Bienvenidos a mi casa, pasen todos al jardín, en la hierba perfumada baila y canta el colibrí.

Su plumaje es de colores, canela, mango y aji, conoce tierras lejanas y mares de aquí y de allí.

Se trajo sobre las alas canciones mi colibrí que tienen aroma a lima, albahaca, café y maíz.

Bienvenidos a mi casa, en el jardín, el colibrí está bailando y cantando en la hierba perfumada.

Su plumaje es de colores, canela, mango y aji, conoce tierras lejanas y mares de aquí y de allí.

Se trajo sobre las alas canciones mi colibrí que tienen aroma a lima, albahaca, café y maíz.

Canciones del colibrí (Songs of the Hummingbird) from Argentina

Welcome to my home, come in the garden, everyone, the hummingbird is singing and dancing in the fragrant grass.

His feathers are the color of cinnamon, mango, and aji, he has visited distant lands and seas both far and near.

On his wings, my little hummingbird has borne beautiful songs with a scent of lime, basil, coffee and corn.

Rana Cucú (Cuckoo the Frog) from Columbia

Cucú, cucú cantaba la rana, cucú, cucú debajo del agua.
Cucú, cucú pasó un caballero, cucú, cucú con capa y sombrero.
Cucú, cucú pasó un menino, cucú, cucú vendiendo romero.
Cucú, cucú le pidió un ramito, cucú, cucú no le quiso dar.
Cucú, cucú se puso a llorar.

Cuckoo, cuckoo sings the frog, cuckoo, cuckoo in the rain.
Cuckoo, cuckoo a man passes by, cuckoo, cuckoo in a cape and a hat.
Cuckoo, cuckoo a woman passes by, cuckoo, cuckoo selling rosemary.
Cuckoo, cuckoo the frog asks for a sprig, cuckoo, cuckoo but the sailor says no.
Cuckoo, cuckoo so the frog starts to cry.

Fruta Fresca (Mexican Fruit Cups)

Slice jicama, pineapple, watermelon, mango, and cucumbers in skinny spears, diced, or in chunks. Divide into large cups. Top with coconut. Squeeze on fresh lime juice. Season with chile limón and chamoy salsa to taste.

Folk-Art from Panama: Make a Mola

1) Before you begin, take some time to research molas with your child. Look at examples online and talk about how they represent the artistic, historic, and ethnic identity of Panamá and the Kuna people.
2) After you’ve looked at the images, and noticed how the layers and shapes fit together, note the common colors and designs. Have your child draw the outline of their choice of an animal or plant onto a sheet of paper and cut it out. Then the kids can begin to create layers of shapes to glue onto the figure.
3) Next, trace the figure onto another color paper. When they are finished, cut out one of the figures slightly smaller than the first, and glue them together.
4) The next step is to glue the figure onto the background, and then decorate the background with additional geometric shapes. The quality of a mola lies in its attention to details, its fine stitching, evenness, and width of cutouts.