

Mexican Activities

These activities will help you learn about Mexican cultures and traditions. If you enjoy them, why not think about planning a visit to Our Cabaña?

QUESADILLAS

A quick and easy favourite for late evening snacks.

Quesadillas can be made either with ready-made or purchased tortillas or ones made on the spot. With ready made tortillas, heat the tortillas on the griddle on one side only. Place the filling on half of the heated side and fold the other half over. Fry on both sides and serve hot. With tortillas made on the spot, the uncooked tortillas are filled and then fried.

Accompany quesadillas with crème fraiche, slices of avocado or guacamole, shredded lettuce and finely chopped onion, crumbled queso fresco (ricotta) or queso anejo (dry feta), and salsa to taste.

MEXICAN HOT CHOCOLATE

Ingredients:

- ☐ 3 tablespoons instant hot chocolate mix
- ☐ 1 tablespoon chocolate syrup
- ☐ 1/2 teaspoon ground cinnamon
- ☐ 1 pinch chilli powder
- ☐ 1/4 cup milk
- ☐ 3/4 cup boiling water



In a large mug, mix the hot chocolate mix, chocolate syrup, cinnamon, and chili powder. Pour in the milk. Add the boiling water and stir.

GOD'S EYES

The Huichol Indians of Mexico and the Aymara Indians of Bolivia weave brightly colored yarn on a simple frame of crossed sticks to make a design called "Ojo de Dios" or "Eye of God". Originally, "God's Eyes" were made to be placed on an altar so that the gods could watch over the praying people and protect them. They are now more often sold in markets, reminding us that God looks with love on people everywhere.

Materials you will need:

2 small sticks, fairly straight and approximately 5" long OR 2 popsicle sticks (you can also use fairly smooth tree branches or dowels)

Scissors and pencil

1-3 balls of yarn- in different colors

Directions

Step 1: Cross the sticks at the center. Tie them together with the end of a piece of yarn, making an X, but don't cut the yarn off its skein. Tie the yarn IN BACK of the 2 crossed sticks.



FIGURE 1

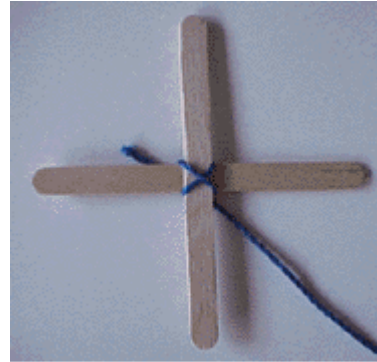


FIGURE 2

Pull the yarn over the top of one of the sticks. Wrap it all the way around the stick so it crosses the top twice. Then pull the yarn across to the next stick and repeat the process.



FIGURE 3

Continue in the same way until you have almost reached the ends of the sticks. Make sure that the threads lie next to one another but do not overlap.

You can change colors as you go along if you wish. Do this by cutting the first yarn and tying it off at the back. Then tie the new color on to the sticks and begin again.



CLOTHESPIN MEXICAN DANCING DOLL



- Wooden doll pin
- Doll pin stand
- Brown pipe cleaner
- Small black pom pom
- White craft glue
- Light brown and black craft paint
- Black and red fine tip markers
- Scissors

How to make it:

1. Glue the doll pin into the stand.
2. Paint both coffee filters with yellow water color paint and allow to dry completely.
3. Paint the head of the doll pin with light brown paint. Paint hair on with black paint. Let dry.
4. When coffee filters are dry, use crayons to draw stripes around the outer edge of one of the filters.
5. Cut pipe cleaner stem in half. Set one half aside for later. Using the second piece, twist around the doll pin at “arm height” and tack in place with glue. Set aside to dry.
6. Take the coffee filter that you decorated and fold it in half. Now fold in half again and cut the center tip off (just a small amount). This will create a hole in the center of the filter once you unfold it. This will act as the head hole for the blouse.
7. Cut out the center of the decorated filter. You will need a circle about 2.5” in diameter. The center circle that you cut out will be used as the top (blouse) half of the doll’s dress. The remaining section of the filter should be a decorated circle resembling a donut. Set the blouse section aside.
8. Using the decorated piece you will now create the skirt. Hold the doll pin in your hand and with the other hand, scrunch the coffee filter around the doll pin, pleating it if possible. Wrap the extra piece of pipe cleaner around the top of the skirt to help hold it in place. Tack in place with glue.
9. Take the blouse circle and using the hole in the center, slide carefully over the doll head. Glue the blouse down and around the chenille stem arms and over the top of the skirt.

Baile folklórico is a traditional Latin American dance emphasizing local cultures. Baile folklórico means folk dance in Spanish and women wear colorful dresses with billowy skirts. Make your own Mexican Dancing Doll to celebrate Mexican heritage!

What you'll need:

- 2 basket coffee filters
- Yellow water color paint
- Red, green, and blue crayons



10. Trim the pipe cleaner hands so that they barely stick out of the sleeves.
11. From the second yellow coffee filter, cut a circle for the dress collar. Decorate with crayons the same way you did the skirt.
12. Cut a small slit or hole in the center and slide over the head. Glue in place.
13. Also from the second yellow filter, decorate a square about 2" x 2" with crayons. Fringe the ends with scissors. This will be the hair decoration.
14. Squeeze together in the middle and fan out the fringes. Glue the black pom pom to the middle.
15. Glue pom pom and fringed filter to the back of the head.
16. Use markers to add eyes and lips.

Tips:

- Do an internet search to see what other color dresses these dancers wear and decorate with those colors.
- Instead of a doll pin, try making this project with a jumbo craft stick.
- Play Mexican music and discuss the different dances that are performed by these ladies.

