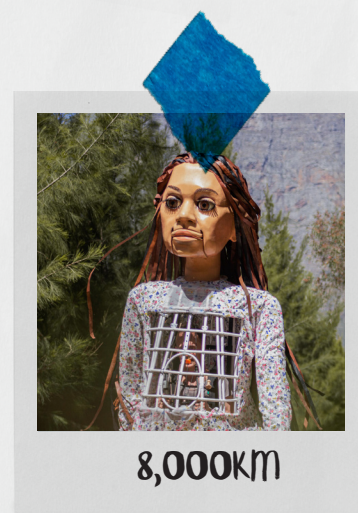
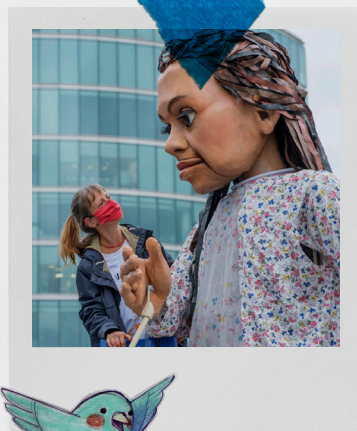


# THE WALK EDUCATION and ACTIVITY pack







## Little Amal, a young refugee, is embarking on a remarkable journey.

Little Amal is a 3.5 metre-tall puppet. She represents the 32 million children who have been forced to leave their homes and are often separated from their friends and families.

Amal will walk across Turkey and Europe to find her mother. She wants a home where she can sleep safely in her bed. To go back to school. To start a new life. How will the world respond to Little Amal? Will it welcome her? Will you?

As Amal walks from the Syria-Turkey border all the way to the UK, we ask the world not to forget about children who have had to flee their homes because of war or other reasons beyond their control. These refugees and asylum seekers are children just like you. Children of the world – the future!



# Little AMAL



Amal is 9

She is all alone and looking for her mother

She is very brave but sometimes she is not

She is happy but sometimes she is not

She is very curious but sometimes she is not

And very much like you, she is very good but sometimes she is naughty

## She will walk from Syria to England

And she needs your help

Can you help her?

Can you show her the way?

Can you teach her the words she needs to know?

Can you become her friends?







Amal is searching for HOME,  
but on this journey she can't go it alone.

- 1 brave jump
- 2 eyes on the road
- 3 is company

Want to join along?

The stepping stones within this journey suddenly appear



وطن

1. HOME

هجرة

2. MIGRATION

خوف

3. FEAR

مناخ

4. CLIMATE

مغامرة

5. ADVENTURE

أهلًا وسهلًا

6. WELCOME



Little Amal left the HOME she knew,  
A MIGRATION across lands that are anew,  
She lets FEAR push her forwards,  
Just like the earth's CLIMATE, her mind has a purpose.  
She can't wait to see, at the end of her ADVENTURE,  
What will be there and who will WELCOME her?



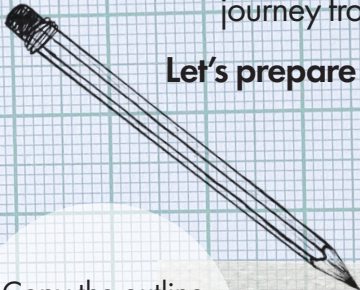


# Would you like to join LITTLE AMAL

on this adventure by completing the challenges in this activity pack?

There are plenty of different ways to join in, including writing poems, stories, making artwork and being creative wherever you are in the world. And everywhere Little Amal goes, she'll be collecting all that she has learned and all her memories. So, whether you see her in real life or follow her journey from home, you can be part of Little Amal's BIG adventure.

Let's prepare ourselves for this journey with a challenge right away.



Copy the outline of this map on a big piece of paper.

Using colour, add landmarks like mountains, rivers, lakes and oceans!

How long could it take her?

Draw and cut out your own Little Amal and move her across each country as she walks through it in real life.

Add the countries from Amal's journey, starting with Syria, then Turkey, Greece, Italy, France, Switzerland, Germany, Belgium and then finally the United Kingdom.

How many kilometres could that be?

How many steps?

Now you have your map of Little Amal's journey! The adventure has already started!



Share your creations with people all around the world who are following Little Amal's journey. Post your photos or videos of anything you create on social media and tag **@walkwithamal** using **#actsofwelcome** **#LittleAmal** and you could end up being showcased in our online gallery. Or share your creations with us by visiting [www.walkwithamal.org/acts-of-welcome](http://www.walkwithamal.org/acts-of-welcome)



# YOUR Journey...

Every journey needs a goal to work towards!  
As you tick off each challenge within the pack you can earn your very own Badge!



## HOME

- ☐ Imagination challenge
- ☐ Sounds of Home
- ☐ Paper Community



## MIGRATION

- ☐ Migration Haiku
- ☐ Leaving Home Poem
- ☐ My Family Tree
- ☐ Illustrate your Name



## FEAR

- ☐ Facing your Fears
- ☐ Engaging with Fear
- ☐ Mindful Meditation



## CLIMATE

- ☐ Your World Challenge
- ☐ Young Activists
- ☐ Up-cycling Art
- ☐ Big Steps, Little Amal, Big Change



## ADVENTURE

- ☐ Adventure Storytelling
- ☐ Adventure Comic
- ☐ Telescope Creations
- ☐ Paint a Pebble



## WELCOME

- ☐ How will you welcome Amal?

How many can you get before you Welcome LITTLE AMAL?



وطن

My bed and the sound of  
mom's bracelets rattling when  
she pats my head.  
The ginger cat that appeared  
one day and stayed.  
and the broken tile above the  
bathroom sink.



HOME



# WHAT does Home mean to YOU?

Let's explore what home means and looks like... to Amal in Syria,  
and to you wherever you are.

The idea of home may be different for each of us.

Let's see what home looks like in some of the languages around the world...

English

HOME

Arabic

بيت

German

Zuhause

French

Domicile

Greek

Σπίτι

Italian

casa

Turkish

Ev





## Homes can look different too. Let's explore some extraordinary homes in different types of environments.

Here are just a few examples of the amazing places where people are living right now...

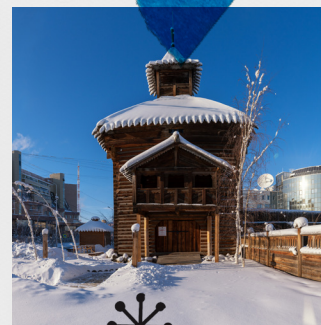


### The Hanging Monasteries of METEORA

- In Greece, there are Orthodox monasteries (religious houses) balanced between giant rocks, 400 metres in the air.
- The rocks are called Meteora, which means "suspended in the air".
- In the past people lived in cracks and caves and used baskets, pulleys, ropes and ladders to bring supplies up the cliffs. Over the years 24 monasteries were built.
- Today 6 monasteries still stand on the cliffs and around 60 monks and nuns still live in them.

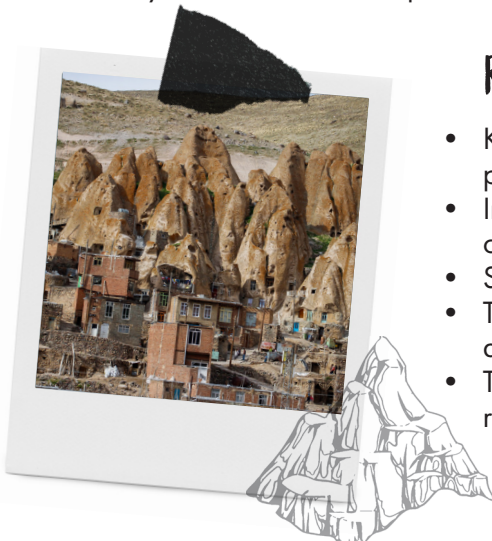
### YAKUTSK the World's Coldest City

- Yakutsk in Russia is known as the coldest city in the world.
- The city has a short summer and during the long winter temperatures drop to  $-40^{\circ}$  Celsius (that's below freezing!)
- Most buildings are built up on stilts because the ground is always frozen. The buildings that aren't on stilts are slowly sinking because they are melting the ice.
- The people of Yakutsk do not spend much time outside, but when they do, they are dressed from top to toe in warm clothes.



### Rock Village of KANDOVAN

- Kandovan is a village built into the rocks in Iran. The rocks are in sharp pyramid shapes and were created by volcanic eruptions.
- Inside the cliffs (some up to 40 metres high) are two to four-storey houses carved out by humans, with rooms, kitchens, halls and even animal pens.
- Some of the rock houses are 700 years old.
- The people of Kandovan work as farmers and grow herbs for medicine and breed honey bees.
- There are 117 families living in the village and it has a public bath, school, restaurant, mosque, mill and souvenir shops.



### The Floating Villages of CAMBODIA

- Southeast Asia's largest lake named Tonlé Sap is home to most of Cambodia's ethnic Vietnamese people.
- Around 45 years ago the ethnic Vietnamese people of Cambodia were forced to leave.
- When they tried to come back to their home country, they were not allowed to buy land, so instead many people built their homes to float on the lake or close to the lake on stilts.
- Today there are around 3 million villagers, living and working on the lake.





Some communities around the world are

**“NOMADIC”,**  
meaning they move from one  
place to another



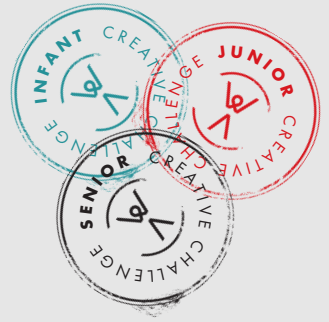
## THE KOCHI PEOPLE

- The Kochi people are a group of nomadic people who live in Afghanistan.
- The word Kochi means nomad.
- To look after their families Kochi people sell meat, dairy products and wool from their goats and sheep.
- Kochi people migrate to find good pasture for their animals and better weather.
- Many Kochi people's lives have been changed because of the fighting in their country and drought (no rain and water). Because of this, they have had to change their migration patterns.



# IMAGINATION Challenge

We are going to use our imagination in this challenge.  
Our imaginations can take us anywhere. **Shall we begin?**



**1** Imagine a place where you **feel safe** and happy. What can you **SEE** and **HEAR?**

What can you **Smell?**

Remember where everything is as you walk around it in your mind. Write or draw the image or feelings and put in an envelope.



**2** Now picture **three** of your favourite objects? What do they **look like?**

What **COLOURS** are they?

Imagine you are holding them. How does it feel? Write or draw the image or feelings that come to mind and put them in an envelope.

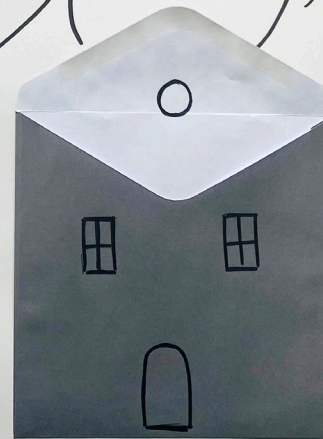


**3** Now imagine the people that are special to you.

Try and **SEE**

**all their FACES**

How does it feel? Write or draw the image or feelings and put in an envelope.



**4** Now imagine you've arrived in a new place

it's going to be your **NEW HOME**

You **DON'T KNOW** anything about it

What people or things would you want with you? Write or draw the image or feelings that come to mind and put it in an envelope.



Share your creations on social media and tag @walkwithamal using #actsofwelcome #LittleAmal or share with us by visiting [www.walkwithamal.org/acts-of-welcome](http://www.walkwithamal.org/acts-of-welcome)



# Who are YOU?



Your name:

**Amal**

My mum told me it means 'hopes'.

Your age: **9½**

Your home-town:

A small village close to Aleppo, in Syria.

Three words to describe yourself:

playful, strong and funny

Your favourite games:

Playing hide and seek with the little kids and sometimes I like to pretend I'm a teenager. Samira even lets me try on her lipstick! Her auntie got it when she was in Aleppo.

Your favourite musician:

I love to sing songs by Sabah Fakhri. I'm really good at reaching the high notes.

Your favourite smells:

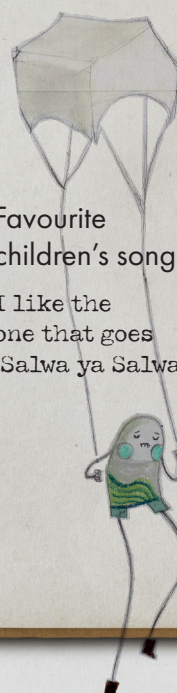
When mum put orange peels inside the old wood furnace, the whole house would smell of smoke and burnt orange. Or when dad would leave the bread on top of the furnace, I love the smell of fresh bread!

Your favourite colour:

Bright blue! The same colour as my smock I wear to school. I also like the black and red bandana scarf that we wear to school too.

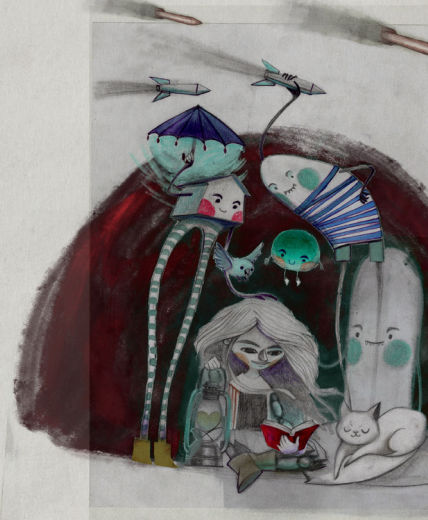
Your fears:

I'm afraid of the sound of explosions. And walking past Hanzeh's window. He would always fling tiny pebbles at me with his slingshot.



Favourite children's songs:

I like the one that goes 'Salwa ya Salwa'



Your favourite things to do:

I love having picnics on Fridays at the river with cousins, uncles, and aunties. Also, visiting the seaside or a visit to Citadel in Aleppo. So exciting!

Your favourite snacks:

Derbi Crisps and Ghandour biscuits from Abu Said's bakery. And Turkish delights. Dad used to give them to me on Fridays after he came back from the Mosque. Yum!



The last things you saw when you left home:

I started the journey near where Abu Said's bakery used to be, then I went around the big fig tree all the way through the village. I passed the neighbour's garage and their noisy dog was still there but the chicken pen was empty. Then I walked past my second-grade teacher's house but no one is there anymore.

The most important thing to your right now:

To get to somewhere safe and find my mum.

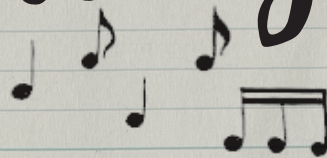
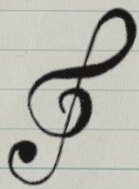


What are YOUR answers to the Questions?  
How are you and Amal similar? How are you different?

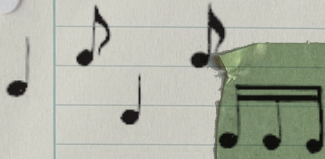


# SOUNDS OF HOME

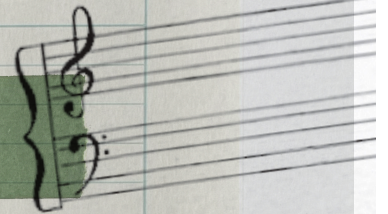
## Challenge



Amal thinks back and remembers sounds she associates with home. They make her feel safe, calm and happy. Can you do the same? It might be the sound of your family or friends cooking, the playground, birdsong by the riverbank. It may even be travelling to school.



<https://youtu.be/1ahrV3ovBww>  
<https://www.youtube.com/watch?v=DxIQNRduEiQ>

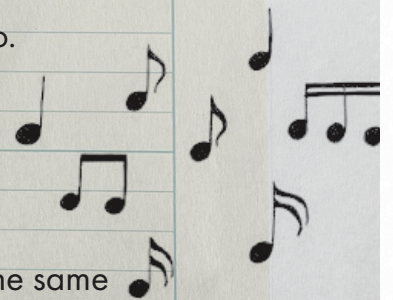
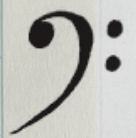
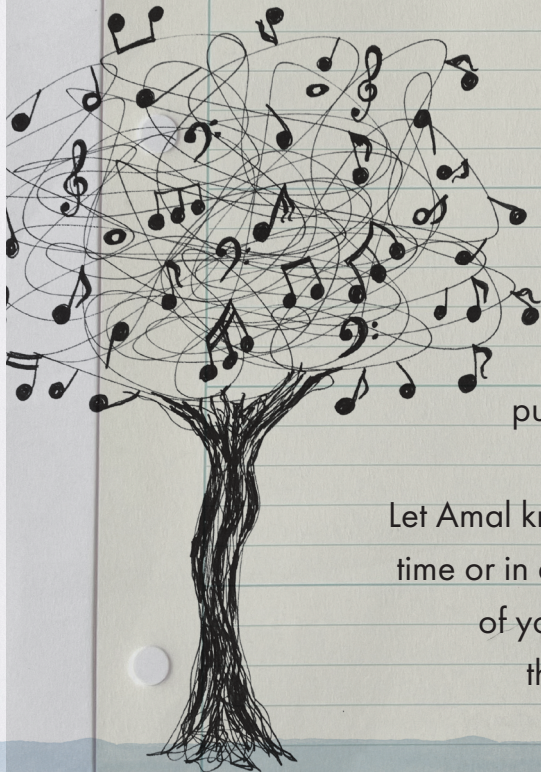


Can you create a recording of these sounds for others to hear?  
Choose how to record your soundscape depending  
on the level of complexity you want:

- Direct recording of sounds you hear.
- Using your voice, body percussion, homemade sound makers or musical instruments to recreate the sounds.
- Layering or mixing your sounds using a digital audio workstation such as GarageBand or Logic Pro.

Work individually or in groups,  
put the sounds together to create a soundscape.

Let Amal know in a brief introduction, either recorded at the same time or in an accompanying document, the history and meaning of your soundscape. Share it online so that Amal has this to accompany her throughout her journey.



Share your creations on social media and tag **@walkwithamal** using **#actsofwelcome** **#LittleAmal** or share with us by visiting **www.walkwithamal.org/acts-of-welcome**





# PAPER Community

Create your community of people by making a paper people chain.  
See who can create the most creative and unique paper community!

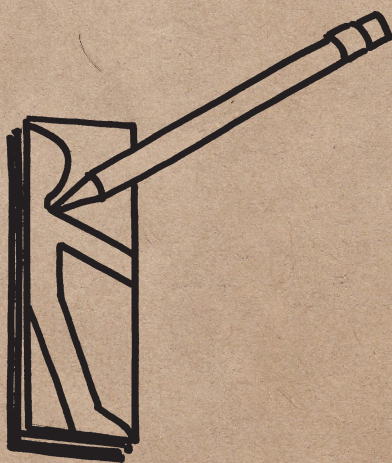


Start with a long strip of paper...  
the longer the strip, the more people you'll fit!



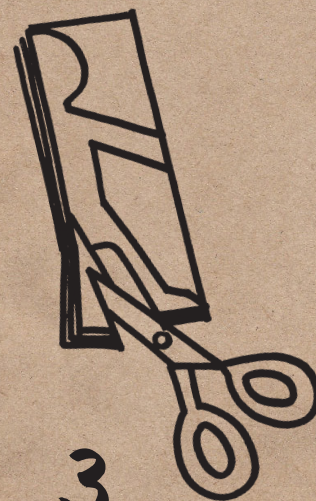
1.

Fold your paper in half, then fold in half again – keep folding it until you have a small rectangle.



2.

Draw **half** a person on the rectangle. Make sure the foot, hand, head and middle of the body reach the edges of the paper.



3.

Carefully cut around the person. **Do not** to cut the hand and body on the folds.

4.

Unfold your strip of paper to reveal your community all holding hands.



5.

Colour and add detail to represent your friends and family. You could add messages or decorations and hang them up at home or school.

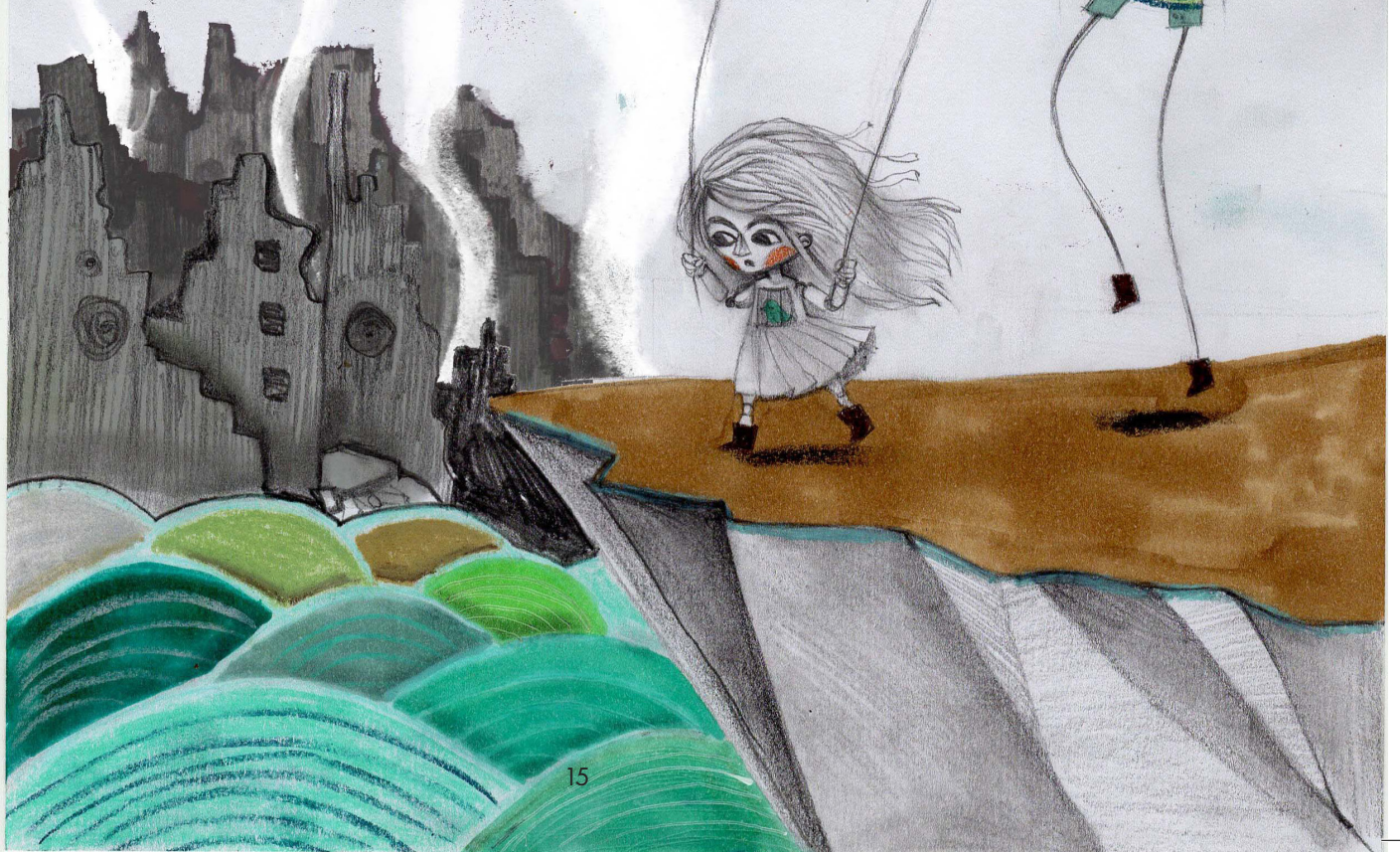
Why not show your paper community to friends or family and discuss who you have made and why?



هجرة

I had to leave  
I couldn't stay  
I had to leave  
Now I look up and  
see the birds  
flying north  
And I feel safe  
I am not alone

# MIGRATION





# What IS Migration?

**First, let's explore animal migration...**

## Migration of ANIMALS

Animal migration has fascinated humans for thousands of years and some creatures can push their bodies to limits humans can hardly imagine. These amazing journeys are taken by fish, reptiles, insects and mammals alike.

### **What is animal migration?**

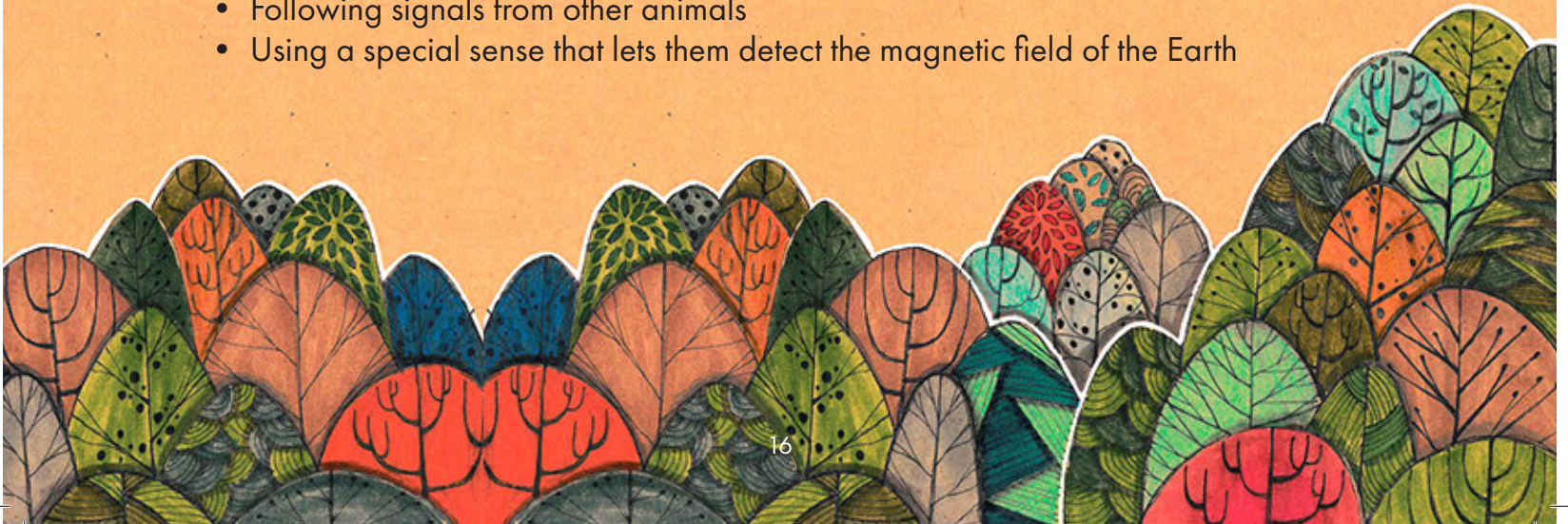
Animal migration is when a group of animals travel to another place for a certain period of time. Different animals migrate at different times of the year.

### **Why might animals need to migrate?**

To find food and water  
To have babies and raise their young  
To move away from harsh weather  
To get further away from predators

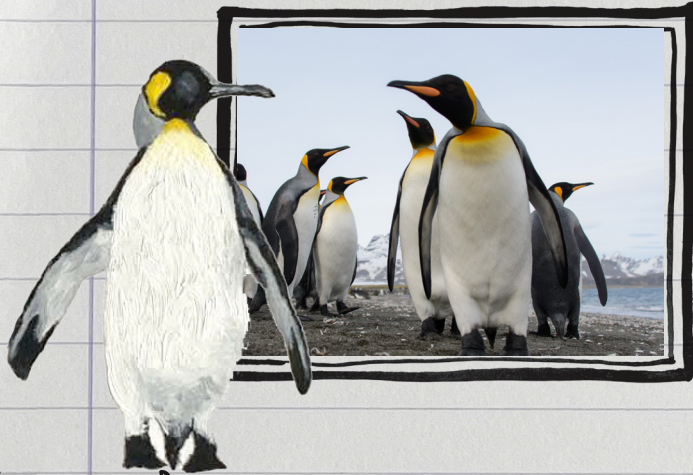
### **How do they find their way?**

- By tracking the sun and stars
- Following different smells
- Remembering landmarks such as mountains, lakes and rivers
- Using wind patterns and ocean currents
- Following signals from other animals
- Using a special sense that lets them detect the magnetic field of the Earth





# SOME Amazing MIGRATING ANIMAL FACTS



## EMPEROR PENGUINS

can walk across  
125 miles of ice every  
year to find the best place  
to lay their eggs.



## ARCTIC TERNS

are birds that will fly a distance  
equal to 60 times around the  
world during their lifetime.



## SEA TURTLES

migrate back to the  
same beach where  
they were born to lay  
their eggs.



## CHINOOK SALMON

swim 900 miles upriver and  
climb nearly 7000 feet to find  
the river where they were born.  
Scientists believe they do this  
because they know it will be a  
safe place to lay their eggs.



## ZEBRA AND WILDEBEEST

are always migrating.  
They are always moving in a giant  
clockwise circle, following the seasons  
to find the best food.



## CANADIAN GEESE

fly in a 'V' formation which  
helps them save energy and  
allows them to cover over 600  
miles in a single day.



# HUMPBACK Whale

In the warm months, they travel to cold areas of water where there is more food for them to eat.

Humpback whales have the longest migration of all mammals.



In the cold months, they travel to warm, shallow water close to reefs and shores to have babies.

Humpback whales eat krill (small crustaceans) and small fish to build up their fat (called blubber) to keep them going in the winter.

Humpback whales can live up to 90 years and they can travel up to 8,000 km, one of the longest animal migrations on Earth.



## CHRISTMAS ISLAND RED CRAB

- The Christmas Island Red Crab can only be found on Christmas Island, Australia.
- The red crabs live on their own in the forest and in the dry season they hide in their burrows to stay damp until wet season arrives.
- During the wet season the crabs come out of their burrows and head to the seaside to have their babies.
- Sometimes there are so many crabs moving across the island at the same time that roads have to be closed as cars cannot get past them.




## WILDEBEEST

- The wildebeest is an animal from the antelope family that lives in Africa.
- They spend their time grazing (eating grass) constantly, day and night.
- Wildebeest travel in large herds (around one and a half million) and migrate to find more food and water.
- Other animals such as zebra and gazelle also join the large herd of wildebeest.
- The different groups of animals eat different parts of the grass. Some will eat the top of the tallest grass and some will eat the medium-height grass. Once the grass is almost all gone the herds will leave.
- This migration happens every year and the animals are almost always on the move.





# Migration Poem

No more flowers on our trees, 

Said a buzzing bunch of bees...

No green grass on which to feast,

Said a wild wildebeest...



It's too cold to flit and fly,

Said a monarch butterfly...

What should we do?



How can we live?

When environments,

Cease to give...



Conditions change what's on our plate,

It's time to move, we must migrate!

Migration's moving,

Swim, run, fly,

From a place too cold or dry,

To a place where food is found,

Migration's moving to new ground!




**by Mr. R.**

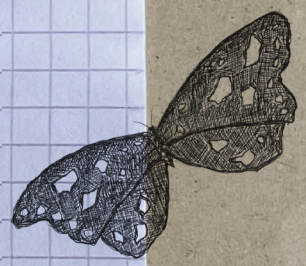




# Monarchs



Monarchs fly to Mexico.  
Millions flee from the winter snow.  
Wings wink quickly to and fro  
as monarchs feel which way to go.  
They listen to a voice inside  
find a wave of wind to ride  
stay together  
work as one  
flutter firmly toward the sun.  
Tiny tigers trim tall trees  
quiver in a Spanish breeze.  
Confetti creatures strong and bright  
sleep a season  
rise in flight.  
They know what they were born to do.  
I'd like to be a monarch too.



by Amy Ludwig VanDerwater







# MIGRATION Haiku

A haiku is a type of short poem originally from Japan.

It's usually made from three lines that have a specific number of syllables each.  
So, the first line of a haiku has **FIVE** syllables.  
The second line has **SEVEN** syllables.  
And the third line has **FIVE** syllables again.

*Here's an example:*

My first line is five  
With seven in the middle  
And then five again

A haiku is usually about seasons in some way, which makes it perfect for talking about **migration**.

Have a go at writing your own and see if you can make it about a type of animal migration.  
Maybe it's about **whales moving to warmer waters** or **butterflies seeking out the summer**.



Share your creations on social media and tag @walkwithamal using #actsofwelcome #LittleAmal or share with us by visiting [www.walkwithamal.org/acts-of-welcome](http://www.walkwithamal.org/acts-of-welcome)



# MIGRATION of People

Humans move around the planet for many of the same reason as animals. Just like salmon, zebras and turtles, humans want to find the best food, water, air and shelter for themselves and their children.

## Why do people migrate?

Human migration often happens when there is a combination of “push factors” and “pull factors”.

## Push FACTORS

are the reasons people might leave their homes.

These could be:

- LACK OF SAFETY
- HIGH CRIME
- CROP FAILURE
- NATURAL DISASTERS
- FLOODING
- DROUGHT
- POVERTY
- WAR
- RELIGIOUS PERSECUTION
- LACK OF SERVICES

(e.g. hospitals & education)

## Pull FACTORS

are the reasons people might be encouraged to move to a new area.

These could be:

- BETTER CLIMATE
- MORE FERTILE LAND TO FARM
- MORE FOOD
- BETTER SERVICES  
(e.g. hospitals & education)
- LOWER RISK FROM NATURAL HAZARDS AND DISASTER
- MORE WEALTH
- MORE JOBS
- LESS CRIME





# Words ARE IMPORTANT

There are lots of different words used to describe children and people who have left their home like Little Amal, and these words will change at different points of their journey.

Follow this family's journey through words as they seek safety in another country, but remember that behind all these words are people just like you and me!

## MIGRANT

Someone moving from one place to another, sometimes this is to seek safety

## ASYLUM SEEKER

Someone who is asking for help and protection in another country

## DISPLACED

Someone who has had to leave home to find safety somewhere else

## REFUGEE

Someone who is protected and kept safe in a different country

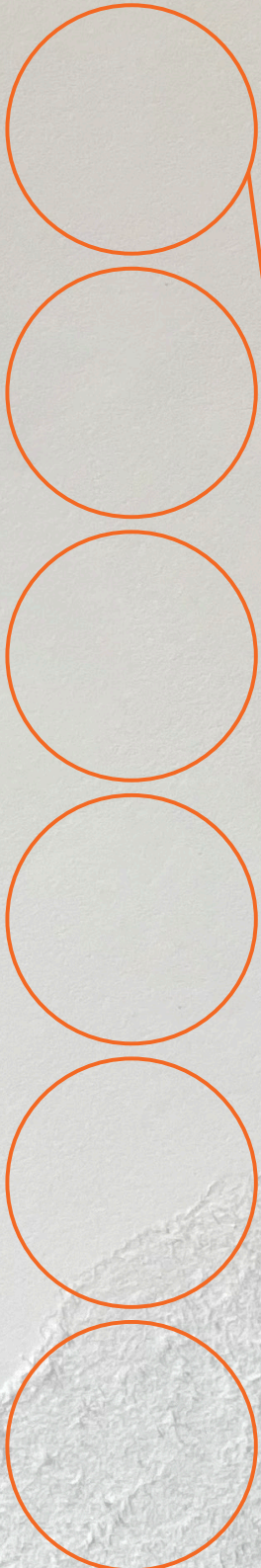




# WHAT DOES IT ALL *mean?*

**Activity:** Draw a picture to match with the word and the description - the first one has been done for you!

**Tip:** Two of the words have the same meaning  
**Can you guess which ones they are?**



EXPAT

Someone who goes travelling with a backpack - this can be in their home country or another country

BACKPACKER

Someone who travels frequently for pleasure

REFUGEE

Someone who lives outside their country of birth

JET SETTER

Someone who is protected and kept safe in a different country

IMMIGRANT

ASYLUM SEEKER

Someone who is asking for help and protection from another country

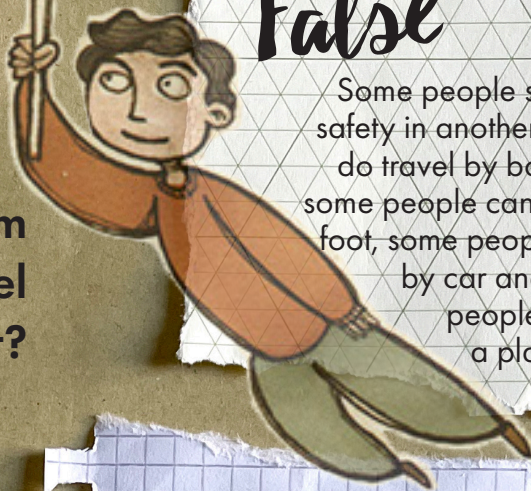


TRUE



All asylum seekers travel by boat?

FALSE?



False

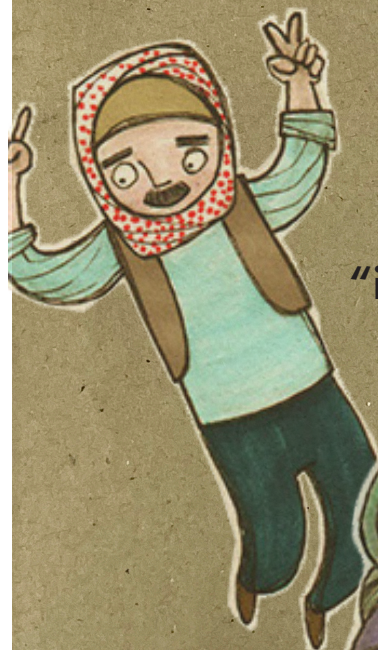
Some people seeking safety in another country do travel by boat, but some people can travel on foot, some people travel by car and some people catch a plane.

Asylum seekers should ask for protection in the first safe country they arrive in?

FALSE

Under something called the Refugee Convention, there is no law that says people have to stay in the first safe country they arrive in. This means that all countries have the opportunity to help people in danger.

There is no such thing as an "illegal immigrant"?



Seeking asylum is difficult?

True

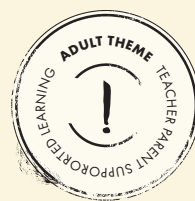
It is not illegal to enter any country across the world to ask for protection. It's international law. No human being is illegal.

TRUE

Asking for protection is a scary and difficult thing to do. People that ask for this help are incredibly brave and strong but still need our support and kindness.







## Poems about the Refugee Experience

Here are some powerful and emotional poems about the experience of being a refugee or immigrant. They explore themes and feelings such as:

- Being an outsider
- Belonging and not belonging
- Feeling unwelcome or rejected
- Being away from family and friends
- Leaving your country
- Leaving behind your culture

# OUTSIDER

misplaced hanger on -  
rejected I  
go from  
one friendship group to another

searching for where I might belong

an inherent feeling

among friends, and family,  
and strangers,

that I am the imposter

that my place isn't here -

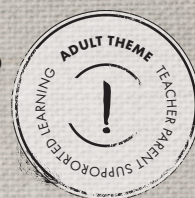
what does  
it mean  
to belong?

**By Katie Lewington**





Here are a few lines from a poem by Warsan Shire, a poet and teacher who was born in Kenya to Somali parents and now lives in London.

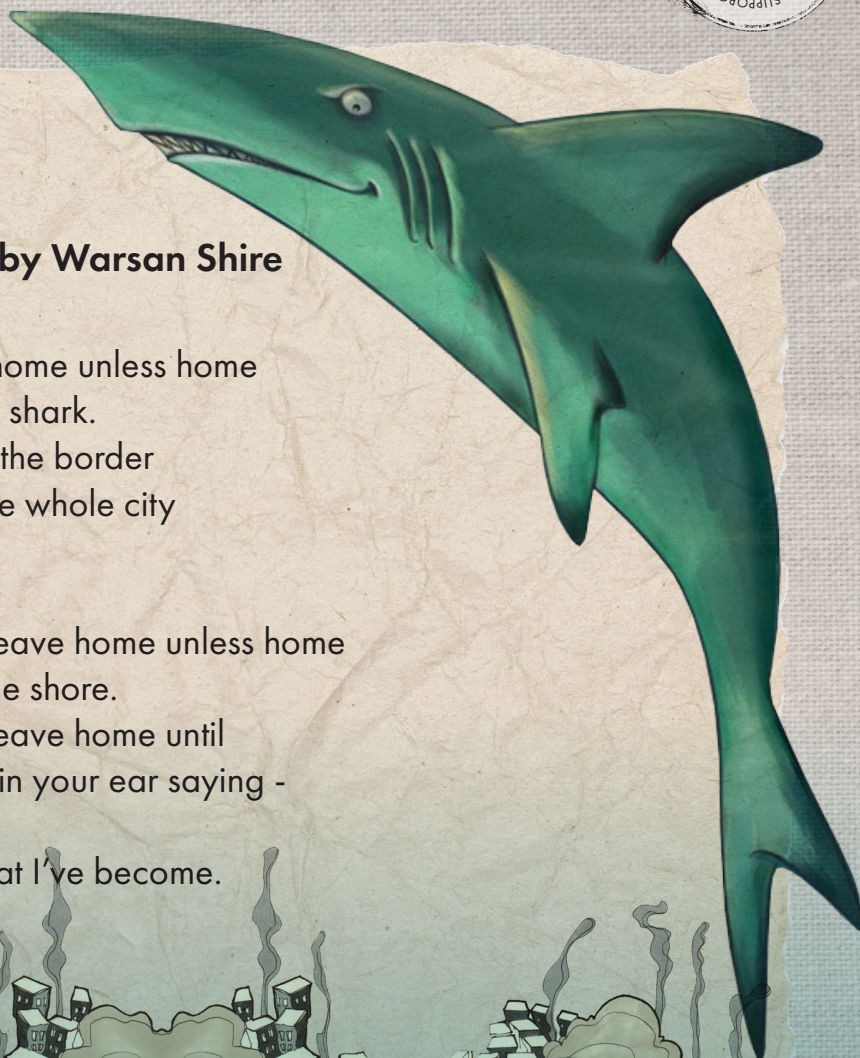


## Home by Warsan Shire

No one leaves home unless home  
is the mouth of a shark.  
You only run for the border  
when you see the whole city  
running as well.

...

No one would leave home unless home  
chased you to the shore.  
No one would leave home until  
home is a voice in your ear saying -  
leave, run, now.  
I don't know what I've become.



Warsan speaks about how she writes about the things that have happened to her:

“I’m from Somalia where there has been a war going on for my entire life. I grew up with a lot of horror in the backdrop - a lot of terrible things that have happened to people who are really close to me, and to my country, and to my parents; so, it’s in the home and it’s even in you, it’s on your skin and it’s in your memories and your childhood...  
...me writing it, it’s cathartic, being able to share their stories, even if it is something really terrible, something really tragic.”

\*Note for teachers: the full poem which can be found online, includes adult language and topics that will require special consideration and preparation before introducing to students.\*



# LEAVING HOME poem



Warsan uses unique words and phrases to describe her home. She says home is like 'the mouth of a shark' and a 'Chased you to the shore'.

**Come up with a couple of descriptive phrases of your own about a place that you might want to leave.**

Perhaps this place is like a 'tiger, waiting in the bushes' or a 'tidal wave, ready to crash'.

In the same way Warsan has written about how it felt for her to leave her home, write your own short poem about how you would feel if you had to leave your home.

**Start by using one of your lines from the first part of the exercise, like this:**

A home is like a tidal wave, ready to crash.

**In the next lines of your poem to answer these questions:**

1. Where do you go when you first leave home?
2. How do you feel knowing you can't go back? It could be good or bad – perhaps even a mixture of both.
3. What are the good things about leaving home?  
Are you more independent or can you finally go somewhere you've always wanted to?

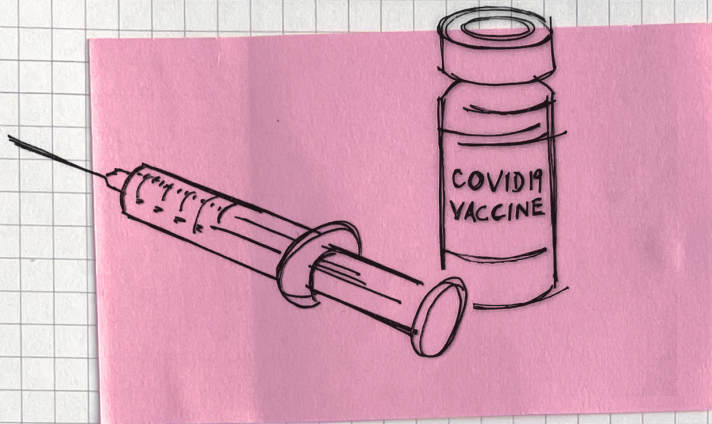


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# MIGRATION of ideas

Many people have travelled to new countries and have gone on to make a huge impact on the world. Here are some of the individuals that have made a difference.



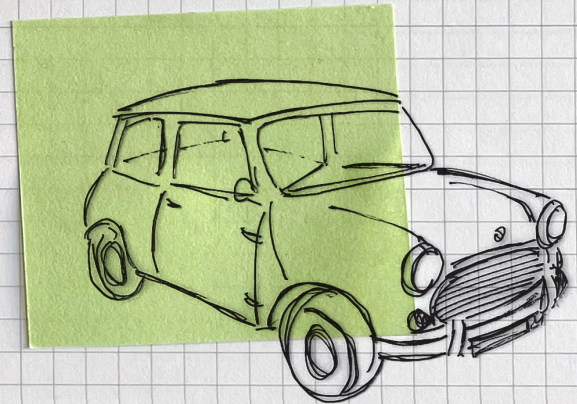
\*Vaccine: A vaccine is a fluid that helps your body to become immune (protected) to a disease caused by certain germs.

## COVID-19 VACCINE

Uğur Şahin & Özlem Türeci are scientists who helped to create a Covid19 vaccine\*. Dr Şahin was 4 years old when he immigrated from Turkey to Germany with his family. Dr Türeci was born in Germany but her father was an immigrant from Turkey as well. The couple owns a small company called BioNTech and created a vaccine for the coronavirus that is more than 90 percent effective. BioNTech joined up with the worldwide pharmaceutical (medicine) company called Pfizer and now the vaccine is now being used all over the world.

## THE MINI

Sir Alec Issigonis was a Greek refugee who fled Turkey in 1922 ahead of the Great Fire of Smyrna. He started in the motor industry as an engineer and designer and later designed The Mini Car.



## THE INTERNET

Today the internet is used by more than half of the people in the world. One person who helped to create the internet is the computer scientist, Philip Emeagwali, who came to the United States as refugee from Nigeria. He created a formula (numbers and symbols) that lets lots of computers communicate at the same time.



# BRITISH FISH and Chips

## INVENTED BY JEWISH IMMIGRANTS

Fish and chips are one of the most popular meals in the United Kingdom. But before it was brought to the United Kingdom, battered fish was eaten by European Jewish people.



It is believed that the first fish and chip shop was opened in London by a Jewish immigrant named Joseph Malin 160 years ago. The shop was so popular that it stayed open for over 100 years.



Many Jewish people would cook and eat fish on Fridays because it is traditional to not eat meat on this day. Jewish people brought battered fish to England in the 16th century (that's 500 years ago).

## ITALIAN PASTA originally from Asia



Pasta is one of the most popular and well-known dishes of Italy. It is thought that pasta was inspired by ancient Asian noodles. Some people believe that Marco Polo, an Italian explorer brought noodles back from his travels to China after he was so impressed by the taste.

Other people believe that nomadic Arabs brought early forms of pasta to the Western world. The Italians developed these noodles into the pasta we have today.



# FAMILY TREES



A family tree is an amazing way of showing

where we - and our families - come from. Some families can trace their ancestry back for hundreds of years, and each step of the family tree is called a 'generation'.

So let's break down the number of ancestors you have by generation.  
A family tree that goes back eight generations will usually have a whopping 256 great great great great great grandparents.

Become a **DETECTIVE** by asking your family about your family tree.

Try and **FILL IN** as much of this tree as possible.

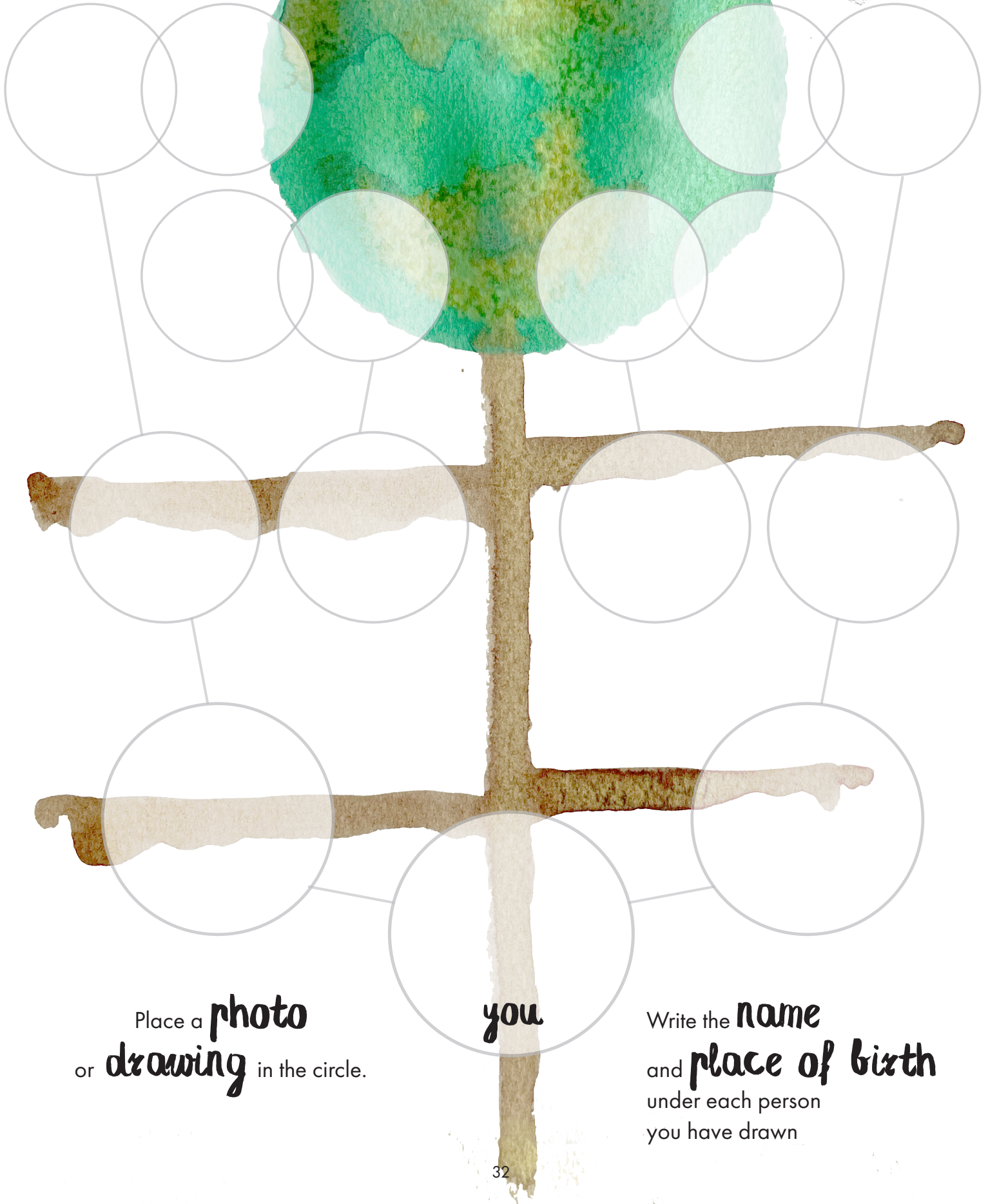
How many **GENERATIONS** do you have to go back to find the first person not born in the country you live in?

If you find someone who **IMMIGRATED** to your country, try and find out where they moved from, when and why they moved.

Fill in your family tree on the next page...



# MY FAMILY Tree



Place a **photo**  
or **drawing** in the circle.

you

Write the **name**  
and **place of birth**  
under each person  
you have drawn



# ILLUSTRATE YOUR *name*



Just like any word in the dictionary, a person's name has meaning. Sometimes people's names can tell us a bit about our ancestors' lives, what they did for work, or where they lived.

Here are the meanings of some first names that you might know:

## Amal

Little Amal's name - means **hopes** in Arabic.

## Alexander

means **defender of the people** and is of Greek origin. There are many spellings depending on the country you live in, like Alejandro, Alessandro and Alexzander.

## GABRIEL

means **God is my strength or devoted to God** and is of Hebrew origin. In the Bible, Gabriel is the angel who tells Mary she will bear the son of God.

## Melissa



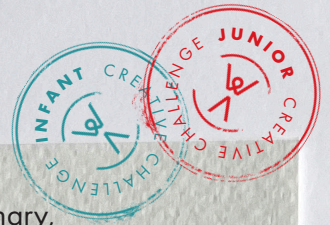
is a Greek name meaning **bee** which in turn means 'honey'. Melissa was the name one of the nymph nurses of the Greek God Zeus, and instead of feeding him milk as a baby, Melissa fed him honey!

## MOHAMMED

means **Praised** or **Praiseworthy** and is of Arabic origin. It can also be spelled Muhammad, Mohamad and many other ways.







Find out what your name means by looking online or in a Name Dictionary, and create a piece of artwork that shows its meaning. You could also include things that express parts of your personality. Think about your hobbies and interests, your favourite things, or anything else you can think of to represent yourself.

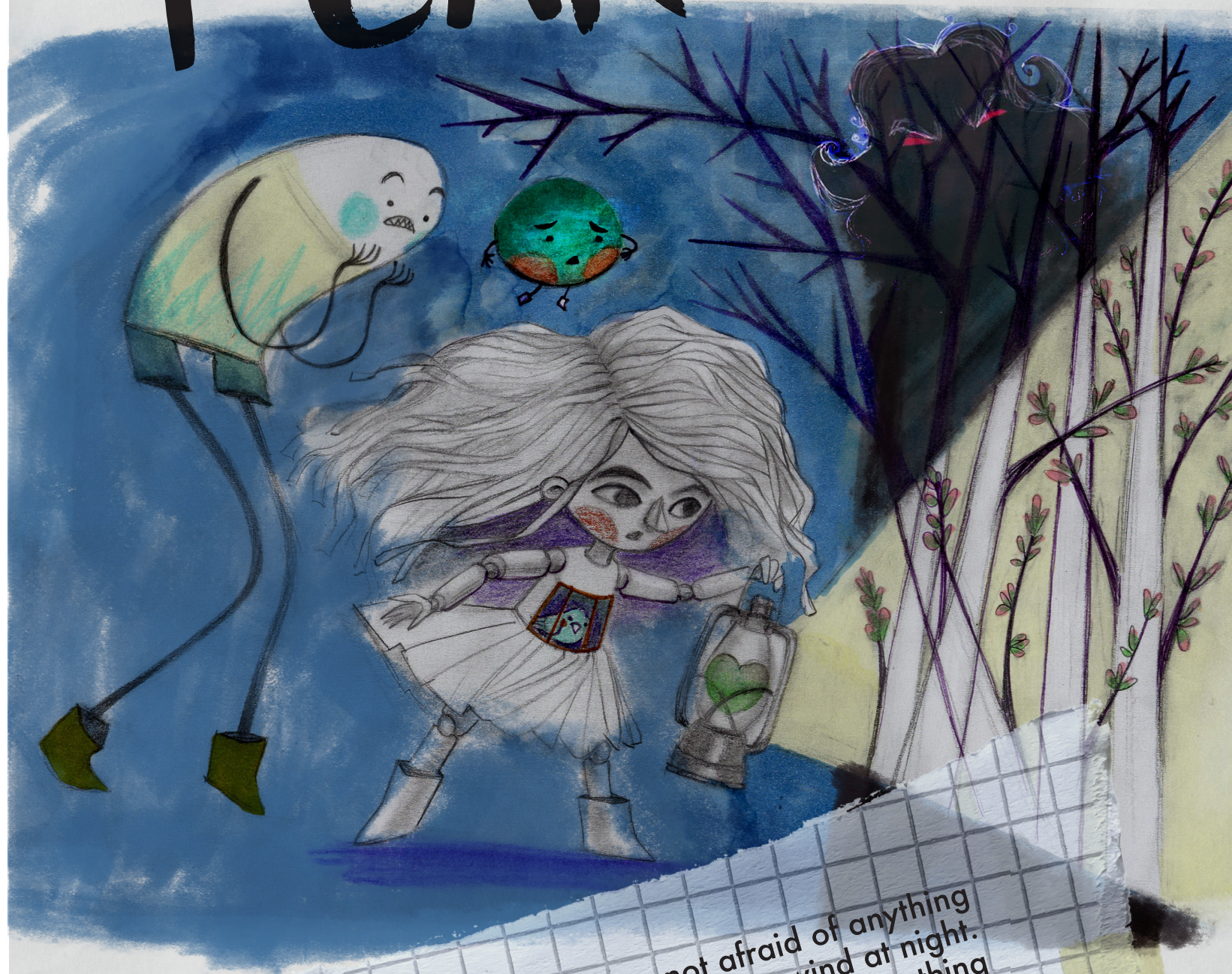
illustrate your name here...



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# FEAR



خوف

I am not afraid of anything  
Well, except wind at night.  
I am not afraid of anything  
Well, except the sea.  
I am not afraid of anything  
Well, except very high places.  
I am not afraid of anything  
Well, except the airlines in the sky.  
I am not afraid.  
That's what I tell myself when I am.



# OVERCOMING FEAR

## HAVE YOU EVER FELT REALLY *afraid*?

Maybe you've been afraid of dogs, or afraid of the dark, or you're scared of getting lost or having to leave home.

*Everyone is afraid of something. It can be different for everyone.*

Little Amal will have to face her fears and overcome frightening situations on her journey, just like everyone does as they go through life. She knows that fear is just another feeling she can overcome - like feeling tired or sad, or being too hot or cold. With the right preparation and by being brave and resilient, you can overcome your fears just like Little Amal.

There are a few activities in this section that may help you to think about how you might overcome your fears.

When you've completed the activities perhaps you will share some of your work with us and help Little Amal discover how other people across the world have overcome their fears. After all, the best way to stop being afraid of anything is by coming together and helping each other through it.





# AMAL'S GUIDE TO TACKLE

## F E A R

**F**

### FACE

Face the fear head on: Recognise that it is there, take a moment, just stop - don't stare.

**E**

### ENGAGE

Engage with this feeling: Why has it appeared? What is it really that you've always feared?

**A**

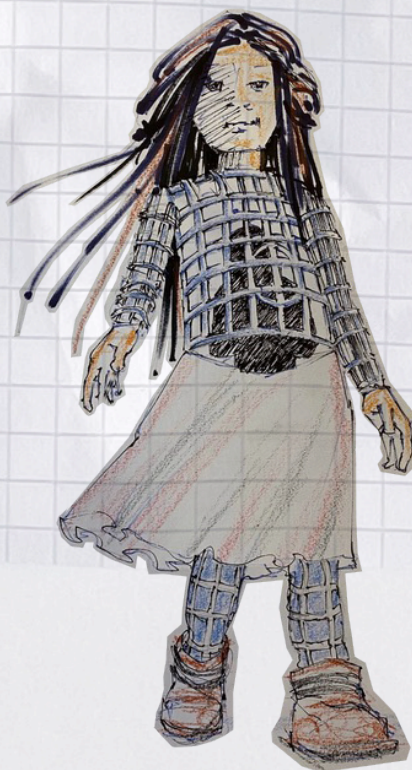
### APPROACH

Approach it with humour: A laugh and a giggle - that's all there is to this little riddle.

**R**

### RESOLVE

Resolve to overcome it: Every time you see this type of fear, you'll dress it up in a big silly hat every time it comes near.







# FACING YOUR fears



**This activity is an easy one.**

In a group, everyone picks an animal that you aren't afraid of.  
The cuter the better!  
But don't tell the others what animal you've picked.

**So, let's say you picked a puppy.**

Now try and describe it in a way that would make someone afraid of it.  
You could say a puppy has sharp teeth, claws and howls at the moon.

**Once you're done,  
pass your description to the person next to you.**

**Now all draw the animal that fits this description.**

When you're done, all share your drawings and then  
tell each other what the original animal was.

**See how a different way of looking at things  
can make something scary  
into something sweet.**



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# *I am* **BRAVE**

Fear of monsters  
Fear of dogs  
Fear of hurricanes or bogs  
Fear of anger  
Fear of fear  
Fear of losing someone dear  
Fear of spiders  
Fear of feet  
Fear of strangers in the street  
Fear of falling  
Fear of drowning  
Fear of wrinkles caused by frowning  
Fear of dragons  
Fear of night  
Fear of all the things that might  
Or might not pass  
Fear of being last in class

But fear's ok  
Yes, fear's alright  
For now I have it in my sight  
And when I'm overwhelmed by fright  
I recognise its painful bite  
(And that is more than half the fight)

So yes I'm fearful, yet I'm brave  
And when my fear will not behave  
I gently pat fear on the head  
And send fear off to go to bed

**Laura Mucha**



# ENGAGING WITH *fear*

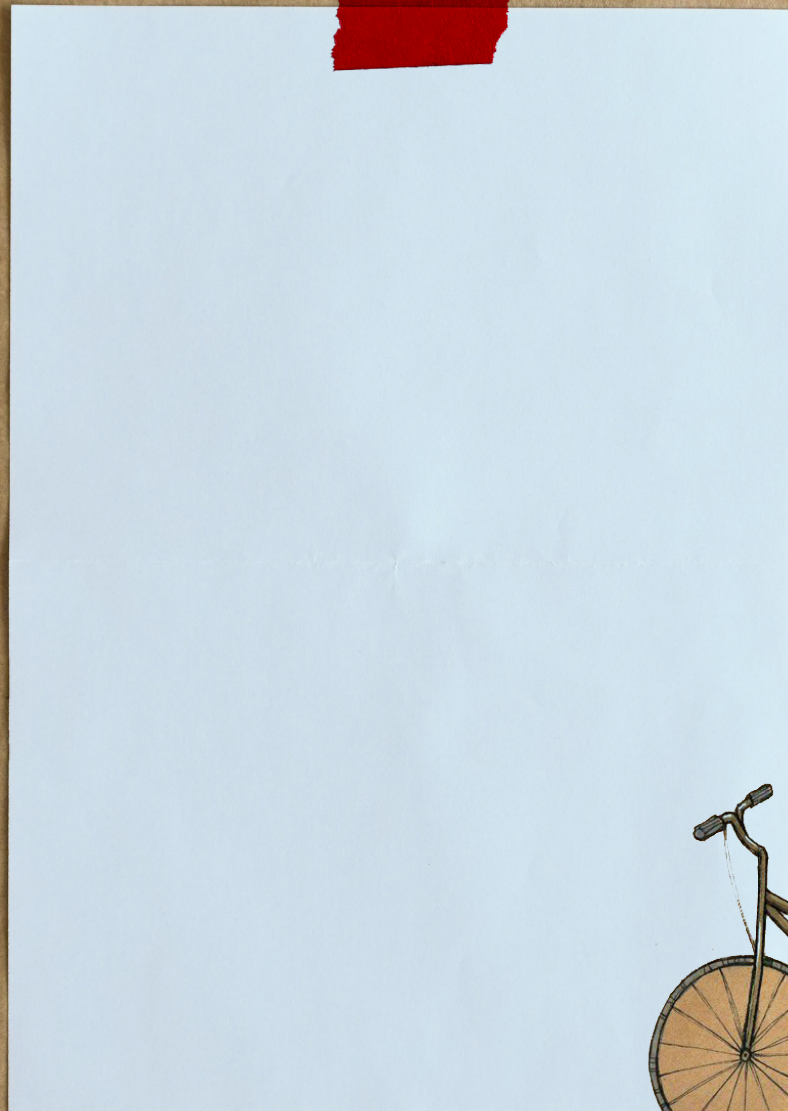


*Dear Fear* . . . Write a letter or monologue to Fear.

Taking Inspiration from the 'I am Brave' poem by Laura Mucha, write a letter to Fear. It could be your Fear, or you could write a letter to Amal's fear to help her on her way.

First, you need to create a character named Fear. What does Fear look like to you? Are they a person? What are they wearing? How old are they? What are their mannerisms?

1. let's draw our character.



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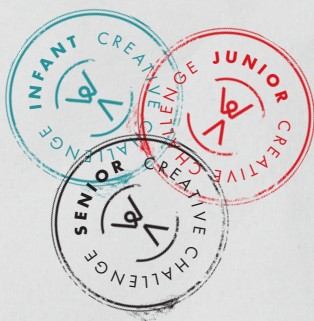




2. Then, write a letter to this character. Begin with Dear Fear...
2. When does your character appear? Do they sneakily jump up on you round the corner?  
Is your character always sitting at the other side of the room?  
Are they a good person to have around in some situations?

Dear Fear...





Approach Fear with a

# MINDFUL MEDITATION

Some people meditate to help them overcome fear.  
What is a Meditation?

It is also called Mindfulness.  
Mindfulness is also about noticing what your mind is doing.  
Noticing what is happening around you and focusing deeply.

**Meditation and mindfulness are pretty amazing things. It can help you focus and calm down when you're sad, angry or frustrated. They help us deal with tough emotions just like fear.**

This creative challenge is all about mindfulness, and you don't need anything apart from your mind.

imagine...

BREATHE

sad

ANGRY

focus

mindfulness

Happy!!!

MIND

Can you feel it?

open your eyes...

breathe in through your nose and out through your mouth

RELAX

Close your eyes!!!

EMOTIONS



Ask someone to guide you by reading the following:

**When you're ready...  
take a deep breath, close your eyes.**

Breathe in through your nose and out through your mouth.  
Take a deep breath in and a deep breath out.  
Focus on your fingers then your arms until every part of you has been thought about.  
Imagine your body feels floppy and loose.

Notice how your body is feeling. Is it feeling restless, tired or achy?  
Notice how your breath is feeling. Can you feel it move in and out of your nostrils or your mouth? Notice how your mind is feeling?

**Try to notice if you feel any emotions.**

**Take bigger deeper breaths.  
Fill your chest and tummy like a balloon.  
Breathe out.  
Feel the balloon empty.  
Try to breathe out any emotions.**

Imagine you are holding a balloon and you are tightly grasping the string.  
Imagine every time you breathe out you let go of the balloon.  
The balloon happily drifts off into the sky.

**Take a bigger deep breath into your tummy  
and let it go.**

**When you're ready open your eyes.**



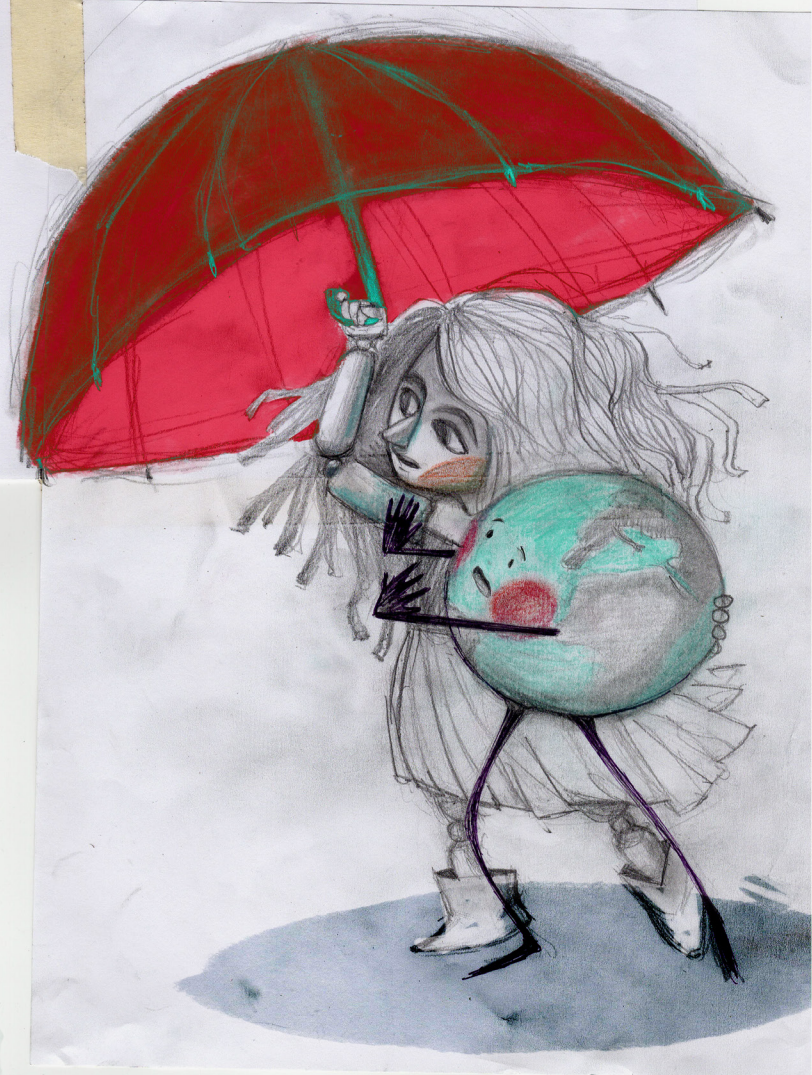


After you've finished you can use this space to write down  
your thoughts and reflections.



مناخ

The sun and its heat on my face  
The brown soil that I like to sink my feet into  
The trees with all of their leaves  
The crickets that won't shut up  
And that swallow way up in the sky  
They are all part of me  
I feel it when I stand very still  
A thin line connecting me to them  
A thin, thin line  
It makes me happy and scared



# CLIMATE





## For LITTLE AMAL,

the climate is very important. Many people have been forced to leave their homes just like her, because the climate is changing where they live.

Climate change means that the way the world works, and what the weather is like in different places across the world, is changing.

This might mean that you get more snow at wintertime, or that the summer gets even hotter than usual. But it could also mean that there isn't enough rain to grow food, or that the sea rises and floods your home, or there's an increase in storms and dangerous weather.

Climate change might sound scary, but thankfully there are many people and organisations working to solve this problem and to make things better for everyone.

One of them is David Attenborough, a conservationist:

**"We are at a unique stage in our history. Never before have we had such an awareness of what we are doing to the planet, and never before have we had the power to do something about that."**

Over the next few pages we're going to learn a little more about the people that are affected most by the climate, and read about just how serious this can be.

By learning more about the climate and how it is changing people's homes across the world, you are already helping to make things better for people in the future. You are also helping by bringing Little Amal's journey to the attention of others, so that they can understand how the world is changing too!

The more people learn and understand how the climate affects people, the better chance we have to help them in the future.



# CLIMATE CHANGE AND refugees

Look at this image.

It shows the 50 places around the world with the highest numbers of people who have been forced to move from their homes.

Which colour shows the people moving because of climate disasters?

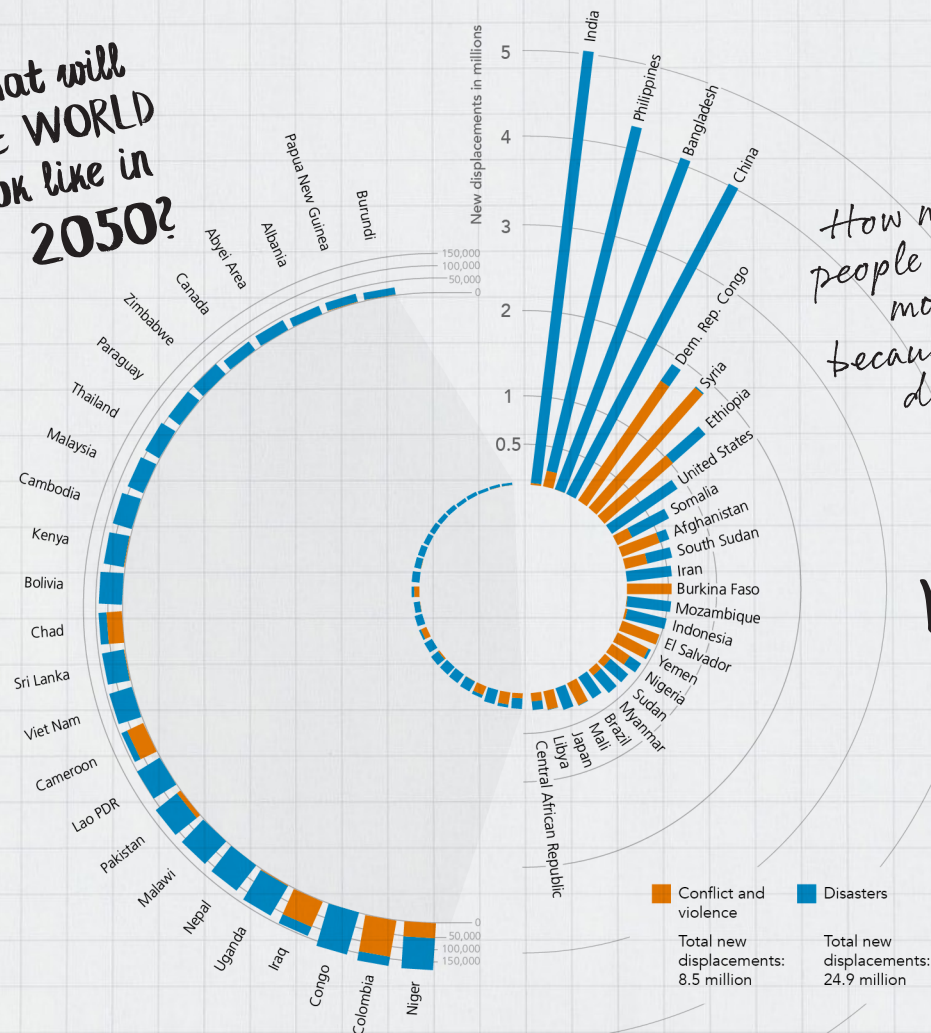
Which colour shows the people moving because of conflict and violence?

**BLUE** or **ORANGE**

What will  
THE WORLD  
look like in  
2050?

How many more  
people will have to  
move home  
because of climate  
disasters?

When will  
the law  
recognise  
climate  
refugees?





# LET'S GO ON A LITTLE *journey*

to a few places and see what we are facing on Planet Earth?



Philippines  
Floods and Typhoons

85 percent of the population are suffering because of flooding and violent typhoons. A tropical storm in 2011 damaged over 50,000 homes and displaced 430,900 people. In 2019 over 4 million people had to leave their homes because of tropical storms and monsoon rains.



Guatemala  
Droughts

Farmers in the highlands of Guatemala are suffering extreme drought. Deforestation rates are rising which is causing floods, landslides and erosion of farmland. Families face an impossible choice: stay and risk starvation, or gamble everything on the dangerous migration north to the United States.



Mozambique  
Cyclone

In 2019 Tropical Cyclone Idai struck the southeast coast of Mozambique. 1.85 million people needed assistance. Mozambique scrambled to house them in 155 temporary sites. The cyclone and flooding damaged 100,000 homes, destroyed 1 million acres of crops, and demolished \$1 billion worth of infrastructure.



The Pacific Islands  
Sea Level Rise

The sea level is rising at a rate of 12 millimetres per year in the western Pacific and has already submerged eight islands. Two more are on the brink of disappearing, prompting a wave of migration to larger countries. By 2100, it is estimated that 48 islands overall will be lost to the rising ocean.



Wales  
Sea Level Rise

Residents of Fairbourne in Wales have been labelled as "the UK's first climate refugees" after the government announced they would have to leave their homes. 450 houses, a pub, post office and several shops will be shut down by 2054 because of the sea-level rise and coastal flooding linked to climate change.



Middle East & North Africa  
Droughts & Desertification

Experts have warned that there could be a mass exodus of migrants from the Middle East and North Africa. Large areas of the desert regions will become uninhabitable by the end of the century. These changes in climate are more likely to force people to move from the regions rather than a war or a lack of work opportunities.



# YOUR WORLD challenge



## Talk to your group

Sit in one big circle.

**Imagine you are sitting around planet earth.**

Take a moment to imagine – the sea, the trees and earth. If you can, create a big sheet of paper and place it in the middle of the circle. Take it in turns to paint, draw or write an expression of how you feel about the world that is underneath you.

## What does your world look like in the future?

Once you have finished your challenge, stand up and look from above.

What beautiful creation have you made?

Talk in your group about what you have created together.



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the OCEANS are  
RISING and so  
are WE



# YOUNG ACTIVISTS

You may be thinking,

"WHAT CAN I DO TO HELP?" well... *Lots*

There are young activists all over the world who are already making a difference. Here are just a few...



## GRETA THUNBERG

protested in front of the Swedish parliament when she was 15 years old and inspired a global climate strike movement called Fridays for Future. She also made a speech at the United Nations Climate Action Summit.

## Kehkashan Basu

created the Green Hope Foundation when she was 12 years old. The organisation runs events to plant trees and mangroves, recycle waste and clean up beaches in her home country, the United Arab Emirates and around the world. She also wrote a children's book, *Tree of Hope*, to teach children about protecting the environment.



## DELANEY REYNOLDS

created the Sink or Swim Project when she was 16 years old to educate the people of Florida about the risks of the rising sea level. She is also a writer and illustrator of children's books about the impact of climate change.

## Lesein Mutunkei

started planting a tree for every goal he scored in a football game when he was 15 years old. His initiative, *Trees for Goals*, has encouraged other young people to celebrate their achievements by planting trees too. Over two years Lesein and his football team planted over 1,400 trees.





# SO, HOW CAN YOU USE YOUR INDIVIDUAL SKILLS AND TALENTS TO MAKE A CHANGE?



What message do you want to share?

Maybe you want to encourage people to walk, run or cycle to school or work, or eat a more plant based diet, or use a compost bin, or avoid single-use items and fast fashion, or share some facts about climate displacement?

How can you share your message with the world? Or even just with your family and friends?

## You could...

- Create a POSTER for your school or neighbourhood
- Write, perform and record a SONG
- Create a thought provoking piece of ART or PHOTOGRAPHY
- WRITE an informative post for social media
- Bring together a CLIMATE CHANGE group or club in your community
- Make a VIDEO for YouTube or social media
- Have regular CONVERSATIONS with your family and friends



# SEA LEVELS RISING **3.6mm** per year



Hi, fellow Climate activist,

We need you to take action and become a champion of change.

## WAIT. STOP. News in. We best act quickly, time isn't on our side.



Single Use Plastics are everywhere, and are very bad for our environment.

Now, instead of throwing them away and ending up in our beautiful oceans,

lets up-cycle. We want you to go out as a group (friends, community, school friends)

and find any materials be it single - use plastic, greenery like dead leaves, twigs, or litter,

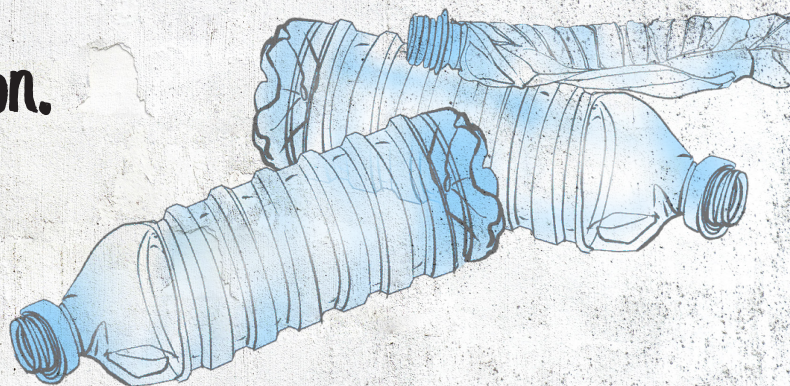
...and make an art installation of what you think represents climate change.

## NOW – you have limited time!

Are you ready climate champions of change?

Good luck on your mission.

## 3, 2, 1 GO!



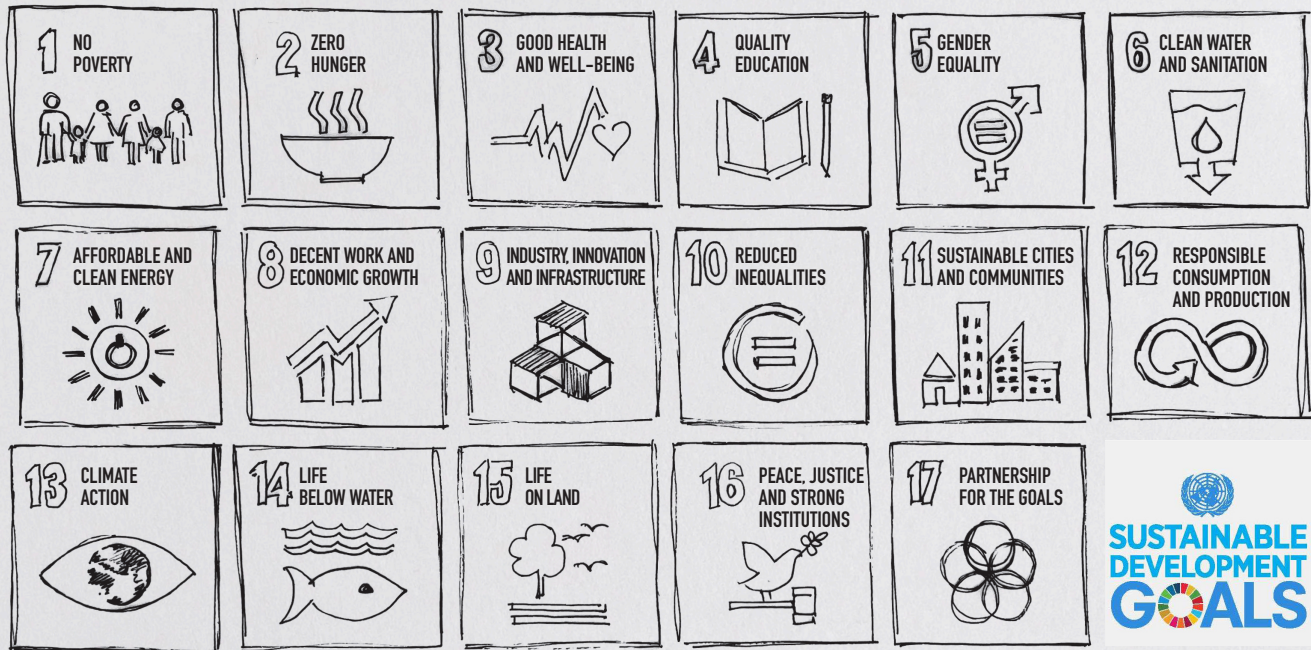


# BIG STEPS, Little Amal, BIG change.



What simple steps can we implement into our daily routine to help Little Amal and her mission? Her mission to live harmoniously with nature.

In 2019 leaders from all over the world came together to create The Global Goals. Let's have a look at them here.



WE CAN ALL  
**help**  
in our own  
little way!

Write down 5 things  
you can do this month  
that might help one or two  
of these Global Goals.



Why not challenge  
your classmates to  
become the ultimate  
climate champion.

1.

2.

3.

4.

5.



# مغامرة

When I was three, I hid under my mother's bed  
and heard everyone shout my name  
When I was five, I climbed a tree  
and couldn't come down  
When I was seven, I told Omar that  
when we grow, I'll marry him  
Now I am nine and walking  
Now nothing can stop me



# ADVENTURE



Before we begin our adventure activities, let's meet some people who were adventurers despite the odds.

They made the most of every opportunity and didn't let obstacles get in their way.

## Jeanne Baret

In 1766, naval ships didn't allow women on board, so Jeanne disguised herself as a man to join the voyage of a famous explorer. She was a plant expert and collected specimens in many parts of the world. She was the first woman to sail around the world.

## Jessica Nabongo

In October 2019, travel entrepreneur, Jessica Nabongo became the first documented black woman to visit all 195 UN member states, travelling to 89 countries solo. Curiosity is what inspires her.

## Miles Hilton-Barber

lost his sight at the age of 21, but this didn't stop him from taking on some extreme adventures. Miles has completed an 11-day ultra marathon from the Gobi desert to the Great Wall of China, climbed the Himalayas and in 2007 he completed a seven week journey, piloting a microlight plane from Britain to Australia with help from speech controlled navigation equipment.

## SUPERMAN

Is a fictional superhero who first appeared in American DC comics. The superman stories are ones of adventure and discovery and are known by many young people all over the world.

Superman is not only a superhero but also a refugee. Sent to Earth as a baby by his parents just before his home planet Krypton was destroyed, he was raised by a kind couple in America who named him Clark Kent and the rest is comic-book history. Superman has reached iconic status among superheroes, embodying 'truth, justice and the new way.' He has a unique view of the forces of good and evil and though he is not from this world, he doesn't let these obstacles get in his way.

Every culture has their own unique adventure tales told through literature and storytelling.

What adventure and discovery stories can you think of?  
How do you know these stories?  
Did you read them in a book?  
Did someone tell them to you?



# AMAL'S ADVENTURE

Let's explore Amal's adventure and meet other pioneers who have taken a journey despite the obstacles in their way. What adventure and story can you create?

Amal looks over her shoulder, she can no longer see her home. Ahead of her is a mystery. A path with no footprints. No footprints on it yet.

Along the way she meets people, they speak a language she doesn't understand.

She continues on...



## step by step

When Amal gets tired she sleeps where she can. She sleeps with the sounds of animals. Sleeps with starlight and sunlight. Something about the dogs barking in the darkness fills her with courage. If they can find their way along the path, then so can she.

Correspondance

Adre

CARTE POSTALE



Her feet bring her somewhere new.

A city called Trikala.

Darkness turns to bright yellow light as the tails of fireflies dazzle her.

She leaps up and tries to catch one, hoping it might light her way.





# SOMEWHERE NEW. ATHENS

She sees a gleaming marble monument – the Parthenon – emerging from the ruins, what past adventures it must hold. A stranger turns into an alleyway, Amal follows them, seeing the city from another angle.



CARTE POSTALE

Correspondance



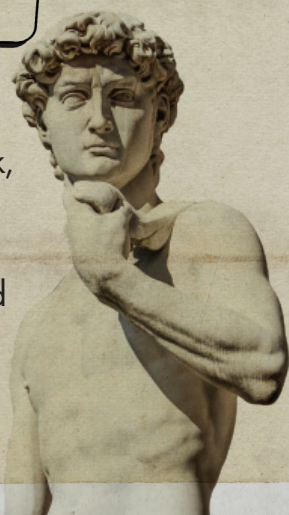
Adresse



Where are  
you going?

The rhythm of her steps is like a heartbeat, and it gets faster as she goes. Faster because she is moving along with more purpose and faster because of the fear inside her.

people ask,  
but she still  
can not  
understand  
them.



## IN FLORENCE

she thinks everything is art. The people. The buildings. The dark cobbled streets. A man, strange, as if lost in history, points to things and, in words she cannot guess at, explains the world as he knows it.



The more Amal sees, the braver she becomes. The more she experiences, the more she wants to explore. The more tired she gets, the more she relies on the heartbeat of her steps to keep going.

She started her journey looking at the path beneath her, but now she looks forwards, and sees that even the path is an adventure.

And what's that ahead? There in the distance, just on the horizon?

Well, I suppose we'll have to find out together.



# Let's have a go at creating our own adventure story.



In this activity, all you will need is a group of friends.

## Sit in a circle.

Choose someone to go first. This person can begin the story in any way they like. If you're stuck for ideas on where to start, you can just say:

It was a  
dark and stormy  
night...

Then the next person in the circle can continue the story. It's that simple!

## The only rules are:

1. You can only say one short sentence each.
2. You have to respect the decisions other storytellers make.
3. The story finishes when it feels right, not just when everyone has spoken.

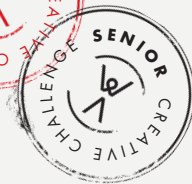
Once you've finished your story, you can write it down and share it with us!



Share your creations on social media and tag @walkwithamal using #actsofwelcome #LittleAmal or share with us by visiting [www.walkwithamal.org/acts-of-welcome](http://www.walkwithamal.org/acts-of-welcome)



# CREATE YOUR Adventure Comic



Just like Superman, have a go at creating your very own comic strip using the boxes on the next page.

For this activity all you will need is something to write and draw with and your imagination.

You can write a short story, a poem, or use whatever form you like to help tell your story.

You may even choose to use only pictures to tell your story! Use the steps below as a starting point.

**A story is something that happens to someone. So, start creating your character.**

**What is your character's name?**

Write the details of the character.

**How old are they?**

What are their favourite hobbies

**Think of 2 places...**

These could be two different countries or cities or could even be another planet (just like Superman).

**Think of a reason...**

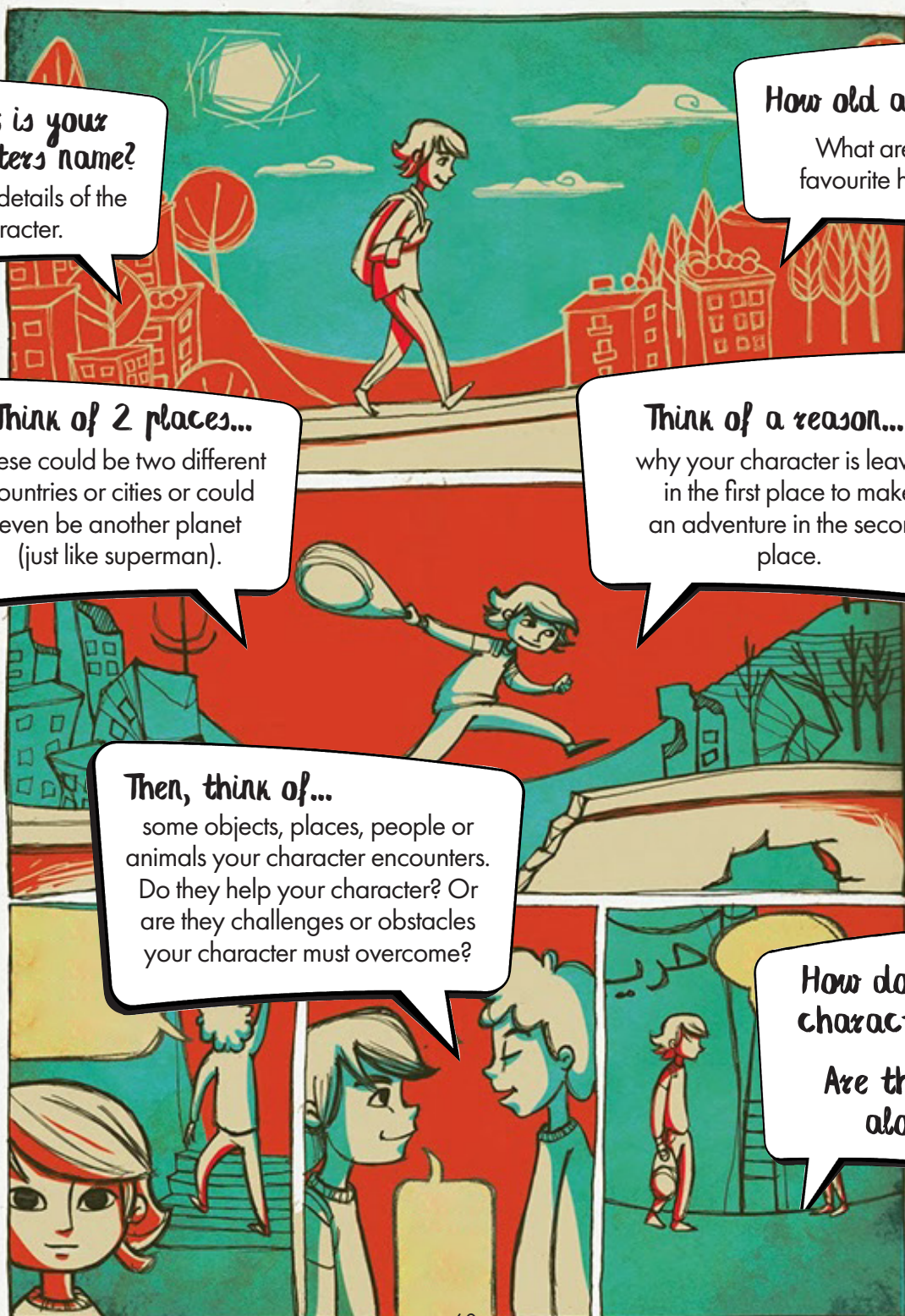
why your character is leaving in the first place to make an adventure in the second place.

**Then, think of...**

some objects, places, people or animals your character encounters. Do they help your character? Or are they challenges or obstacles your character must overcome?

**How does your character feel?**

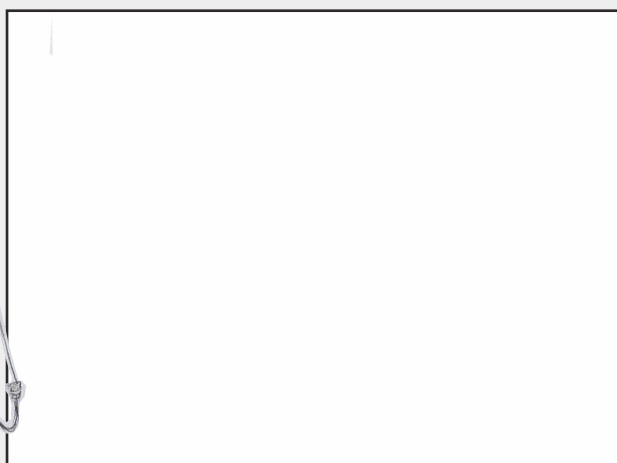
Are they all alone?



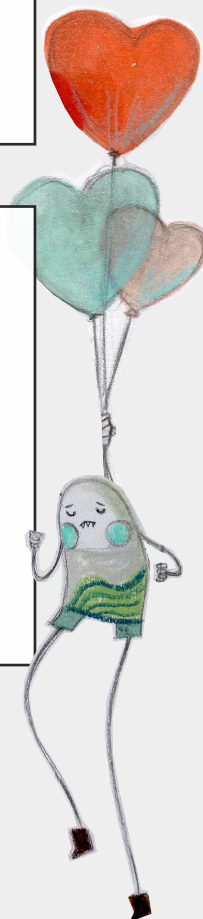
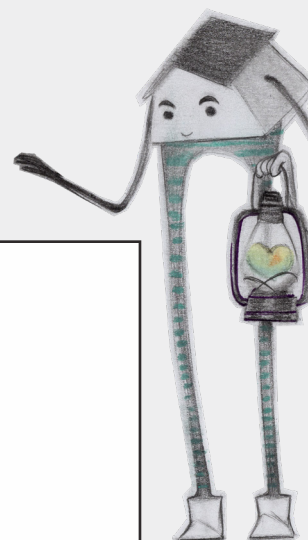


Your story will happen in the six boxes below. In each one of the boxes a new thing happens.  
Feel free to draw more boxes if you want to extend the adventure!

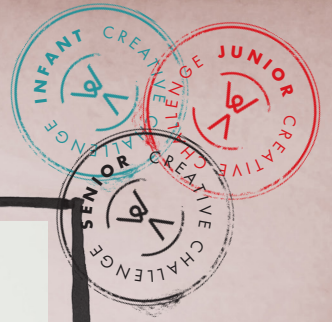
Fill in the boxes one by one and when you have one final box to go,  
decide how your story will end.



Amazing! You have completed your comic adventure challenge.







Yinka Shonibare CBE RA (b. 1962) Cheeky Little Astronomer, 2013, © Royal Academy of Arts

Taking inspiration from the artwork above.

Think about Little Amal's view and perspectives of the world she is discovering.

*Imagine she is looking through her telescope,  
what will she be seeing and learning?*

Do you think her *view of the world* will change as she moves along her journey?

Using your own imaginary telescope, try to recreate Amal's adventure or go on your own journey.

Draw or write your expression of this.

It could be what you see, feel, hear, smell or encounter.



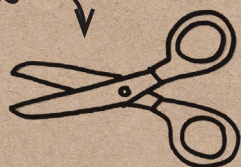


# MAKE YOUR OWN Adventurer Telescope



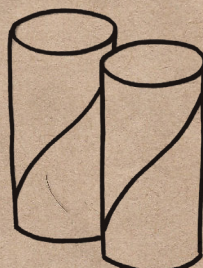
## 1 What you will need...

Scissors



Tape

any sticky tape will do



Clear plastic

you could use the side of an old bottle or some recycled cellophane

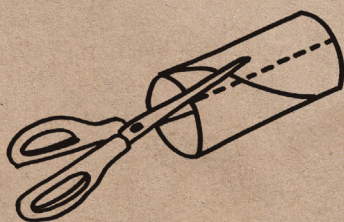
2 cardboard tubes

they could be toilet rolls or ones from a roll of baking paper

2

## Choose one of your tubes

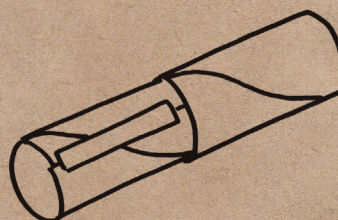
to be the inner tube. Cut that tube lengthwise (all the way up the side). Wrap one edge of the cut side slightly over the other edge to make it narrower and hold it in place with one hand.



3

## Insert the cut tube into the other

paper tube. Let go of the inner tube so that it can expand inside the outer tube. If the inner tube is not sliding smoothly, remove it and wrap the edge slightly tighter. Then reinsert the inner tube into the other paper tube until it is just right. Then, carefully remove the inner tube and tape along the cut edges, so it keeps its shape.

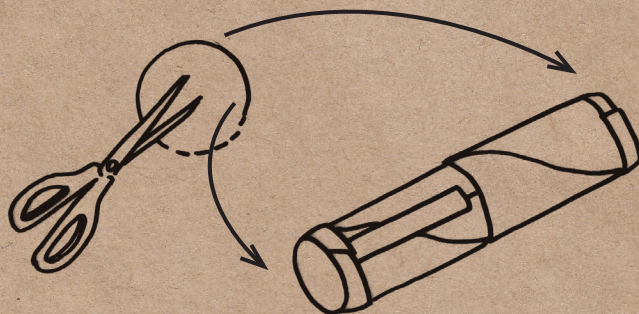


4

## Now to make the lense

Carefully cut two circles, just a bit bigger than your tubes, from your clear plastic. Use some tape to secure one of the lenses to the outer edge of the inner tube. The curve of the lens should be facing the inside of the tube.

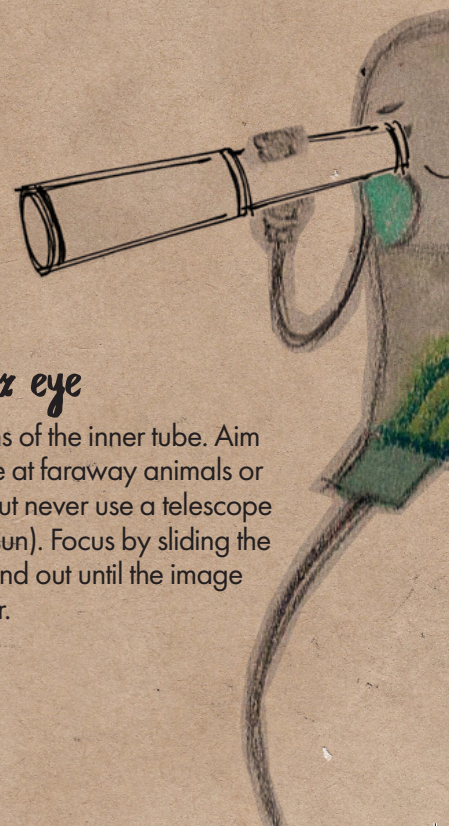
Then secure the second lens to the outer edge of the second tube, with the curve of the lens pointing outside of the tube. It's OK if your lenses are bigger than the tube. Try to only tape around the rim of the lenses so you don't cover too much.



5

## Place your eye

against the lens of the inner tube. Aim your telescope at faraway animals or tall treetops (but never use a telescope to look at the sun). Focus by sliding the inner tube in and out until the image becomes clear.





# PAINT a PeBBLe



We're going to create a beautiful painted pebble, taking inspiration from one of the countries Amal passes through on her journey

## Make your own PEBBLE design

1.

Start by finding a pebble, Look around outside for a stone. Search for something about the size of a potato, but you can work with whatever you find. Don't forget to wash and dry it before you get started.

2.

Now research the patterns and designs you would like to add to your pebble. Use books or the internet to investigate the culture of one of the countries on Amal's journey.

### Did you know...

the average stone is 1.3 billion years old!

3.

Test out some designs by drawing around your pebble a few times on a piece of paper. Then try your ideas in the outline shape. Add colour and choose your favourite.

### Tip

You can test out your ideas by sketching out your design in pencil before adding colour.

### Tip

It may be easier to paint larger areas of colour (for instance, a background) and then add detail in pen.

4.

Finally, transfer your chosen design to the pebble. You can use paint or permanent felt pens.

This page was created by our friends

**AT THE BUS**

[www.atthebus.org.uk](http://www.atthebus.org.uk)



Share your creations on social media and tag **@walkwithamal** using **#actsofwelcome** **#LittleAmal** or share with us by visiting [www.walkwithamal.org/acts-of-welcome](http://www.walkwithamal.org/acts-of-welcome)



# Make your own PEBBLE design

Research the patterns and designs you would like to add to your pebble, use books or the internet to investigate the culture of one of the countries on Amal's journey.



SYRIA



TURKEY



GREECE



ITALY



FRANCE



SWITZERLAND



GERMANY



BELGIUM



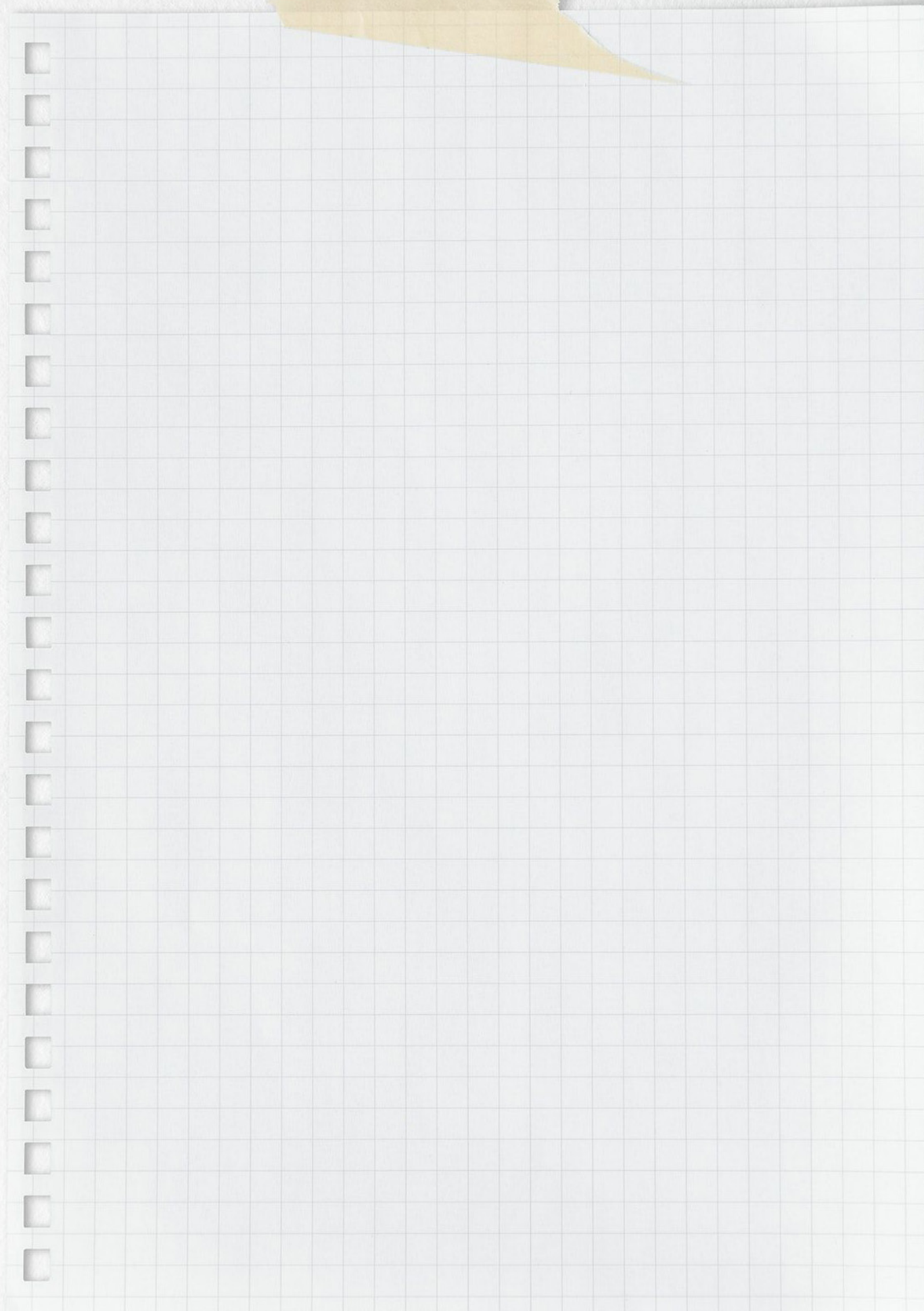
UK

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**AT THE  
BUS**

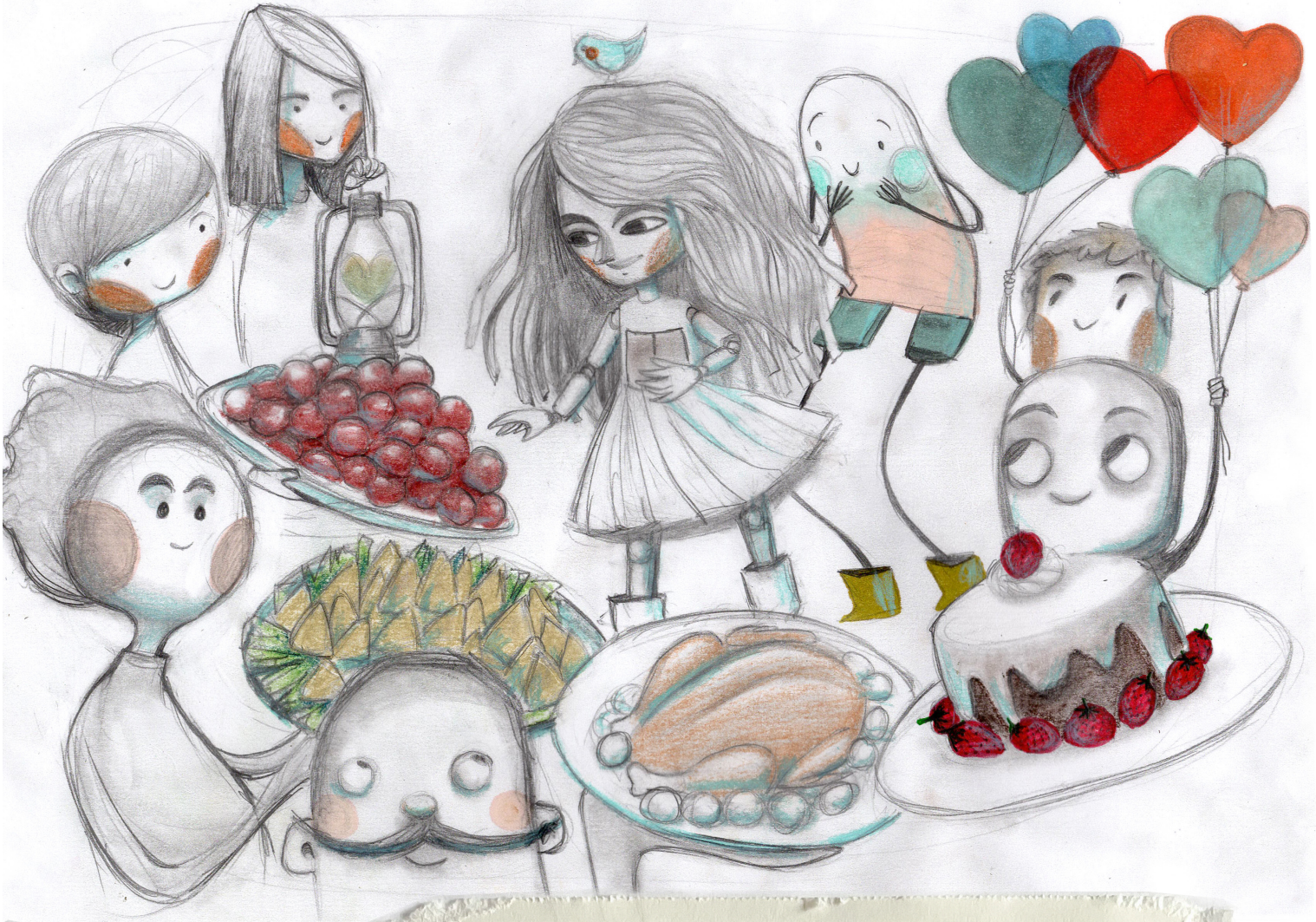
[www.atthebus.org.uk](http://www.atthebus.org.uk)







# WELCOME



## أفلا وسفلا

I remember grandfather sitting on his doorway  
with his coffee pot telling everyone that passed, "Tfadalo"

مرحبا

"Welcome"

I remember my grandmother cooking more food than we can eat  
"If a guest comes, we can welcome him"

she would say

I remember when this word would bounce  
off the walls of our neighbourhood all day  
It's a word that makes me feel warm



# WELCOME GREETINGS

from around the World

They say you can tell where you are in the world by how people say hello.

**As Amal travels through her route, she will meet many different communities, each with their own way of greeting her.**



## Amal's ROUTE





Here are some greetings she may encounter along her route, and more from elsewhere around the world.

## Kiss on the cheek

An air kiss on the cheek is a normal greeting in many countries. But the number of kisses you give is different in different countries.

**One kiss:** South America and Mexico.

**Two kisses:** Spain, Portugal, Italy, Greece, Germany, Croatia, Bosnia, Hungary, Romania and in some Middle Eastern countries.

**Three kisses:** Russia, Ukraine, Belgium, Slovenia, North Macedonia, Montenegro, Serbia, the Netherlands, Switzerland, Egypt.

In France, it is different in different regions!

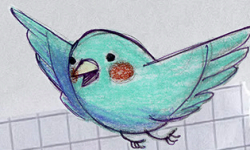
## STICKING OUT YOUR TONGUE

In Tibet, people greet each other by sticking out their tongues.

The greeting started over one thousand years ago when Tibet was ruled by an unpopular king who was known for his black tongue. The people of Tibet believed the evil king had been reborn, so to prove that they weren't the king, people would stick out their tongues. The greeting is now a form of respect.

## Handshake

The handshake is the most common physical greeting in the world. It began in Greece over 2,500 years ago as a symbol of peace and trust. People used to shake hands to show that they were not carrying a weapon. During the Roman era people would grab each other's forearms to make sure the other person didn't have a knife hidden up their sleeve.



## BOW

In some countries like Cambodia, India, Nepal, Laos, Thailand and Japan it is traditional to bow.

In most countries, the bow is done by pressing your hands together with your fingers pointing upwards. Your hands sit near your heart and you tip your head slightly forwards to bow.

In Thailand, the bow is called the "wai" and the higher your hands sit, the more respect you are showing.

In Nepal and India, people will sometimes say "namaste" as they bow, this means "bend or bow before you" and it is a sign of respect.

In Japan, people bow with their hands at their sides or on their thighs and the lower the bow the more respect you are showing.

## Hand on your chest

In some countries, people greet each other by putting a hand on their chest. In Malaysia people take the opposite person's hand and then release and bring their own hands to their chest and nod to symbolize goodwill and an open heart. In Syria some people greet by placing a hand on their chest and saying hello.

## Sniffing faces

The people of Greenland sometimes greet people with a "kunik". A "kunik" is the tradition of gently putting your nose and upper lip against a person's forehead or cheek and sniffing. It is usually only done between people in close relationships. On the Pacific Island of Tuvalu, people will press their cheeks together and take a deep breath.



# Welcoming RITUALS & Ceremonies

**A Ceremony** is a formal act or event that is a part of a social or religious occasion.

**A Ritual** is a formal ceremony or series of acts that is always performed in the same way.

**A Tradition** is a way of thinking, behaving, or doing something that has been done by a particular group of people for a long time.

Here are some rituals and ceremonies from around the world that local people use to welcome visitors:



## Sevusevu Ritual Fiji

On the island of Fiji, a traditional ritual is called the sevusevu.

In the sevusevu guests give gifts to the chief (or leader) of a village to show respect and to ask permission to meet the people and see the land.

Guests usually give the root of a kava plant which is mixed into a drink by the chief, blessed and served at the ceremony.

Once the ceremony has ended the guests become part of the community.



## Coffee Drinking Oman

People from Oman are very welcoming. When someone visits a home in Oman they will be offered kahwa or Omani coffee.

In most homes, women will always have freshly brewed coffee ready for guests.

The kahwa is served with nuts, dates and baked goods.

The drinking of kahwa is a tradition that is taught to younger people by fathers and other older people of the tribe.



## Welcoming Ritual India

In India, there is a saying "atithi devo bhava" which means "the guest is equal to god".

Guests and visitors in India are often welcomed with a garland of fresh flowers around their neck and a welcoming drink.

Then a Tilak or Tika (a ritual mark) will be painted onto the visitor's forehead.



## Pōwhiri Ceremony New Zealand

A traditional welcoming ceremony of the native Māori people of New Zealand is called a Pōwhiri.

The ceremony begins with the men of the tribe shouting and making faces to scare the guests.

Then a warrior places a leaf on the ground in front of the visitors, one person from the visiting group picks up the leaf while looking into the warrior's eyes.

After this, a woman from the tribe begins to sing then there are speeches from the tribe and the guests. The ceremony is completed with the traditional Māori hongi, the pressing of noses.



# How will you welcome AMAL?

**Everywhere Little Amal goes,  
she will be welcomed by communities  
in their own unique way.**

Some communities might greet her with local greetings, and some may greet her with a traditional ceremony.

**If Little Amal was coming to your town, city or school, how would you welcome her?**

- What would you want to teach her about your community?
- What would you like to show her about your life?
- What are you proud of that you'd like her to know about?

**Here are some ideas of ways you could welcome Amal through creative writing, art and music:**

- Write a poem for Amal about your hometown
- Describe your favourite place in your town or home
- Draw a picture of Amal
- Choreograph a dance with a group of friends
- Paint a picture of a place or thing that you think represents your local area
- Video yourself giving a guided tour around your city or community

## Once you've made your **Act of Welcome**

**we would love you to share it with Little Amal  
and her friends around the world!**



Post your photos or videos of anything you create on social media and tag **@walkwithamal** using **#actsofwelcome** **#LittleAmal** and you could end up being showcased in our online gallery.



To get you inspired, here is a poem by the brilliant writer Michael Morpurgo, who wrote War Horse and The Butterfly Lion. Michael wrote this poem especially for Amal and her journey.

# Every Step Of The Way



By Michael Morpurgo

We'll all be with you, Little Amal.  
Every step of the way.  
Five thousand miles, we'll walk beside you,  
Every step of the way.

Rain or shine, uphill or down,  
Every step of the way,  
You can lean on us, Little Amal,  
Every step of the way.

You're coming home, Little Amal,  
Every step of the way,  
One foot after the other will do,  
Every step of the way.

We want you to come, Little Amal,  
Every step of the way,  
To live with us and be with us,  
Every step of the way.

You'll have friends to play with, Little Amal,  
Every step of the way,  
And family to love and protect you,  
Every step of the way.

And as you walk, dear Little Amal,  
Every step of the way,  
Five thousand miles, we'll walk beside you.  
Every step of the way.







# Congratulations

ON REACHING THE END OF THE EDUCATION AND ACTIVITY PACK!



HOME



MIGRATION



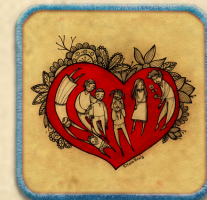
FEAR



CLIMATE



ADVENTURE



WELCOME

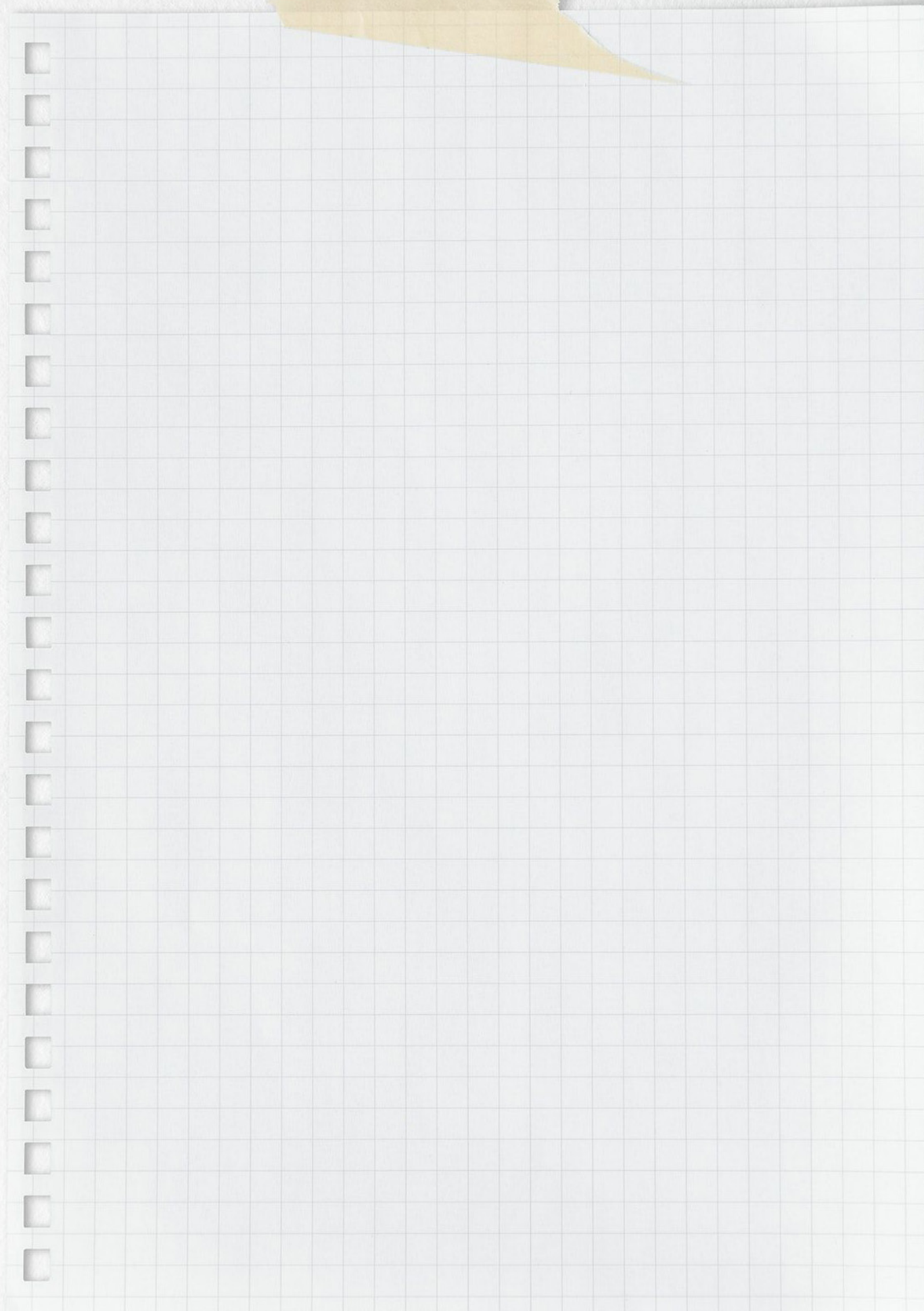
Name \_\_\_\_\_

Date \_\_\_\_\_

If you've enjoyed exploring this journey with us, please share with friends.

# Thank you!







### **The Walk: When the Birds Land**

One little girl. One big hope.

Join us to welcome Little Amal as she reaches the end of her remarkable journey – an epic voyage across Europe to find her mother and start a new life in Manchester.

**Wednesday 3 November**

**FREE (ticket required)**

For more information **visit [mif.co.uk](http://mif.co.uk)**

### **About Manchester International Festival**

Manchester International Festival (MIF) commissions, produces and presents new work by leading artists across the spectrum of performing arts, visual arts and popular culture. Alongside our biennial Festival, we run a Creative Engagement programme providing opportunities for thousands of people across Greater Manchester to take part in MIF, both during the Festival and year-round.

MIF's future home is The Factory, a new world-class cultural space being built in the heart of the city, where we'll present ambitious and adventurous year-round creative programmes, featuring bold new work from the world's greatest artists and offering a space to create, invent and play.

Whether you want to get involved in creative activities, help shape our programme or develop your own skills and experiences, there's something for you. Learn how you can get involved with MIF at **[mif.co.uk/get-involved](http://mif.co.uk/get-involved)** or email **[creativeengagement@mif.co.uk](mailto:creativeengagement@mif.co.uk)**

And to make sure you're amongst the first to know, sign up to receive the latest news, offers and opportunities at **[mif.co.uk/newsletter-sign-up](http://mif.co.uk/newsletter-sign-up)**

**MIF** Manchester  
International  
Festival



Thank you for everyone who has been involved in the creation of  
**THE EDUCATION AND ACTIVITY PACK.**

**A special thanks to you for being involved in THE WALK.**

If you've enjoyed exploring these materials, please share with friends and colleagues.

We would be delighted to hear your feedback via email here

**alice@goodchance.org.uk**

And of course, follow Little Amal's journey and share all of your creations with us

**@walkwithamal**



**THANK YOU!**



Designer: Rachel Wild

Illustrator: Diala Brisly

Consultancy: Nadine Kadaan

Researcher and Teaching notes: Katrina Wesseling

Additional Text: Amir Nizar Zuabi

Education Producer: Alice Evans

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Amy Ludwig VanDerwater (Monarchs)

Katie Lewington (Outsider)

Warsan Shire (Home)

Laura Mucha (I am Brave)



**Good Chance, Steven Daldry, David Lan and Tracey Seaward**

Present a Good Chance Production

In association with **Handspring Puppet Company**

Good Chance Registered Charity Number 1166833/ Company Number 09952411

2021 © **Good Chance Theatre**

**walkwithamal.org**