



India

Lesson 3
Families and People of India

A Day in India

Set aside a day or part of a day to learn more about India by “spending a day in India”. Here are some ideas for your day in India.

*Send a note home to parents asking the students to wear the following:

Girls: long skirts and blouses and sandals (no socks)

Bring comb and ribbons to school

Costume jewelry (bangles, bracelets, etc.)

Boys: wear shorts and short sleeved button front shirts and sandals (no socks)

A Day in India

Desks are pushed back. The children sit on the floor. The boys sit on one side of the room, and the girls on the other. Sandals should be removed at the door of the classroom.

Early in the day the girls should help each other put their hair up. Make two ponytails or braids. Use the colorful ribbons in their hair. A small red sticker can be worn to create a bindi for the girls.

**Traditional Indian Clothing

The sari is one of the most popular garments worn by Indian women. A sari is made from a couple yards of fabric, which is wrapped in such a way that one end forms a skirt and the other end is a head or shoulder covering. A short top called a choli is usually worn with a sari.

These days the men usually dress in western-style clothing, but in rural villages some men still wear a short sarong called a lungi or a dhoti, which is a longer sarong pulled up between the legs. A lenga is a loose pant style piece of clothing traditionally worn by men.

The dot that Indian women wear on the center of the forehead is known as a bindi dot. Traditionally, it is a dot of red color applied in the center

of the forehead close to the eyebrows, which is believed to be the center of wisdom. The bindi was a symbol of marriage, but now it has become a mark of beauty and is worn by single girls as well as the married. It can be found in a variety of colors.

Class Changes:

Social Studies: Compare India to the United States (size, money, population, cultural differences, religion, etc.)

Reading: Read one of the following books to your students and complete one of the activities.

Seven Blind Mice by Ed Young. This is the story of seven blind mice who discover “something” by their pond. Each mouse has a different idea about what it is.

Activity: Place a large object in a large bag. Choose a couple of children to feel only one part of the object. Help them by guiding their hand to one part of the item. Have each child describe the part they felt to the other children. Challenge the group to figure out what the hidden object is.

A Journey to Paradise by Anne Siberell. This story is about Guba, the gardener, his pet monkey, and several of his friends who find that the paradise they are seeking is closer than they think.

Activity: Discuss the characters and their idea of paradise. Have the students describe their idea of paradise. Have the students make a collage of their “paradise”, using construction paper, wrapping paper, scissors, glue, and markers.

Recess: Have the students play badmitten and jump-rope. Other games might be jacks or cricket.

Lunch: Have the students bring a round cake pan to eat from. Serve sticky rice with different toppings (curry, heated Velveeta, brown and white sugar, and milk). The children should eat with the fingers of their right hand. The children should mix the rice with the toppings using their fingers. It might be a good idea to do this when the students can eat outside. Water could be served as a beverage.

**Traditional Indian Food

Indian food is known to be spicy and is usually accompanied by rice. Spices like chili peppers, cumin, turmeric, ginger, and coriander are commonly used in Indian food. About 1/3 of the Indian population is vegetarian, most of their food is vegetarian, but many traditional Indian dishes also include chicken, lamb, mutton, and other meats. The most popular forms of Indian cooking are curries and lentil dishes. Traditionally, meals are eaten while seated on the floor or on very low stools or cushions. Food is most often eaten using the fingers of the right hand.

The cow is considered sacred in the Hindi religion. As a result they are honored and roam free, even in the extremely busy cities of India. Therefore, the Indian people seldom eat beef.

Snack: Mango Lassi (Smoothie)

- 1 mango (peeled and sliced)
- ½ cup milk
- ½ cup plain or vanilla yogurt
- 1 tsp. honey

Add all the ingredients to your blender and mix.

Mangos are a tropical fruit that are native to India's rain forests.

Language:

Hindi is the national language of India, but there are 14 other official languages in India. English is commonly used for political and commercial communications, but is not an official language.

Try the following Hindi words:

Namasstay – hello

Haan – yes

Naheen – no

Bhaarat – India

Adhyaapak – teacher

Kitaab – book

Mere dost – my friend

Dhanya-waadh – thank you

Mujhetumsepyarhai – I love you

Su prabhat – good morning

Art:

It is a Hindi tradition to paint pretty designs onto the hands and feet at festivals and weddings. It is traditional to paint henna “mehndi” designs on the hands for celebrations.

Supplies: skin colored paper

Brown marker/crayon/colored pencil

Instructions: Draw around your hand on the paper. Decorate the hand shape with the brown pen (you can Google ideas for designs).

Cut out the hand, date, and mount.