

ART
MAKES
ME
SMART®

Around the World



China



Welcome to Art Makes Me Smart Around the World: China!!!!!!!

We have so many great ways for you to learn and explore this amazing country. You can follow along and do the art projects with help from the included video, printable outline, and step-by-step tutorials. Don't forget to color in your flag and hang it up next to the other flags you've done. The links to videos and songs will help you discover the richness and beauty China offers. Also, don't forget to check out the the addition resources, video links, facts section, recipes, and of course, get into some of the awesome book lists we have waiting for you (you can read any of these books with your eyes or your ears!)

One last thing! You are invited to [join the Art Makes Me Smart private Facebook group](#) where we share what we're making and learning.

Don't be shy! It would mean so much to have you join in and share what you are doing.

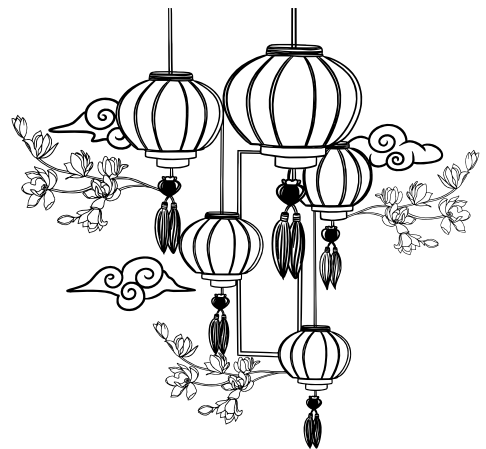
Remember, **Art Makes You SMART!**



Your friend,



Hannah





Scan the QR code with your phone

A Note for Parents

Welcome, parents! We are excited for you to embark on this educational journey with your children and explore the wonders of this country together. To help you make the most of this packet, we have prepared some useful tips and suggestions.

The combination of art and education creates a powerful platform for your children to deepen their understanding and create lasting memories!

We hope this packet serves as a springboard for exciting explorations, thoughtful conversations, and cherished bonding moments between you and your children.

Each country packet includes the following:

- Project Supply Lists
- Step-by-Step tutorials (video lessons are in our [digital course here](#))
- Project outlines and reference photo pages
- Multiple pages of facts about the country and its culture
- Blank flag outline to color and display at home
- Book list with suggested books about the country for different age groups AND suggested free audio books
- Links to video resources found on YouTube that can be used to learn more facts about the country and their music and dance
- Multiple traditional recipes that you can make with your kids
- Additional discussion questions
- Reference list of websites and resources used to gather facts
- Map of the world with the country location noted
- QR Codes for easy access to our suggested supplies, books, and online resources for easy access (just scan the code with your phone's camera)

Just remember that kids learn in so many different ways, so don't feel pressured to have them use every element in this packet. Instead, choose what resonates best with your child and your family's preferences.

If you can, take this opportunity to participate in the projects with your children! Engaging in art together not only fosters their creativity and critical thinking but also strengthens your bond as you embark on this educational journey side by side. Cherish these shared moments of discovery and allow their interests to guide the way. The learning process will be an enjoyable and enriching experience for both of you!

If you ever need assistance, you can reach out to us at support@lilyandthistle.com. We are here to help!

And as always, remember Art Makes You Smart!

-Hannah and Team Lily & Thistle

China Projects



Ming Dynasty Vase Project



Spiral Dragon Project

Supplies Needed for Projects

Ming Dynasty Vase

- Printable outline in this packet
- Watercolor paper (or cardstock)
- Paint brush
- Construction paper
- Crayola markers
- Glue stick
- Cup of water

Spiral Dragon Project

- Printable outline in this packet
- Cardstock paper or copy paper
- Colored pencils, markers or paint of your choice
- Paint brush (optional)
- Scissors

Tips for Younger Artists

- For watercolor, try using water brush pens
- Print any outlines directly on card stock paper instead of watercolor paper (size 8.5 x 11)
- When in doubt crayons and colored markers can be used
- Use a tray (or cookie sheet) to keep art in one place
- Wear an art smock or clothes you don't mind getting dirty

Scan the QR code or click [here](#) to view the exact supplies we used.

China Supplies List



Scan the QR code with your phone

Ming Dynasty Vase

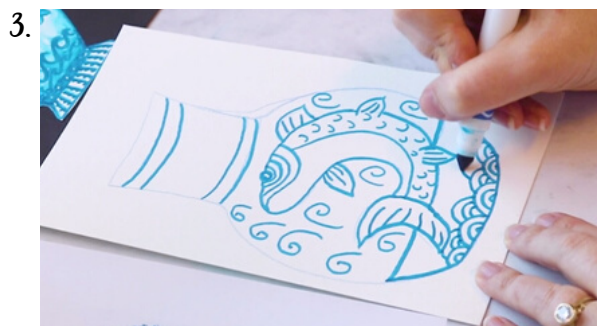
Step-by-Step Tutorial



Gather all of your supplies and the reference pages in the packet to get ideas to create your own design of a ming vase.



Fold and cut a piece of watercolor paper in half. Then using your printable outline from the packet you can trace the vase or draw one on your own with a light blue pencil.



Then you will draw on any details of your design with a light blue pencil. After you have finished drawing in pencil, you will then trace over your lines with a blue water-based marker (Crayola brand) and add any other details with the marker.



Now you will use a clean paint brush with a little water on your brush to blend your marker outlines on the vase. Don't use too much water or it will just smear your marker lines, but lightly spread the marker color to fill in your drawings.



Using the other half sheet of watercolor paper, you will draw flowers to go in your vase with markers and repeat steps 3 and 4. Once you have finished both the vase and flowers, you will cut them out. Tip: After you are done cutting, layer all your pieces on the table to see how you want the final project to look before you glue it.



Finally, you will glue everything to a piece of construction paper. And that's it! You have made your own Ming Dynasty Vase. I hope this project inspires you to become more curious about China! Just remember, art helps you to remember things and enjoy what you are learning - Art Truly Does Make You Smart!

Spiral Dragon Project

Step-by-Step Tutorial



Gather all of your supplies and the reference pages in the packet to get ideas to create your own design of your Chinese dragon.



Begin by coloring in the base of your dragon. Use the reference sheets to see what colors work well together. You can use markers to color the base of the body and head of the dragon.



Next you can add more depth to your design using colored pencils to add more texture and patterns.



To give your patterns more definition take a darker marker to outline some of the patterns you created along the dragon's body.



Once you have finished coloring your patterns, you can cut out the dragon. After you cut around the outside of the body, you can now cut along the spiral black line inside the body.



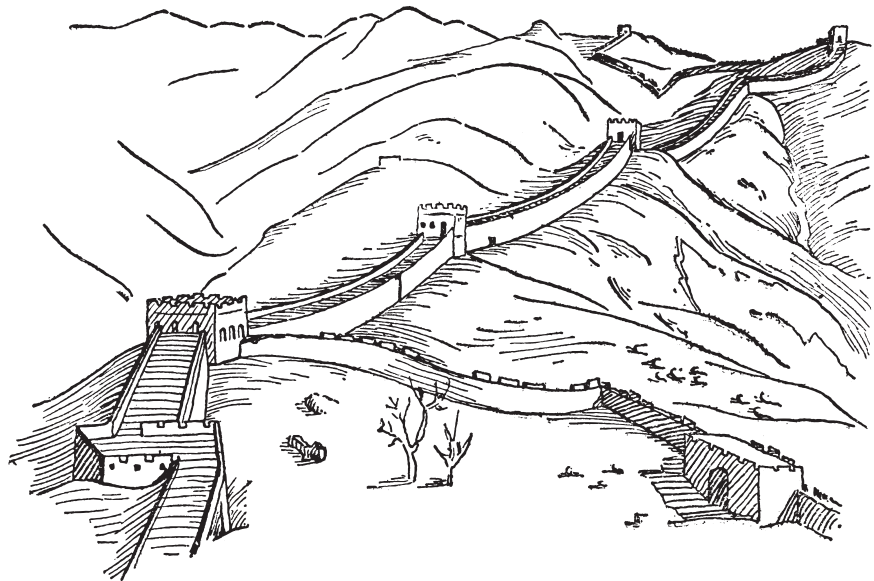
And that's it! You have made your own Chinese Dragon. I hope this project inspires you to become more curious about China and try a new art technique! Just remember, Art helps you to remember things and enjoy what you are learning - Art Truly Does Make You Smart!

Project Outlines and Reference Photos

Included you will find reference photos to help you with your projects. You can use these as inspiration or as a guide as you create.

Remember that your project doesn't have to look just like these or even like the sample project. You can add different colors, details, backgrounds, etc.

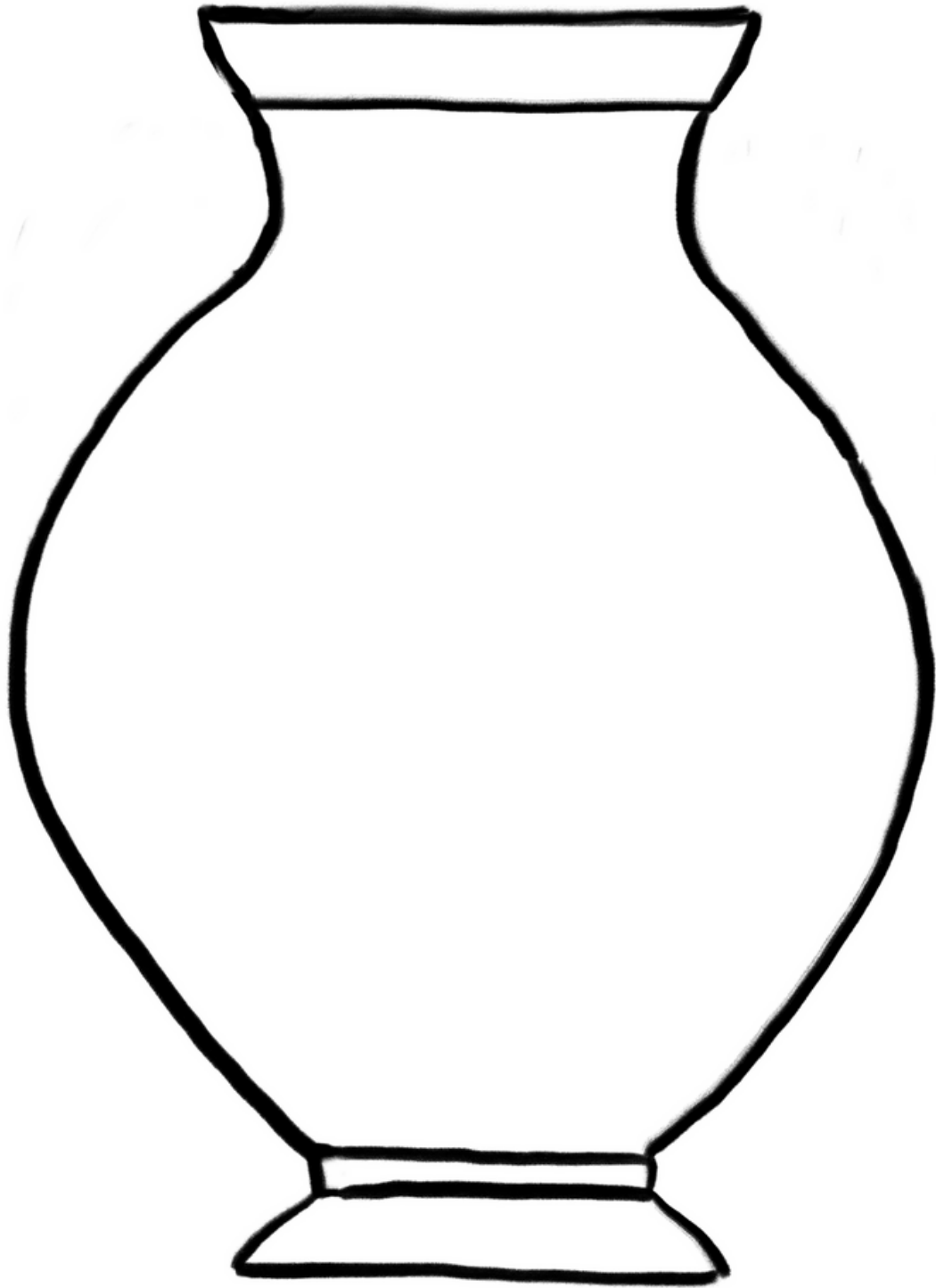
Just have fun with it! Know before you start that you will have good art days and days that you just can't seem to "get it". This is normal and part of the learning process. Embrace your mistakes and keep going!



Share with Us!

We'd love to see what you're working on! Be sure to share your projects with us in the [Art Makes Me Smart Private Facebook Group - click here to join!!](#) (Be sure to use the passcode "ART SMART" when joining!)

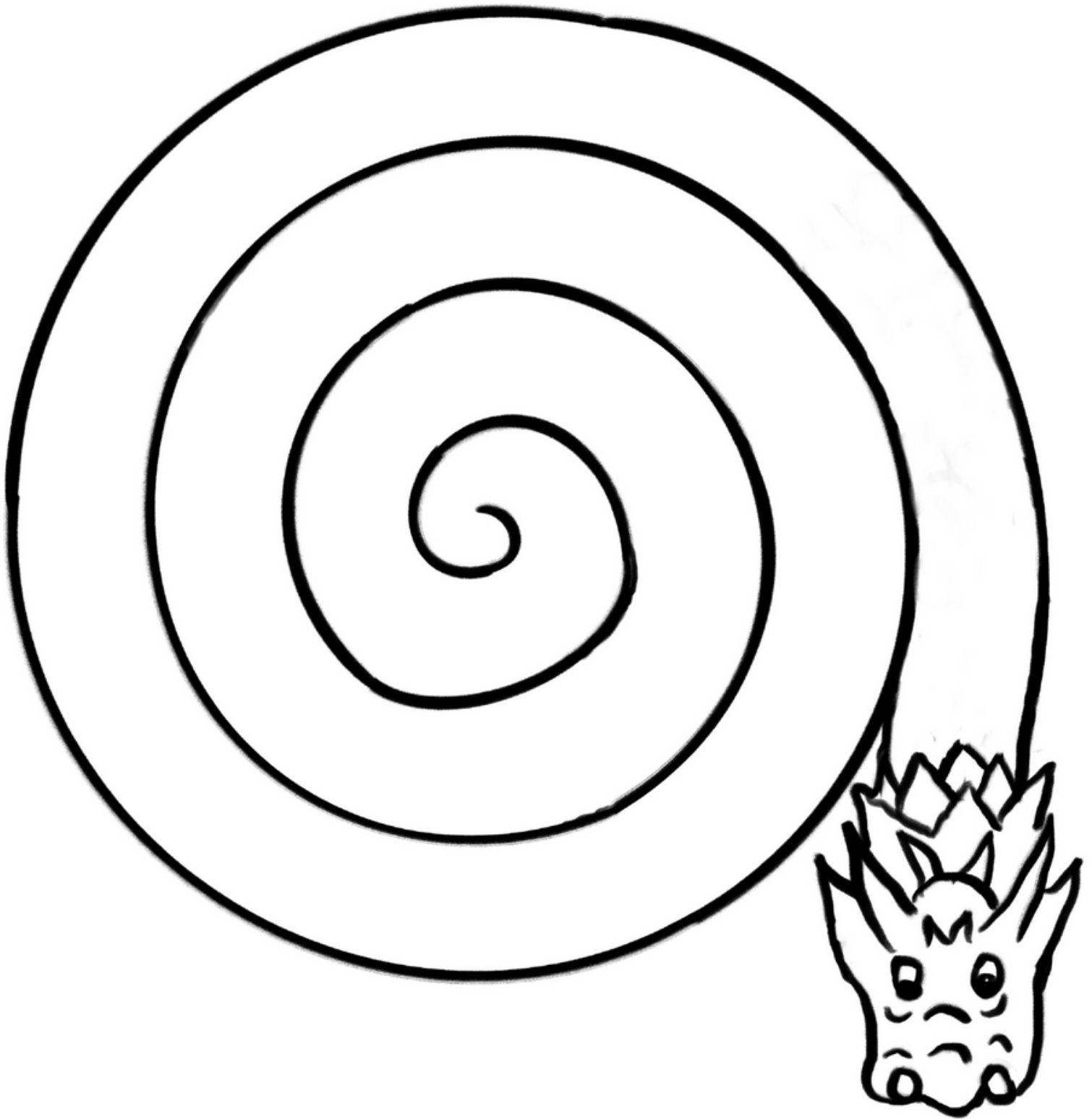
Ming Vase Outline



Ming Vase Reference Photos



Chinese Dragon Outline



Chinese Dragon Reference Photos



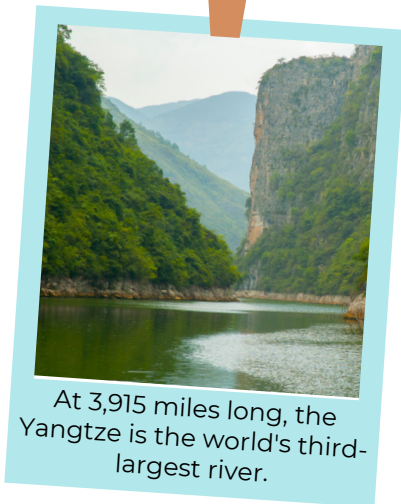
All About China



China's official name is The People's Republic of China. Its form of government is Communism. The capital of China is Beijing (Peking).

With a population of 1.4 billion, China has more people than any other country on Earth. About a third of the population lives in cities. The rest of the people live in the country.

China also has the most international borders, neighboring 14 countries: Russia, Mongolia, Kazakhstan, Kyrgyzstan, Tajikistan, Afghanistan, Pakistan, India, Nepal, Bhutan, Myanmar, Thailand, Vietnam, and North Korea.



Did you know....

China is the home of one of the world's oldest civilizations, but it has only recently become a "modern" nation. In the last 20 years, China has changed faster than any other country in the world. Ancient China was a land of invention. For centuries, China was way ahead of most other countries in science and technology, astronomy, and math. The Chinese invented paper, the magnetic compass, printing, porcelain, silk, and gunpowder, among other things.

Culture in China

Language in China

The Chinese language is considered a linguistic family, with then variations of languages that aren't necessarily related. In addition to the ten Chinese languages there are also a variety of dialects. The most widely spoken dialects in China are Mandarin and Cantonese.

Nǐ hǎo!

Zàijiàn!

Nǐ hǎo ma!



Much of China's modern beliefs and philosophies are based on the teachings of a government official who lived nearly 3,000 years ago. Kongfuzi, also known as Confucius, taught people the value of such things as morality, kindness, and education.

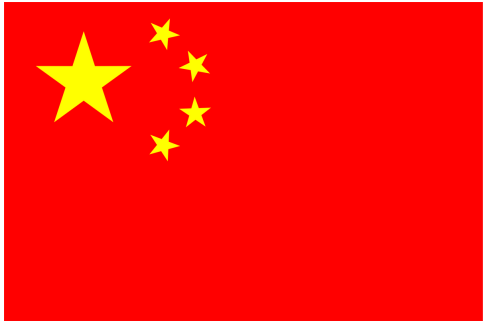
China has no unifying religion, but people hold a wide range of beliefs, mainly ranging from atheism to ancestor worship to one of China's 'Four Major Religions: Buddhism, Taoism, Islam, or Christianity.

Chinese people have used chopsticks for more than 3,000 years. But the earliest chopsticks were used for cooking when people cooked in a large pot. To save fuel and cook quickly, they chopped food into small pieces. It wasn't until A.D. 400 that people began to eat with chopsticks. For some meals, e.g. noodles, it saves lots of time to eat with chopsticks.

For most Chinese, it is a tradition to eat vegetables and rice for daily meals, especially for lunch and dinner. Vegetables and rice are the most common ingredients in Chinese food. Vegetables are regarded as healthy food in China. If you are going to the food market in China, you can see lots of green vegetables for sale.



The Flag of China



The red color of the Chinese flag represents the Communist Revolution and the blood of those who died during the Japanese invasion and civil war. Red is also a familiar color in Chinese culture. The splendid golden rays emanating from the vast red land are represented by the yellow color of the stars.

The big gold symbol represents the Communist Party of China and its role in governing the country.

The four tinier stars represent the different social classes – the working class, commoners, local urban elites, and the nationwide ruling class (capitalists) – and their interactions, depicting unity under the Communist Party of China’s rule.

The five stars also represent the significance of the number five in Chinese ideology and origins. In addition, the five-pointed star symbolizes the five elements of Chinese culture: water, fire, earth, wood, and metal.

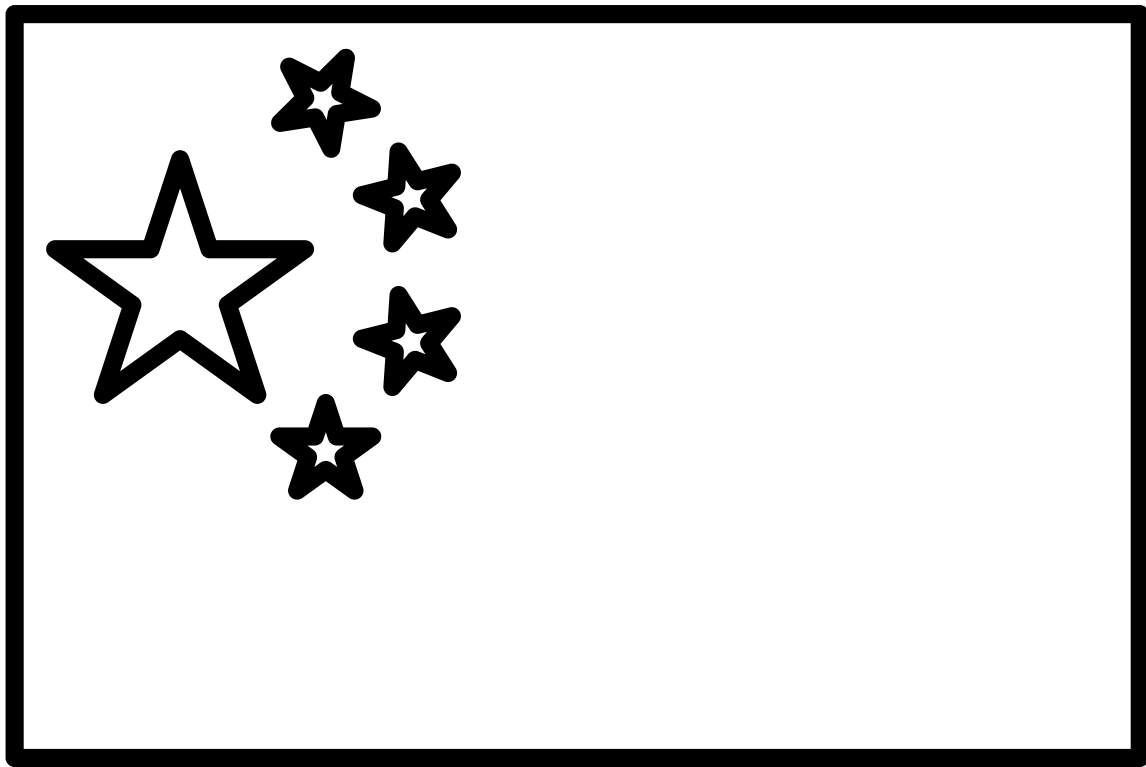
History of the Flag

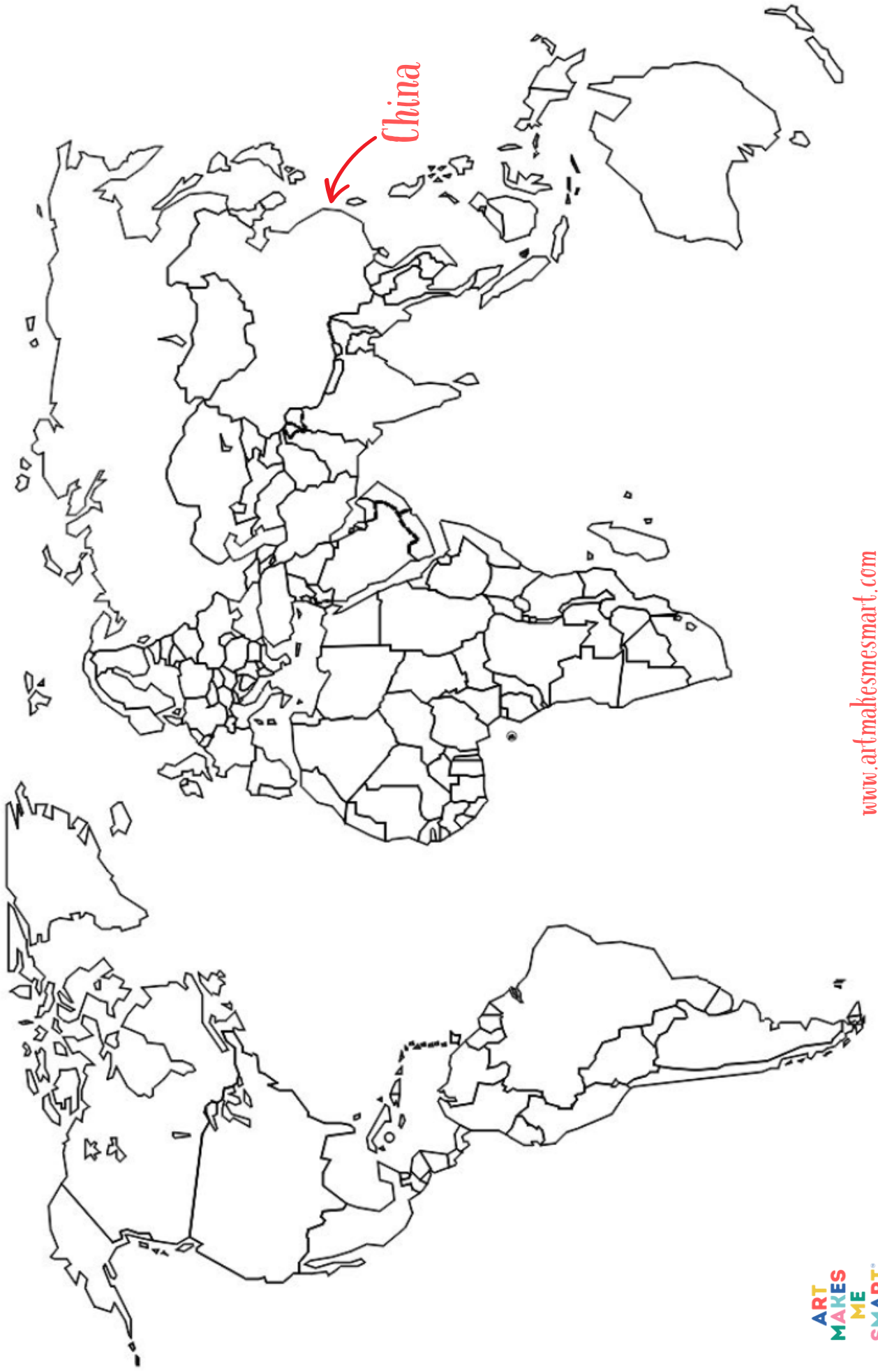
Throughout its different authorities and eras, the Chinese government used various flags. From 1862 to the early 1900s, China’s flag had five colors: yellow, red, white, blue, and black.

The Qing dynasty implemented the “Yellow Dragon Flag” in the nineteenth century, which featured a blue dragon bearing a fiery red pearl on its head on a yellow field. The yellow color signified the Chinese royal family, as only the imperial family chose to wear yellow. Rulers used the blue dragon on the flag to depict Chinese power and strength. The red flaming pearl represented good fortune, wealth, and success. The original model was triangular, but the Qing dynasty chose the rectangular version of the Yellow Dragon flag in 1889.

China's Flag Outline

Print the flag outline below and hang it up with the other flags of countries you have studied so you can remember all that you have learned!





Video Lessons from China

Learning about other cultures can teach us so much! Click on the videos below to learn more about China or scan the QR code to visit our resources page.

China Resources



Scan the QR code with your phone



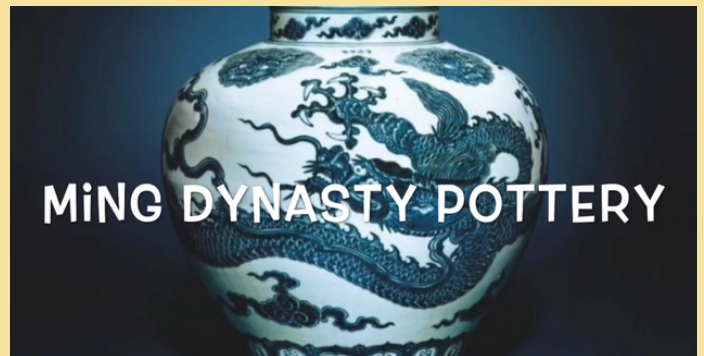
China: Enchanting Land of Contrasts



All About China for Kids



Why the Dragon is Central to Chinese Culture



History of Chinese Porcelain Ming Dynasty



Chinese Animals



Using Bamboo to Make a Sofa, Liziqi

Music and Dance of China



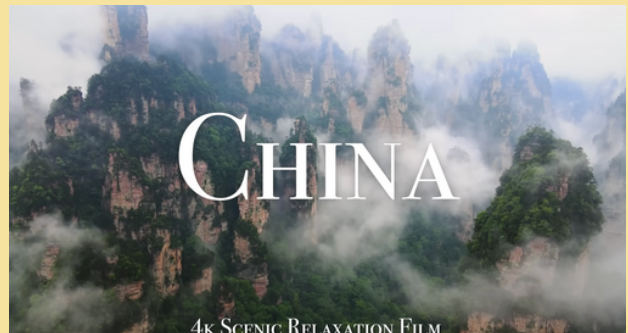
China's National Anthem Flag
Rising Tiananmen Square, Beijing



Relaxing With Chinese
Bamboo Flute, Guzheng, Erhu



Best Traditional Chinese Music



China 4K - Scenic Relaxation Film
With Calming Music



Chinese Dragon Dance
Chinese New Year



Chinese Folk Dance for
Kids by Dance N' Culture

Click the images above to watch
the video or scan the QR code to
be taken to our resources page.



China Resources



Scan the QR code with your phone

Picture Book List

- The Five Chinese Brothers by Claire Huchet Bishop, Kurt Wiese
- The Children of China: An Artist's Journey by Song Nan Zhang
- A Little Tiger in the Chinese Night: An Autobiography in Art by Song Nan Zhang
- The Adventures of Marco Polo by Russell Freedman, Linas Alsenas
- The Story About Ping by Marjorie Flack, Kurt Wiese
- Tikki Tikki Tembo by Arlene Mosel, Blair Lent
- The Last Dragon by Susan Miho Nunes, Chris K. Soentpiet
- The Emperor and the Nightingale by Hans Christian Andersen, Robert Van Nutt
- A Time of Golden Dragons by Song Nan Zhang, Hao Yu Zhang
- Little Pear by Eleanor Frances Lattimore
- The Emperor and the Kite by Jane Yolen, Ed Young
- The Ch'i-lin Purse: A Collection of Ancient Chinese Stories
- A Single Pebble: A Story of the Silk Road by Bonnie Christensen
- Liang and the Magic Paintbrush by Demi
- The Story of Kites, Noodles, Paper, Chopsticks: Amazing Chinese Inventions (Four book series) by Ying Chang Compestine, Yongsheng Xuan
- The Terracotta Girl: A Story of Ancient China by Jessica Gunderson, Shelly Lyons

Young Adult Book List

(best for ages 10 and up or great read-alouds)

- Chengli and the Silk Road Caravan by Hildi Kang
- Young Fu of the Upper Yangtze by Elizabeth Foreman Lewis, William Low
- The House of Sixty Fathers: A Newbery Honor Award Winner by Meindert DeJong, Maurice Sendak
- Red Scarf Girl: A Memoir of the Cultural Revolution by Ji-li Jiang
- The Remarkable Journey of Prince Jen by Lloyd Alexander
- Starry River of the Sky, When the Sea Turned to Silver, and Where the Mountain Meets the Moon by Grace Lin
- Li Lun, Lad of Courage by Carolyn Treffinger, Kurt Wiese
- Homesick by Jean Fritz

Click here to view the books lists
and listen to free audio books

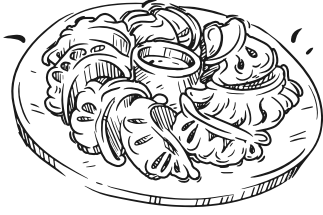


China Resources



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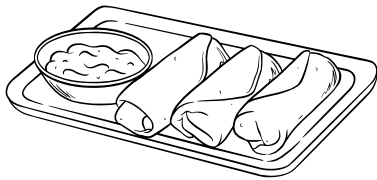
Traditional Recipes from China



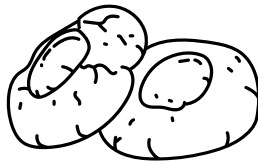
Chinese Pork Dumplings



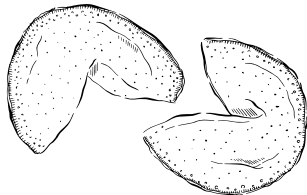
Chinese Noodles (Lo Mein)



Chinese Egg Rolls



Chinese Peanut Cookies

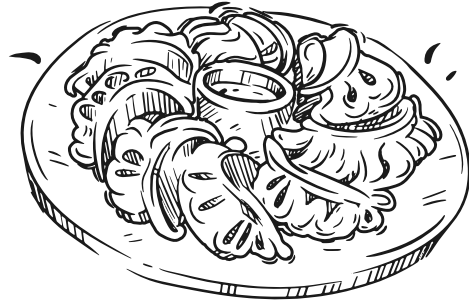


Homemade Fortune Cookies

Ask the chef...

- What can you discover about the history of this recipe?
- How long do you think these recipes have been around?
- How do the recipes from this country compare to recipes you have tried before?

Chinese Pork Dumplings



Ingredients

Dumplings:

- 1 pound ground pork
- 3 cloves garlic, minced
- 1 large egg, beaten
- 2 tablespoons finely chopped Chinese chives
- 2 tablespoons soy sauce
- 1 ½ tablespoons sesame oil
- 1 tablespoon minced fresh ginger
- 50 dumpling wrappers
- ½ cup vegetable oil for frying, or as needed

Dipping Sauce:

- ½ cup soy sauce
- 1 tablespoon seasoned rice vinegar
- 1 tablespoon finely chopped Chinese chives
- 1 tablespoon sesame seeds
- 1 teaspoon chile-garlic sauce (such as Sriracha®)

Directions

Prepare dipping sauce: Combine soy sauce, rice vinegar, chives, sesame seeds, and chile sauce in a small bowl. Set aside.

Prepare dumplings: Mix pork, garlic, egg, chives, soy sauce, sesame oil, and ginger in a large bowl until thoroughly combined.

Place a dumpling wrapper on a lightly floured work surface and spoon about 1 tablespoon of the filling in the middle.

Wet the edge with a little water and crimp together forming small pleats to seal the dumpling. Repeat to form remaining dumplings.

Heat 1 to 2 tablespoons vegetable oil in a large skillet over medium-high heat. Place 8 to 10 dumplings in the pan and cook until browned, about 2 minutes per side.

Pour in 1 cup of water; cover and cook until the dumplings are tender and pork is cooked through, about 5 minutes. Repeat to cook remaining dumplings, adding more oil and water for each batch.

Chinese Noodles Lo Mein



Ingredients

- 1 lb Chinese noodles of your choice
- 2 tbsp vegetable oil
- 2 garlic cloves peeled and thinly sliced
- ½ inch piece fresh ginger grated
- 3 green onions sliced into thin rounds
- 1 8 ounce package of fresh stir-fry vegetables
- 3 tablespoons dry sherry
- 1 cup cooked meat of your choice cut into bite-size(optional)
- 2 tablespoons low sodium light soy sauce
- 1 tablespoon low sodium dark soy sauce
- 1 tablespoon oyster sauce optional
- Ground black or white pepper to taste

Directions

Cook the noodles a little less than stated on the package instructions (until just underdone), then drain, rinse with cold water and set aside.

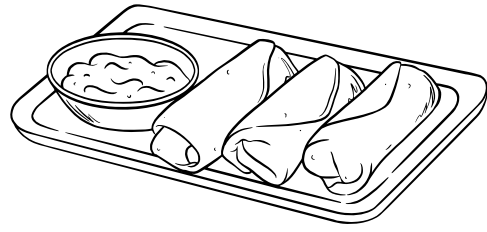
Heat the oil in the wok over a high heat. Once hot, add the garlic, ginger, and green on onions. Stir-fry for 30 secs.

Add the stir-fry vegetables. Stir-fry for 2-3 minutes.

Add the sherry and allow to almost evaporate before adding any meat you are using and cooked noodles. Toss so that all of the ingredients are combined.

Turn the heat down to medium and add both of the soy sauces, oyster sauce, and pepper. Stir-fry for a further 1-2 then toss to combine and serve.

Chinese Egg Rolls



Ingredients

- 4 teaspoons vegetable oil, divided
- 3 large eggs, beaten
- 1 medium head cabbage, finely shredded
- ½ carrot, julienned
- 1 pound Chinese barbequed or roasted pork, cut into matchsticks
- 1 (8 ounce) can shredded bamboo shoots
- 1 cup dried, shredded wood ear mushroom, rehydrated
- 2 green onions, thinly sliced
- 2 ½ teaspoons soy sauce
- 1 teaspoon salt
- 1 teaspoon sugar
- ½ teaspoon monosodium glutamate (MSG)
- 1 (14 ounce) package egg roll wrappers
- 1 egg white, beaten
- 4 cups oil for frying, or as needed

Directions

Heat 1 teaspoon vegetable oil in a wok or large skillet over medium heat. Pour in beaten eggs and cook, without stirring, until firmed up. Flip eggs over and cook for an additional 20 seconds to firm the other side. Set egg pancake aside to cool, then slice into thin strips.

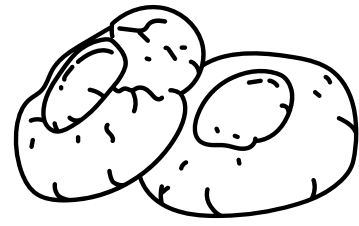
Heat remaining vegetable oil in a wok or large skillet over high heat. Stir in cabbage and carrot; cook for 2 minutes to wilt. Add pork, bamboo shoots, mushroom, green onions, soy sauce, salt, sugar, and MSG; continue cooking until vegetables soften, about 6 minutes. Stir in sliced egg, then spread the mixture out onto a pan, and refrigerate until cold, about 1 hour.

To assemble the egg rolls: Place a wrapper onto your work surface with one corner pointing towards you. Place about 3 tablespoons of cooled filling in a heap onto the bottom third of the wrapper. Brush a little beaten egg white onto the top two edges of the wrapper, then fold the bottom corner over the filling and roll firmly to the halfway point. Fold the left and right sides snugly over the egg roll, then continue rolling until the top corners seal the egg roll with the egg white. Repeat with remaining egg roll wrappers, covering finished egg rolls with plastic wrap to keep from drying out.

Heat about 6 inches of oil in a wok or deep-fryer to 350 degrees F (175 degrees C).

Fry egg rolls 3 or 4 at a time until golden brown, 5 to 7 minutes. Drain on paper towels.

Chinese Peanut Cookies



Ingredients

- 1 cup non-hydrogenated, chunky peanut butter (natural peanut butter works best)
- 3/4 cup all-purpose flour
- 1/4 cup granulated sugar
- 1 teaspoon kosher salt
- 1 teaspoon baking powder
- 1 tablespoon peanut oil, plus more if needed
- 1/2 cup whole roasted, unsalted peanuts, shelled and skinned (about 35)
- 1 large egg, beaten

Directions

Preheat the oven to 350°F and line a baking tray with parchment paper or a silicon mat.

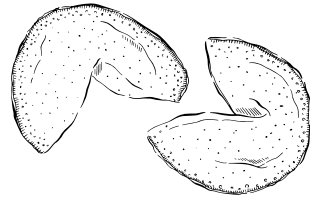
In a large bowl, stir together the peanut butter, flour, sugar, salt, baking powder, and peanut oil with a spatula until the dough comes together and there are no streaks of flour. The dough should be thick but malleable. If it sticks to your hands, add a bit more peanut oil to it, one teaspoon at a time.

Divide out the dough into 2 teaspoon-portion (about 12 grams each). You should end up with around 35 pieces. Roll a piece of dough in the palms of your hands to shape it into a ball, then place it on the prepared baking tray. Repeat with remaining dough leaving at least a 1-inch gap between each ball. (They won't expand too much but this is just to make sure there's good airflow and the cookies bake evenly.)

Press a roasted peanut into the center of each dough ball, which should flatten each cookie a little. Brush a light coating of beaten egg over each cookie.

Bake the cookies for 16-18 minutes, until they're nicely golden. When they're done baking, remove from the oven and let it cool on the tray for 10 minutes before eating.

Chinese Fortune Cookies



Ingredients

- 3 egg whites - about 100g / 3.5oz
- 4 tablespoon sugar - or to taste
- ½ teaspoon vanilla extract (can use almond extract too)
- 4 tablespoon melted butter
- 2 tablespoon water
- ½ cup all-purpose flour
- 1 tablespoon sesame seeds

Directions

Write / print fortune messages that you wish to hide inside the cookies. Have a baking sheet, a spatula, a mug / glass and a muffin tray at hand.

Preheat the oven to 355°F. In a mixing bowl, lightly beat egg whites and sugar until foamy. Pour in vanilla extract, melted butter and water. Whip until well incorporated.

Add in flour. Gently mix and stop as soon as a smooth batter forms (do not over mix).

Pour a tablespoon of batter onto the baking sheet. Spread with the back of the spoon to form a round, thin disc (about 10cm / 4inches in diameter). Sprinkle sesame seeds around the edge of the disc.

Repeat the procedure. Make maximum 4 discs at a time. They need to be shaped immediately after removing, so you don't want to make too many at a time.

Transfer the baking sheet into the oven. Bake for 7-8 minutes until the edges brown slightly. Watch closely!

Now to shape the cookies. Bring the baking sheet out of the oven. Quickly flip a disc over with a spatula. Place a fortune message in the middle.

Fold the disc into a semi-circle. Then quickly place it onto the rim of the mug. Push the corners down to shape it into a fortune cookie (Please refer to the tutorial video below).

Place it in one of the molds of the muffin tray to keep it in shape while cooling. Repeat to finish the rest.

Continue the Discussion

For children of all ages

For younger children, ask open-ended questions that inspire curiosity and wonder about each country's culture, traditions, and creative expressions. These questions can foster meaningful discussions with your children.

Question for All Ages

- What makes this country unique and special? Encourage children to explore the country's diverse culture, traditions, landmarks, natural wonders, and people.
- How do the people of this country express themselves through art and creativity? Encourage kids to learn about traditional arts, crafts, music, dance, storytelling, and other creative forms specific to that country.
- What are the traditional celebrations and festivals in this country, and how do they reflect the values and beliefs of the people? Encourage exploration of cultural celebrations, their significance, and the emotions associated with them.
- How does the environment and geography of this country influence its art and daily life? Help children understand the connection between geography, climate, and the way people create and live.
- If you could visit this country, what kind of art project or creative activity would you want to try? Encourage kids to express their own creativity and imagine themselves engaging in art inspired by the country they are learning about.

Continue the Discussion

For teens & older children

For older children and teenagers, you can delve deeper into cultural and societal aspects of each country. These questions can foster meaningful discussions with your children. Encourage critical thinking and curiosity about this country.

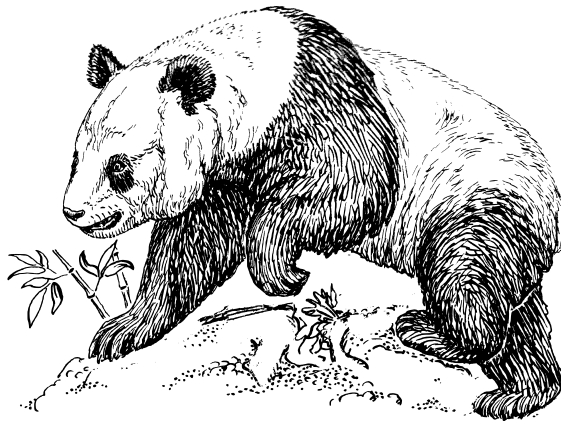
Deeper Discussion Questions

- How has history shaped the art and creativity of this country? Encourage teenagers to explore the historical events, societal changes, and cultural influences that have impacted the country's art scene.
- In what ways does art play a role in addressing social issues and promoting positive change in this country? Encourage discussions on how art can be a powerful tool for raising awareness, advocating for change, and fostering unity.
- How does this country's art challenge stereotypes and celebrate diversity? Encourage teenagers to analyze artworks that challenge cultural stereotypes and celebrate the unique aspects of different communities within the country.
- Explore the concept of "art as therapy" in this country. How is art used to support mental health and well-being? Encourage discussions on the therapeutic aspects of art and its impact on emotional expression and resilience.
- Reflect on the interconnectedness of global art and cultural exchange. How has this country's art been influenced by or influenced art in other parts of the world? Encourage teenagers to research and discuss cross-cultural artistic influences and collaborations.
- Analyze a famous piece of art from this country and its cultural symbolism. Encourage teenagers to choose an artwork and explore its historical, cultural, and artistic significance.

Reference List

During the preparation of this packet, we used the following publicly available websites to gather information for the facts and information about this country:

- <https://kids.nationalgeographic.com/geography/countries/article/china>
- <https://www.chinahighlights.com/travelguide/china-facts.htm>
- <https://a-z-animals.com/blog/the-flag-of-china-history-meaning-and-symbolism/>
- <https://kids.nationalgeographic.com/geography/countries/article/nepal>



Get in Touch

If you need assistance with anything related to Art Makes Me Smart, please reach out to us at support@lilyandthistle.com. Our team is here to help!

Thank you for being part of this community! We believe that art truly has the ability to connect families! Feel free to reach out to let us know how this course or any of our other products have made an impact in your family's life by sending us a message on Instagram [@lily_and_thistle](https://www.instagram.com/lily_and_thistle) or emailing us at support@lilyandthistle.com.