticking and tearing when you want to take them out. Arrange the stuffed *momos* in the steamer. Close the lid, and steam until they are cooked through. Take the *momos* off the steamer and serve immediately.

Additional Resources

Momo recipe —

<http://www.ecurry.com/blog/starters-snacks/mo-mo-the-himalayan-dumplings/>

More on Ladakhi food —

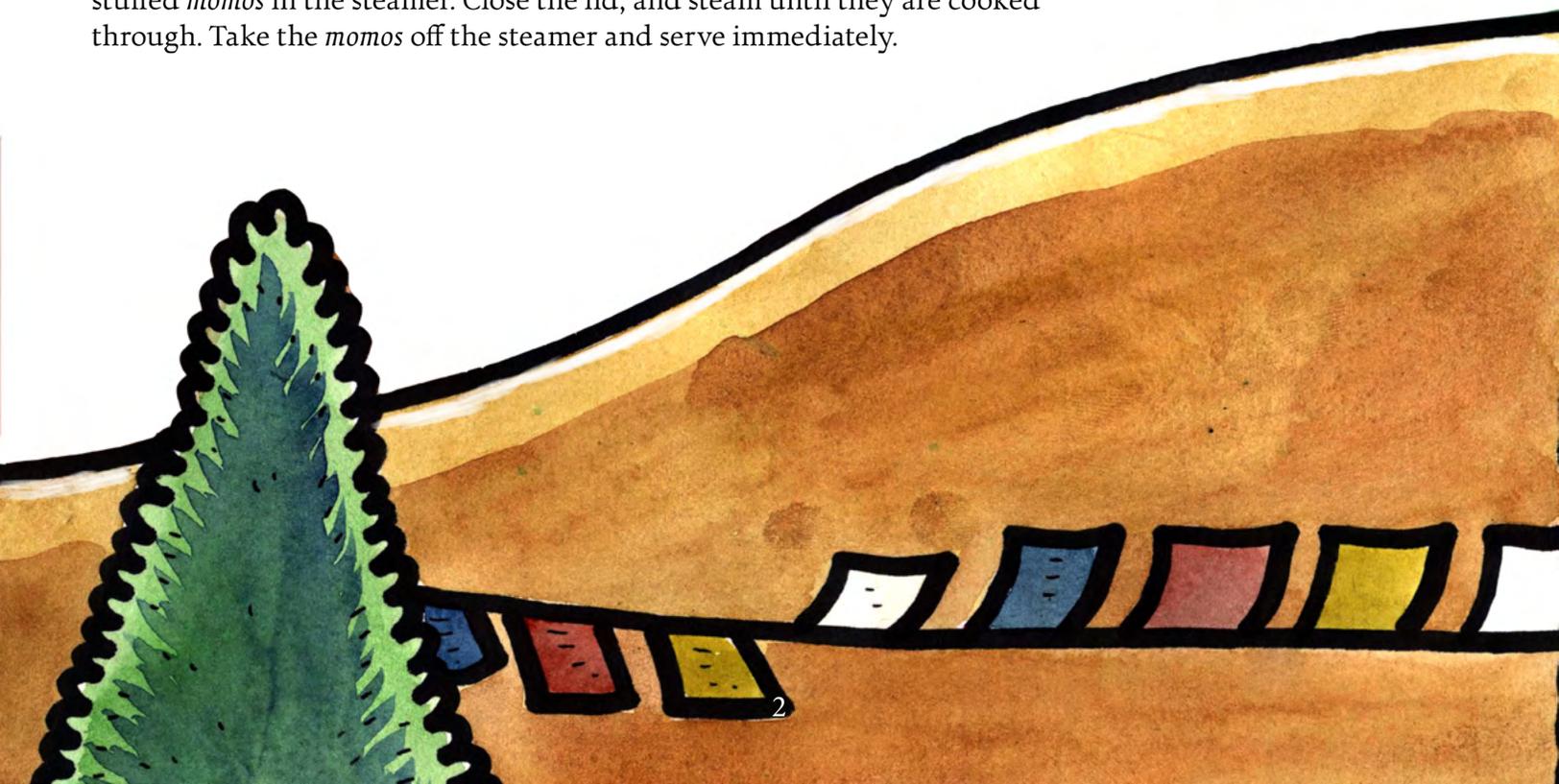
<http://food.ndtv.com/food-drinks/beyond-momos-the-flavourful-guide-to-ladakhi-food-ladakhi-cuisine-1721248>

Nepali recipes —

<http://tasteofnepal.blogspot.com/2013/07/momos-or-dumplings.html>

Steamed dumplings from around the world —

https://www.huffingtonpost.com/2014/01/20/dumplings-around-the-world_n_4602830.html



And one more for some fun!

Introduce children to the Himalayan yak—a bison-like animal from the Himalayan region—with this silly quiz.

Hi, I am your quiz master *Bactrian Lhasa*. I am a two-humped camel and so I like things in pairs. I am going to give you a quiz with two options. Of course, only one answer is right. How many can you get right?

- i. A yak is a very big fella, maybe as big as an SUV. But he is only the third biggest animal in South Asia. The first two are a) elephant and one-horned rhinoceros; b) elephant beetle and rhinoceros beetle.
- ii. A yak keeps warm at very high altitudes because a) he has a long thick coat of hair covering his body and legs; b) he has a big sleeping bag.
- iii. A yak can be wild or domesticated. Domestic yak gives people a) milk, cheese and butter; b) milk, eggs and butter.
- iv. Yaks ruminate, which means to chew the cud. They feed on a) grass, moss, lichens and wild flowers; b) momos, thukpa (noodles) and gur-gur tea.
- v. A cow moos but does a yak do? a) He grunts; b) he talks like children.

More things to do—

Make a life-size yak with construction paper. Get the class to make different sections in groups or individually and bring the pieces together.

Create a comparison chart of four domestic animals—a llama, a camel, a reindeer and a yak—to show how they help people survive in harsh regions of the world.

Find [@yali_books](#) on Pinterest for more links and resources.

