**NEPAL**

**DIRECTIONS:**
Color the border dark blue. Color the inside of the flag red. Leave the two figures white.

**INDIA**

**DIRECTIONS:**
Color the top stripe yellow. Leave the middle stripe white. Color the bottom stripe green. Color the wheel, spokes, and hub in the center dark blue.
FOUR CORNERS
(INDIA)

INSTRUCTIONS:
This is often played by elementary schoolchildren. Four corners are designated, and a player is chosen as “it.” The rest of the players go into the corners. At a signal, the players have to swap corners without being caught. If a player is caught by “it,” he or she becomes “it.”

LANGDI

INSTRUCTIONS:
Langdi is played by two teams. Toss a coin and the team that wins the toss defends first. The teams face each other, and the opposing team sends a player to tag as many defenders as he or she can, while hopping on one foot. The team that tags the most defenders wins.
Let’s Create

Tiger Mobile
(NEPAL)

Supplies:
- Paper
- Crayons, colored pencils, or colored markers
- Scissors
- Two 8–10 inch (20–25 cm) wooden rods or unsharpened pencils
- Paints
- String
- Tape

Instructions:
- Paint the wooden rods and let them dry. Cross the rods to form an X, and bind them together securely with string.
- Print off or trace four tiger figures onto paper. Color tigers. Cut out figures.
- Cut five 18-inch (45-cm) lengths of string. Tie one length of string to the end of each arm of the mobile, and one to the center of the X to hang the mobile from.
- Attach each of the dangling ends of the strings to the back of a tiger with a piece of tape.
- Hang up mobile and enjoy!

Tiger Printable Template by SuperColoring, available under a Creative Commons Attribution-NonCommercial 4.0 License at https://www.supercoloring.com/paper-crafts/tiger-printable-template-0.
Let’s Cook!

MANGO LASSI
(INDIA)

INGREDIENTS

- 1 cup (240 ml) plain yogurt, chilled
- 1/2 cup (65 g) powdered sugar
- 1 cup (240 ml) mango puree
- 1/2 tsp (2.5 ml) cardamom powder
- 2 tbsp (30 ml) fresh cream, chilled

INSTRUCTIONS:

Mix yogurt and powdered sugar in a bowl until the sugar is dissolved. Add mango puree, and mix well. Add cardamom powder and cream, and mix until you have a thick, creamy, and smooth texture. You can add a little water or milk if it is too thick to drink easily.

Pour into a glass and serve chilled.