



Welcome to Hispanic Heritage Month! This packet is full of fun, meaningful activities to help you explore Hispanic culture and history, as well as the many communities that make up our country.

This packet includes...

- “Same Idea, Different Signs” Activity
- “Aguas Frescas” Cooking Activity
- “Together, We Belong” Activity
- “Artist Style Study” Creative Activity
- “Folklore Focus” Activity
- “Plant Pioneers” Activity

The theme is “Unidos, Somos Más,” which means “Together, We Are More.” You’ll learn about amazing people, explore rich traditions, and even make your own aguas frescas, a refreshing Mexican drink.

Get ready to celebrate, learn, and grow together!



Explore More



Try a new word! Ask a family member, friend, or trusted neighbor to teach you a Spanish word or phrase you don’t know yet. Practice saying it, then use it in a sentence.



Cook or taste something new! With a trusted adult, try making (or trying) a dish from a Hispanic country, like empanadas, arroz con gandules, or pan dulce. Look up where the dish comes from, and talk about what you notice or enjoy about it together.



Find your community’s story! Ask a grown-up about a tradition, celebration, or story that’s been passed down in your family. Draw a picture or write a few sentences about what you learned. Then, think about the barrios you read about. What’s similar, and what’s different?

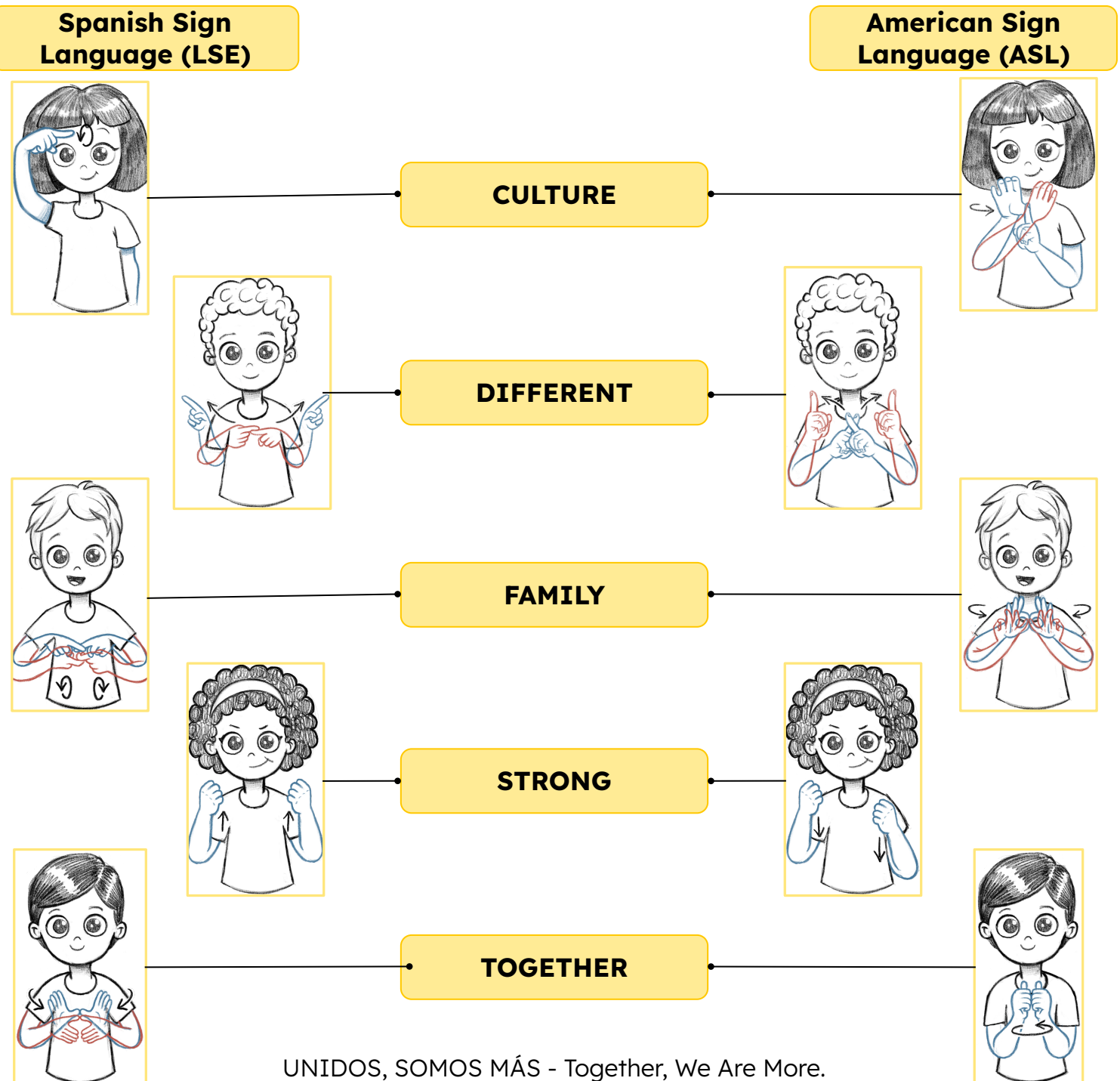


Activity Same Idea, Different Signs

Hispanic Heritage Month K-5 Activities

Sign languages can express the same idea in different ways. **LSE** stands for **L**engua de **S**ignos **E**spañola, the name for Spanish Sign Language. **LSE** and **ASL** are different languages shaped by different Deaf communities, but both can express ideas like culture, family, togetherness, and strength.

Compare each Spanish Sign Language (LSE) sign with the American Sign Language (ASL) sign across from it. What looks similar? What looks different?



UNIDOS, SOMOS MÁS - Together, We Are More.



What Are Aguas Frescas?

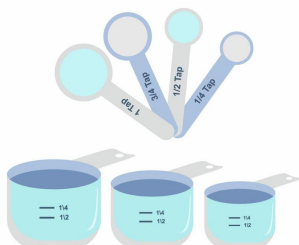
“Aguas frescas” means “fresh waters” in Spanish. They are yummy drinks made by mixing fresh fruit, water, and a little bit of sugar. People in Mexico have been making and enjoying these drinks for hundreds of years! You can find them at markets, restaurants, and family parties, usually served ice cold in big glass jars.

Ready to make your own aguas frescas? Make sure to ask an adult for help with this activity!

Tools You May Need



Blender



**Measuring cups
and spoons**



Strainer



**Pitcher for
serving**



Watermelon Agua Fresca (Serves 4 to 6)

Ingredients

- ☐ 4 cups cubed watermelon, seeds removed
- ☐ 3 cups cold water
- ☐ 2 tablespoons sugar or honey (optional)
- ☐ 1 lime, juiced
- ☐ Ice cubes
- ☐ Lime slices for garnish

Steps

1. Blend the watermelon and water together until smooth.
2. Pour the mixture through a strainer into a pitcher to remove seeds and pulp.
3. Stir in the sugar and lime juice. Taste and adjust if needed.
4. Add ice or chill in the fridge for 30 minutes. Serve with a lime slice!



Pineapple Agua Fresca (Serves 4 to 6)



Ingredients

- ☐ 3 cups fresh or frozen pineapple chunks
- ☐ 4 cups cold water
- ☐ 2 tablespoons sugar or honey
- ☐ 1 lime, juiced
- ☐ Ice cubes

Steps

1. Blend the pineapple and water together until smooth.
2. Strain into a pitcher to remove the pulp.
3. Stir in the sugar and lime juice, tasting as you go.
4. Chill or serve right away over ice.



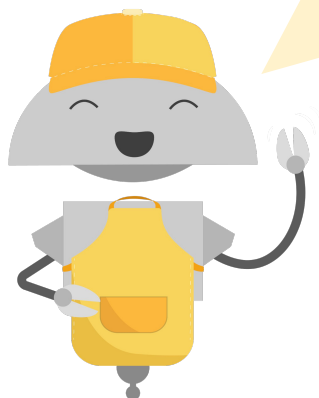
Strawberry Agua Fresca (Serves 4 to 6)

Ingredients

- ☐ 3 cups fresh or frozen strawberries, hulled
- ☐ 4 cups cold water
- ☐ 2 tablespoons sugar or honey
- ☐ 1 lime, juiced
- ☐ Ice cubes

Steps

1. Blend the strawberries and water together until smooth. No straining needed!
2. Pour into a pitcher and stir in the sugar and lime juice.
3. Taste and adjust sweetness, then chill or serve right away over ice.



Want to try other fruits? Watermelon, pineapple, and strawberry are just three of the many fruits people use to make aguas frescas. If none of these sound like your favorite, you can try swapping in a different fruit, like...

- Cantaloupe
- Guava
- Mango
- Papaya

Just remember the basic idea: Blend your fruit with water, add a little sugar if you want, and squeeze in some lime!



Activity Together, We Belong

Hispanic Heritage Month K-5 Activities

Everyone wants to feel like they belong. Think about your own life. What makes you feel that way? **Look at** the pictures below. **Circle** your top three that matter most to you.



Dancing or listening to music



Eating foods my family loves



Playing with friends who understand me



Celebrating special days together



Speaking my language with family



Telling stories passed down in my family

Now imagine this: Your family has to move far away to a brand-new country, where everything feels unfamiliar. How do you think you'd feel? What would make you feel like you belong again?

That's exactly what many Hispanic families have experienced coming to the United States to look for safety, jobs, and a better life. Many didn't know anyone, and everything felt new.

So they did something powerful: **They came together to belong.**

Neighbors welcomed neighbors. Families opened businesses where people could speak Spanish and find familiar foods. Communities celebrated their holidays and music so no one had to forget where they came from. Together, many people would build neighborhoods, where people could belong.

As you read about three neighborhoods, ask yourself:

- How did neighbors welcome each other and help people feel safe?
- How did people work together to help their community grow?
- How did families celebrate and keep their traditions alive?

You'll read about Little Havana, Pilsen, and El Barrio, which are three places built by people who believed that **together, we belong.**



Little Havana, Miami, Florida: Keeping Culture Alive

Starting in the 1960s, many Cuban families came to the United States looking for safety and a fresh start. Many settled in Miami, in a neighborhood that became known as Little Havana.

Together, families opened cafés, bakeries, and shops where they could speak Spanish, share Cuban food, and feel connected to home.

Today, Little Havana is known for its colorful streets, music, and walk-up coffee windows, where people can grab a quick Cuban coffee, all along **Calle Ocho**, where neighbors still gather every day.



"Castle Shaped Building Calle Ocho Little Havana" from Wikimedia Commons, Public Domain, https://upload.wikimedia.org/wikipedia/commons/a/a5/Castle_Shaped_Building_Calle_Ocho_Little_Havana.jpg

This colorful, castle-shaped building sits on **Calle Ocho**, one of Little Havana's most recognizable streets.

- Underline or circle one word or phrase that shows people belong together in Little Havana.
- Draw a picture of something you might see or hear while walking down Calle Ocho.



Pilsen, Chicago, Illinois: Sharing Traditions Through Art

Starting in the mid-1900s, many Mexican families moved to Chicago for work and settled in a neighborhood called Pilsen.

Together, neighbors opened family businesses, panaderías (bakeries), and markets. Artists painted colorful murals so everyone could feel proud and belong.

Today, Pilsen is home to the National Museum of Mexican Art and streets full of **murals** that celebrate Mexican traditions, history, and pride.



"Public Art - Pilsen - Chicago - Illinois - USA - 04" from Wikimedia Commons, Public Domain, [https://commons.wikimedia.org/wiki/File:Public_Art_-_Pilsen_-_Chicago_-_Illinois_-_USA_-_04_\(32937591956\).jpg](https://commons.wikimedia.org/wiki/File:Public_Art_-_Pilsen_-_Chicago_-_Illinois_-_USA_-_04_(32937591956).jpg)

This colorful **mural** shares words like “Hope,” “Respect,” and “Dignidad” (dignity), reminding neighbors what matters most in their community.

- Underline or circle one word or phrase that shows people belong together in Pilsen.
- Draw a picture of a tradition, food, or celebration you would want people to remember about your family.



El Barrio, New York City, New York: Building Community and Pride

In the mid-1900s, many Puerto Rican families moved to New York City looking for jobs and new opportunities. Many settled in East Harlem, a neighborhood that became known as El Barrio.

Together, neighbors opened restaurants, botanicas (traditional shops), and community centers where families could feel connected to home and proud of who they were.

Today, El Barrio is full of **murals**, music, and cultural centers like El Museo del Barrio, where Puerto Rican and Latino culture is celebrated and shared.



"Muriel Morales's mural outside the Café Bustelo, a local institution in the Spanish Harlem neighborhood of New York City's Manhattan borough" by Carol M. Highsmith, photographer, from Library of Congress, <https://www.loc.gov/resource/highsm.53044/?st=image>, no known restrictions

This **mural** honors Tito Puente, a legendary musician from El Barrio (Spanish Harlem), painted outside Café Bustelo, a neighborhood coffee shop since 1928.

- Underline or circle one word or phrase that shows people belong together in El Barrio.
- If you painted a mural about your family, who or what would you put on it? Draw it here.



Your Turn: Building Belonging

Little Havana, Pilsen, and El Barrio were all built by people who wanted others to feel like they belonged.

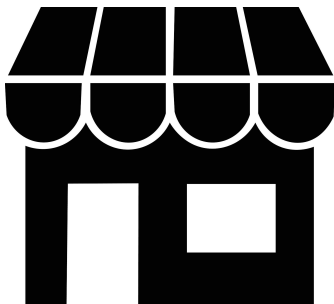
If you could start your own neighborhood, what would you do to make people feel like they belong?

Fill in each space below with words, pictures, or both!



House

I would welcome people by...



Market/Café

I would bring people together by...



Community Space

I would celebrate our traditions by...



Artists create their own style through the colors, shapes, and techniques they choose. In this activity, you will explore famous Hispanic artists and practice making art inspired by them!

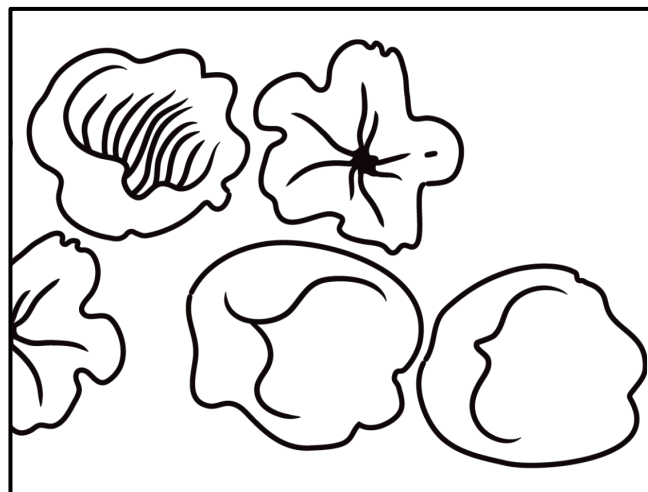
Read about each artist and **look** at the examples of their work. Then, use the practice prompts to **complete** each picture and color it in.



José Guadalupe Posada was a Mexican artist most known for drawing “calaveras,” or skeletons.



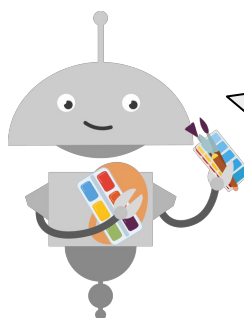
"La Calavera Catrina J Guadalupe Posada" by Jose Guadalupe Posada, Public Domain, https://commons.wikimedia.org/wiki/File:La_Calavera_Catrina_J_Guadalupe_Posada.jpg



Practice prompt: Notice the lines on the flowers and the lace on the calavera’s hat. Posada used it to make it look like his drawing has real fabric and shadows. Try adding similar lines onto the flowers!

With a trusted adult, explore the artwork of more Hispanic artists, like...

- Salvador Dali (Spain)
- Remedios Varo (Spain/Mexico)
- Frida Kahlo (Mexico)
- Amelia Peláez (Cuba)
- Pablo Picasso (Spain)



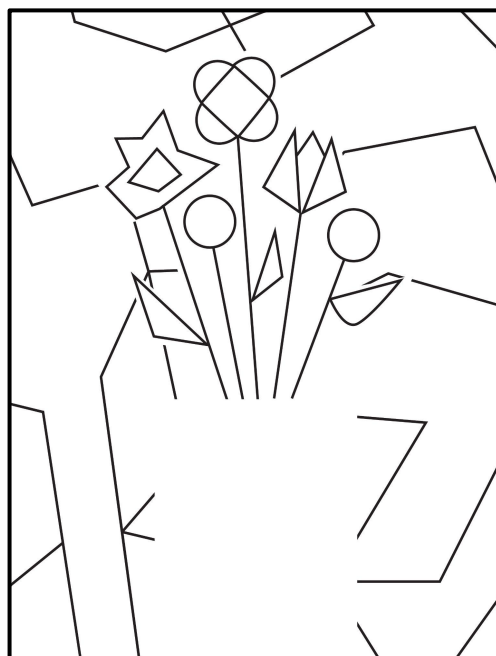
Move on to the
next page to
learn more!



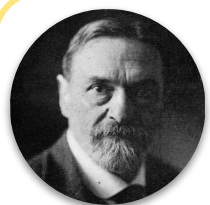
María Blanchard was a Spanish artist who enjoyed painting pictures with women, mothers, and children.



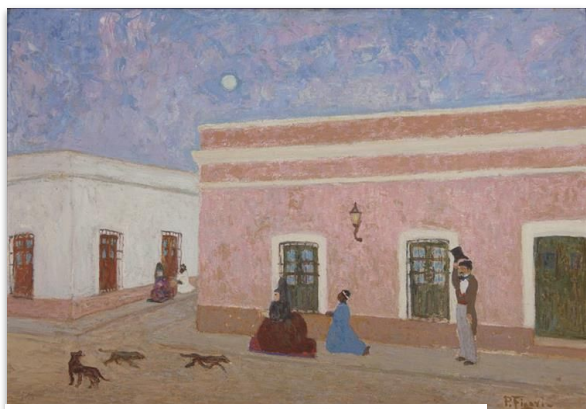
"1917 Blanchard Frau mit Gitarre" by Maria Blanchard, Public Domain, https://commons.wikimedia.org/wiki/File:1917_Blanchard_Frau_mit_Gitarre.JPG



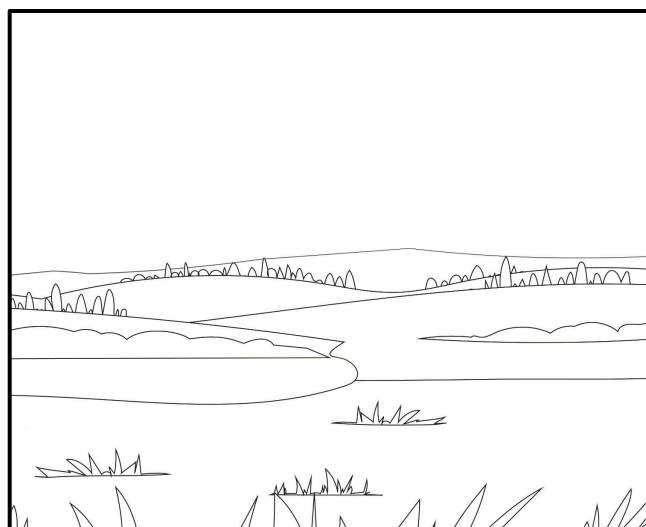
Practice prompt: Notice how Blanchard used simple lines, shapes, and colors to create the image of a woman playing the guitar. Draw a vase for the flowers above using a simple shape, like a rectangle or triangle. Then, color the picture using only three colors!



Pedro Figari was a Uruguayan artist who is known for painting everyday moments and joyful celebrations.



"Pedro Figari - Toque de oracion" by Pedro Figari, Public Domain, https://commons.wikimedia.org/wiki/File:Pedro_Figari_-_Toque_de_oracion.png



Practice prompt: Notice how Figari made it look like the dogs are running! Add movement to the grassy field above — maybe a bird flying in the sky or a tree swaying in the wind.



Every place has stories that get told again and again, passed from grown-ups to kids for a long, long time. Across Latin America, many of these stories are about a **clever character**, a **protector**, or someone who went through a **magical change**. Let's meet three of them!

The Trickster

El Cipitío (El Salvador)



In the villages of El Salvador, children grow up hearing about a boy who never grows up. He's always 10 years old! He wears a huge hat and has a big round belly, and his feet point backward, so no one can ever follow his footprints. El Cipitío isn't scary; he's just silly and sneaky. He likes to hide near rivers and in trees and toss flowers or pebbles to get people's attention. He loves to sneak into kitchens to eat leftover ashes!

The Guardian

Yacumama (Peru)



Deep in the rivers of the Amazon rainforest in Peru, people tell stories about Yakumama, a giant, gentle spirit who protects the water and all the animals that live in it. Her name means "mother of the waters." People say that if you take too much from the river or don't take care of it, Yakumama notices, because the river is hers to protect.

A Transformation

Popocatepetl and Iztaccíhuatl (Mexico)



Long ago in Mexico, there was a warrior and a princess who loved each other very much. When they were kept apart, they were both so sad that something magical happened! They were turned into two mountains so they could be together forever! Today, you can still see them: Iztaccíhuatl, the "sleeping woman," and Popocatepetl, a smoking volcano that still watches over her.



Build Your Own Legend: Now it's your turn! Pick your favorites below, then write a legend and draw a picture.

Step 1: Pick

Choose your favorites below.

Characters	Places	Lessons
A clever, sneaky character	A river	Being smart matters more than being big.
A protector who watches over a special place	A forest or mountain	We should take care of special places.
Someone who will go through a magical change	A village	Love can last forever.
Write your own idea!	Write your own idea!	Write your own idea!

Any combination you pick is a great combination!

Step 2: Build the Story

Take your ideas from Step 1 and write them on the lines below.

Once upon a time, there was a _____

who lived near a _____.

One day, _____

_____.

And that is why we remember: _____

_____.

The End.

Step 3 (Optional): Draw your story!

On a separate piece of paper, draw and color a scene from your story!



Meet two scientists who studied plants: one who traveled the world collecting them and one who studied desert plants. **Read** about each of them, then **choose** a project to try on the following pages inspired by their work!



Ynés Mexía (1870-1938) - Mexican American Botanist

Ynés became a botanist, a scientist who studies plants, when she was 51 years old! She joined a group called the Sierra Club. This group explored wild places like forests and mountains. They worked to keep these places safe. Ynés loved looking at plants. She decided to take science classes to learn more.

In 1925, Ynés started going on trips to collect plants. She wrote down what she saw. On one trip, she collected 6,100 plants in Alaska. On another trip, she rode a canoe down the Amazon River. That trip took two and a half years! She collected 65,000 plants on that trip.

Ynés collected over 150,000 plants in her life. Scientists still study her plants today. Some of the plants she collected had never been seen before. She discovered about 500 new kinds of plants!

Project 1: Create a Plant Card

Ynés traveled the world and wrote down everything she learned about the plants she found. Now it's your turn!



You will need...

- ☐ A flower, leaf, or plant
- ☐ Paper and a heavy book
- ☐ Tape or glue
- ☐ Crayons or markers



Directions:

1. With help from a trusted adult, go outside and collect a flower, leaf, or plant you like.
2. Press your plant flat by placing it between two pieces of paper and putting a heavy book on top of it. Let it set for two to three days, until it is flat and mostly dried out.
3. Once your plant is flat, tape or glue it onto the next page.
4. Record the name of the plant and the date you found it. If you don't know what your plant is called, create your own name for it!
5. Draw a picture of where you found it.
6. Write three or more words to describe it (soft, green, small, etc.).



Plant Name: _____

Date collected: _____

Where I found my plant:

Words that describe my plant:



Dr. Helia Bravo-Hollis (1901-2001) - Mexican Biologist

Helia loved taking nature walks with her parents. She studied hard in school. In 1927, she became Mexico's first certified biologist. A biologist is a scientist who studies living things, like plants and animals.

Soon after, Helia was put in charge of an herbarium at her university. An herbarium is a collection of preserved plants. She was also asked to study one kind of plant: cactuses! Cactus plants are special because they can live in the desert, where it is very hot and there is very little rain. They store water inside their thick stems, and instead of leaves, most cactus plants have spines, which are very sharp!

Helia traveled all over Mexico to study cactuses. She took photos. She collected samples. Helia wrote a book about Mexican cactuses. The book became famous all over the world!



"Polaskia chende," Amante Darmanin, CC BY 2.0, [https://commons.wikimedia.org/wiki/File:Polaskia_chende_\(5741007354\).jpg](https://commons.wikimedia.org/wiki/File:Polaskia_chende_(5741007354).jpg)

Polaskia chende, a cactus species
Dr. Bravo studied in Mexico

Project 2: Design a Desert Plant

Helia traveled Mexico studying cactus plants, which survive in hot, dry places. Now you get to design your own cactus!

You will need...

- ❑ Coloring supplies (crayons, markers, colored pencils, etc.)

Directions:

1. Draw a plant that could live in a hot, dry desert.
2. Add details like thick stems and spines instead of leaves.
3. Draw the desert around your plant. What else might you see there, like sand, rocks, or the sun?
4. Write one sentence: "My cactus can survive in the desert because..."
5. Give your cactus a name! You could name it after something about how it looks (like "Spike" or "Roundy") or even name it after yourself, just like how some real cactus plants are named after Dr. Bravo-Hollis!





Cactus Name: _____

My cactus can survive in the desert because...
