

ART
MAKES
ME
SMART®

Around the World



Portugal

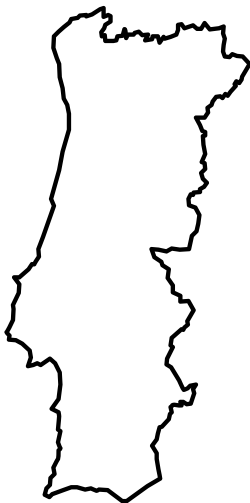


Welcome to Art Makes Me Smart Around the World: Portugal!

We have so many great ways for you to learn and explore this fantastic 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 your flag and hang it next to the other flags you've done. The links to videos and songs will help you discover the richness and beauty Germany offers. Also, don't forget to check out the additional 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 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 alongside your child 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. Combining art and education creates a powerful platform for your child 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 child.

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 audiobooks
- Links to video resources found on YouTube that can be used to learn more facts about the country and its music and dance
- Multiple traditional recipes that are kid-friendly
- 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)

Remember that we all learn in so many different ways, so don't feel pressured to have your child use every element in this packet. Instead, you can 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 child! Engaging in art together not only fosters 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, please email us at support@lilyandthistle.com. We are here to help!

And as always, remember, Art Makes You Smart!
-Hannah and Team Lily & Thistle

Portugal Projects



Portugal Tile Art



Portuguese Rooster Painting

Supplies Needed for Projects

Portugal Tile Art

- Construction or cardstock paper
- Gouache
- Markers
- Paint brush
- Scissors
- Glue stick
- Paint palette
- Cup of water

Portuguese Rooster Painting

- Black construction paper
- Gouache
- Pencil
- Paint brush
- Cup of water
- Paint palette

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 to view the exact supplies we used.

Portugal Resources



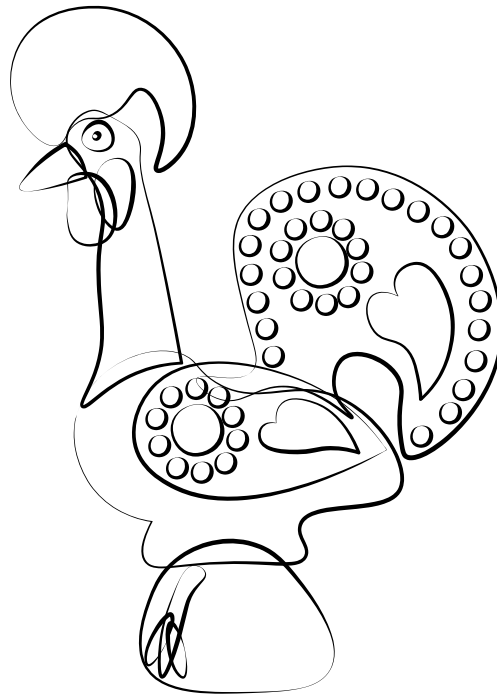
Scan the QR code with your phone

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.

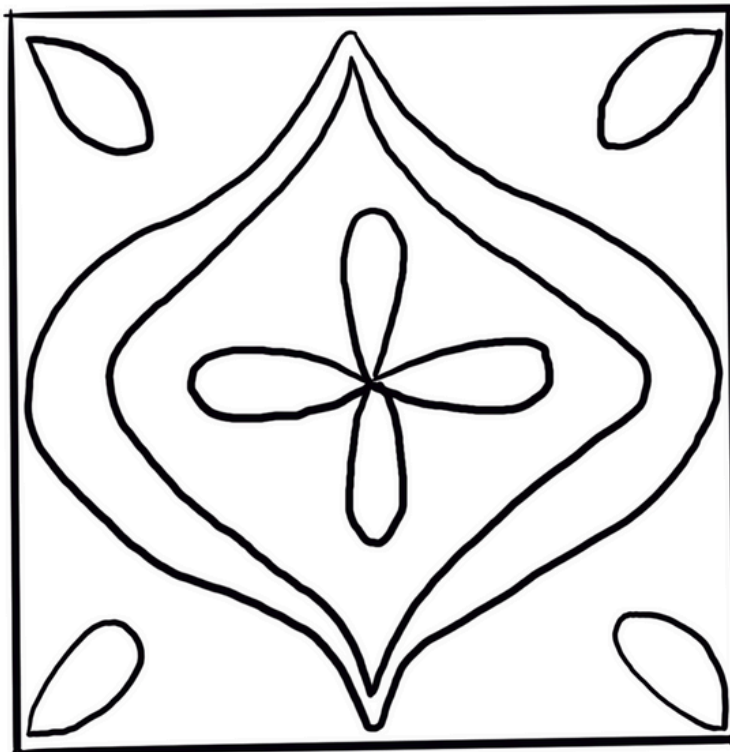
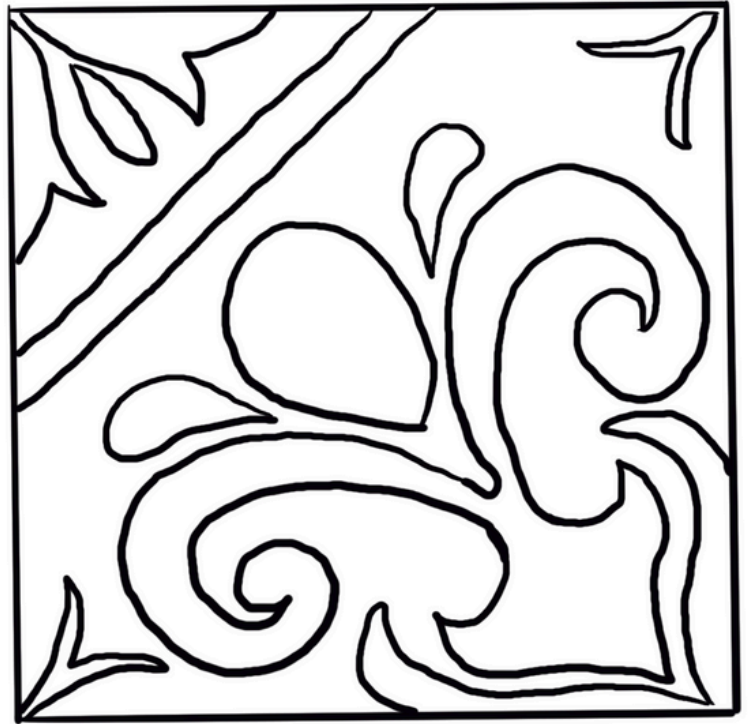
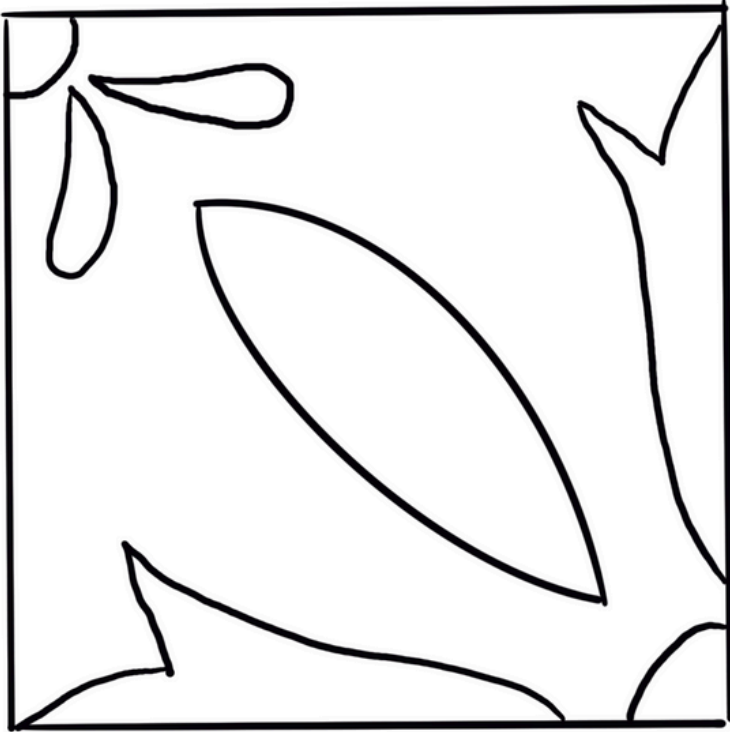
Remember that your project doesn't have to look just like these or even like the sample project. You can add different colors, details, backgrounds, etc.

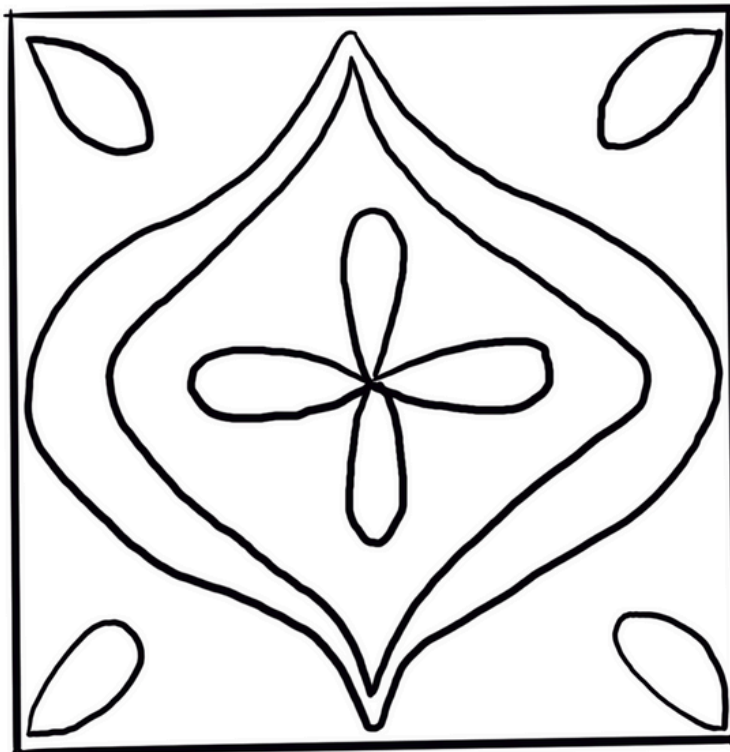
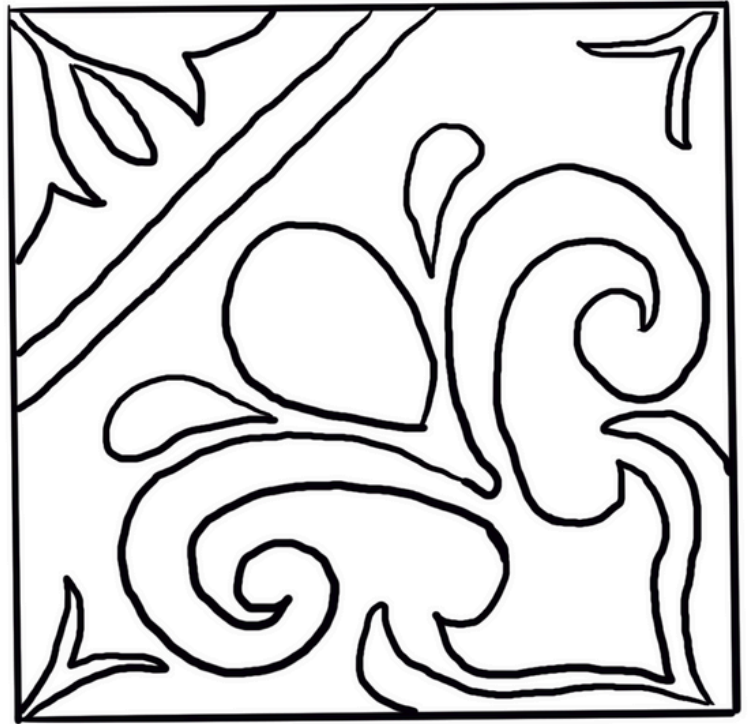
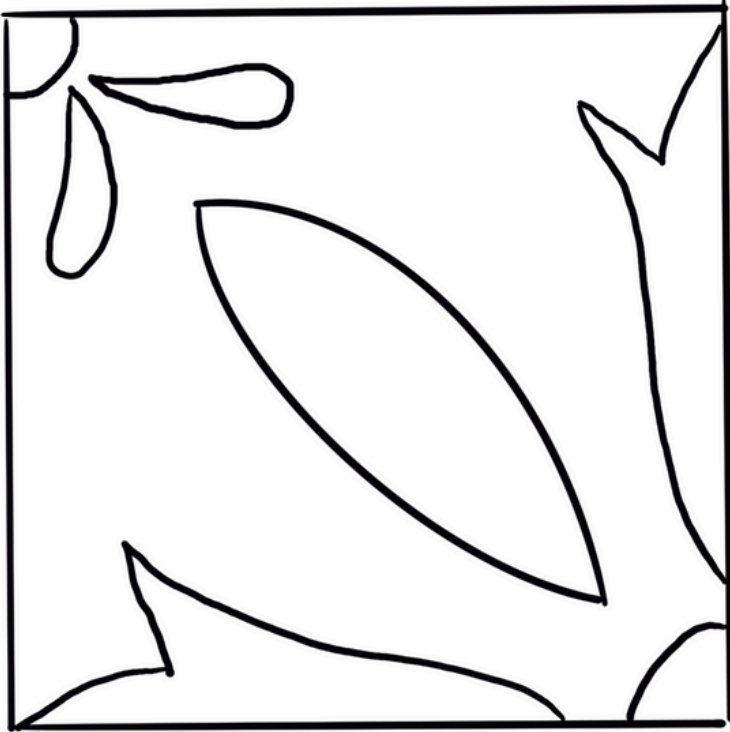
Just have fun with it! Know before you start that you will have good art days and days that you just can't seem to "get it". This is normal and part of the learning process. Embrace your mistakes and keep going!

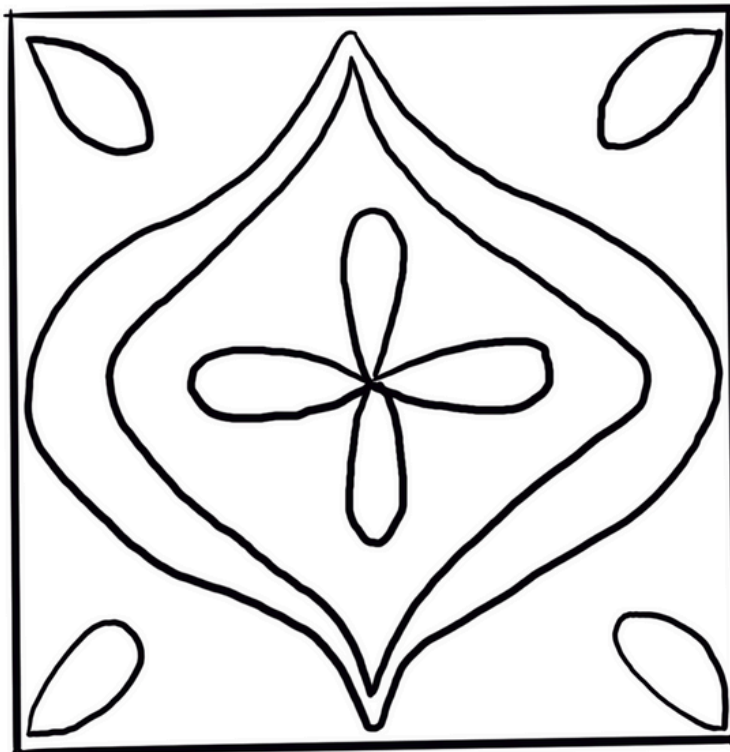
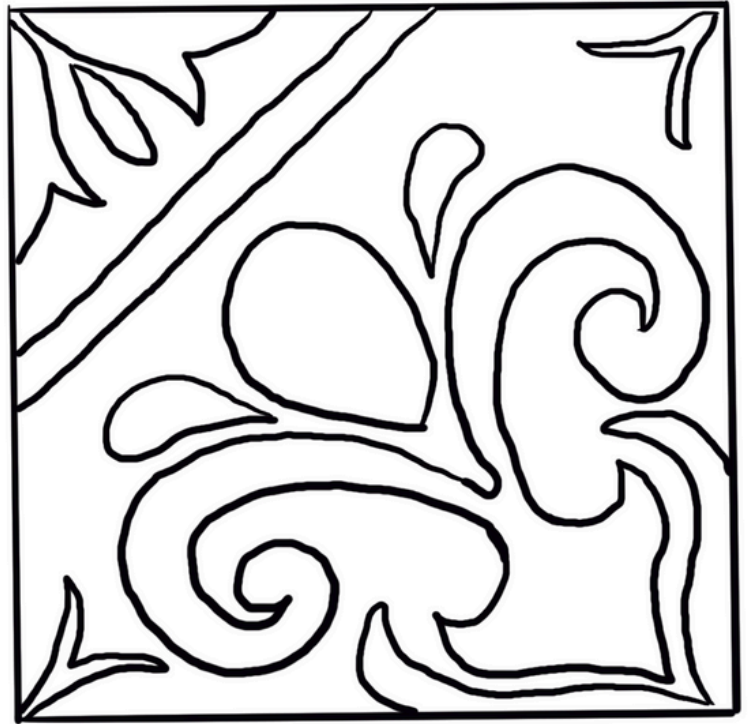


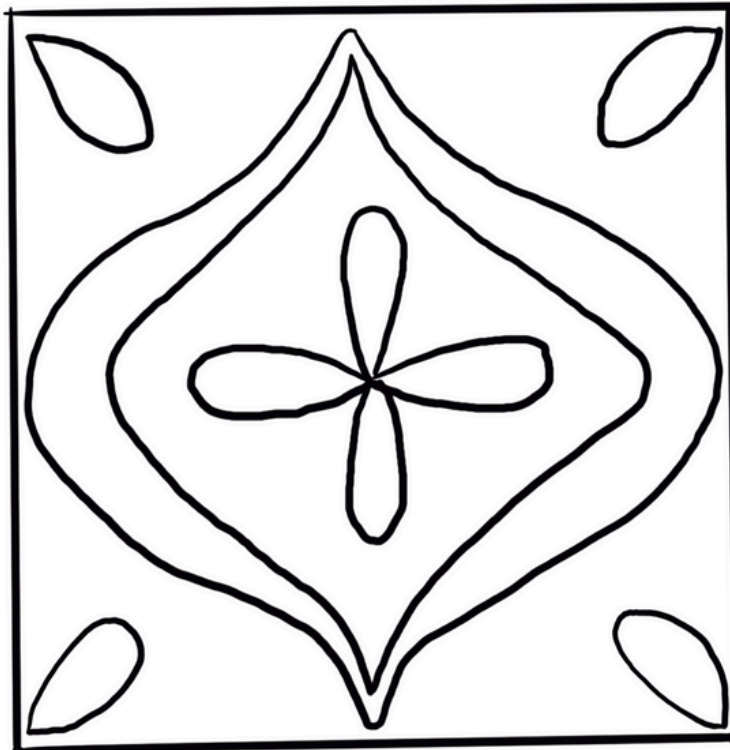
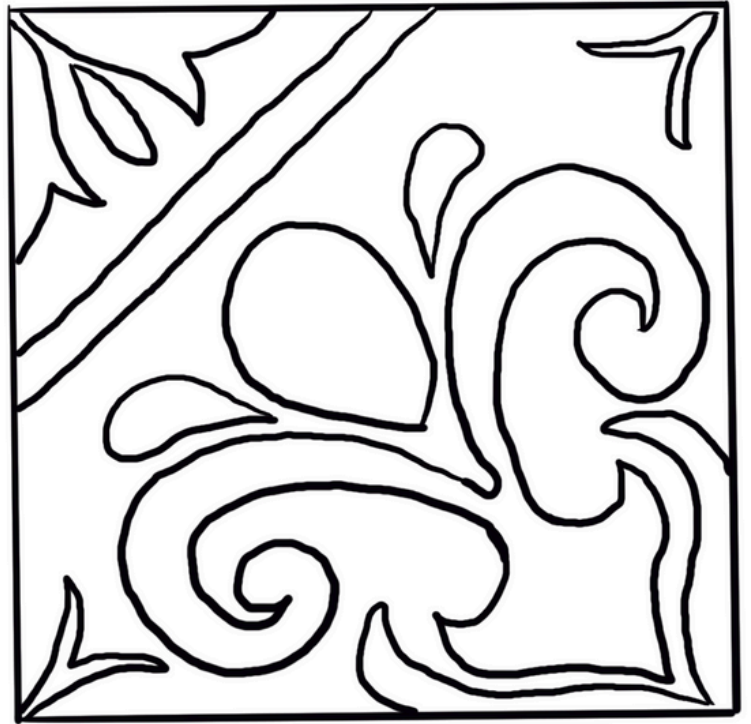
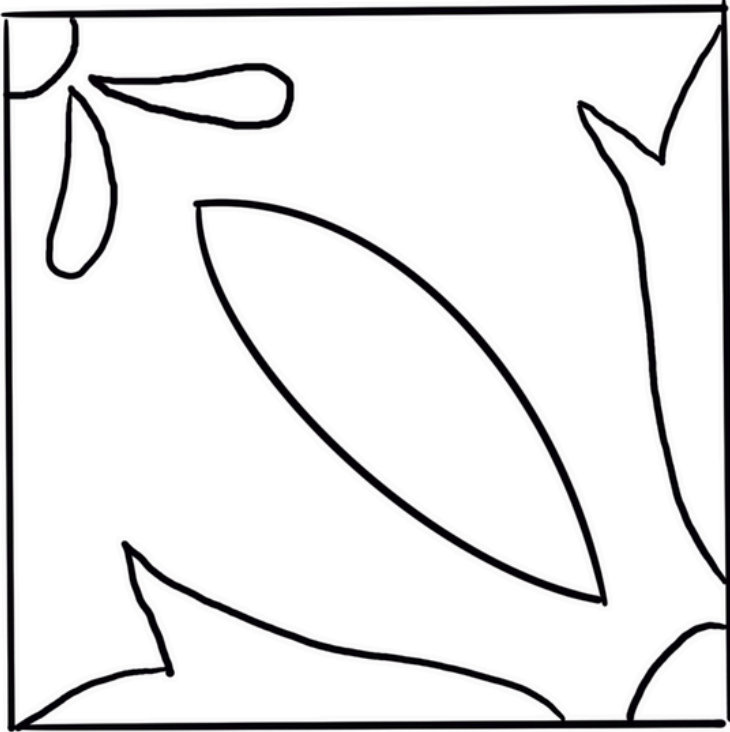
Share with Us!

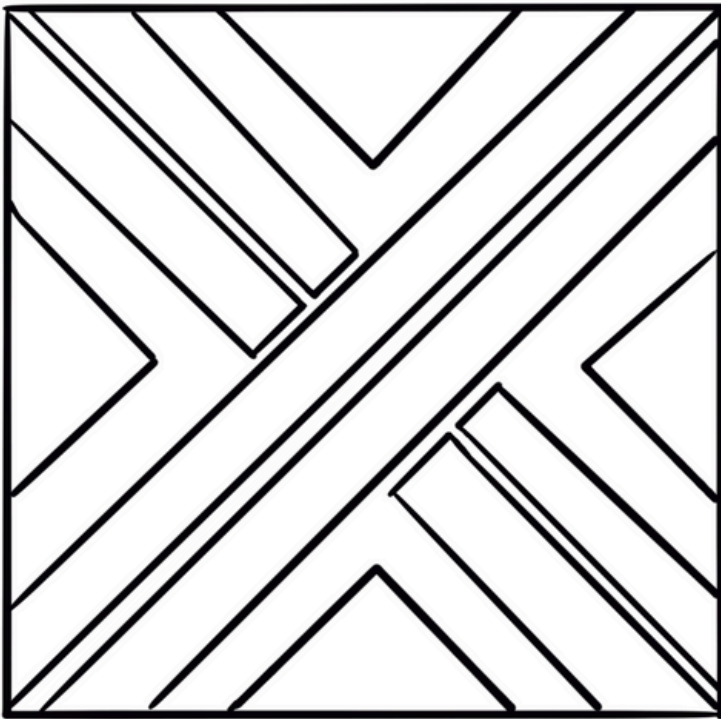
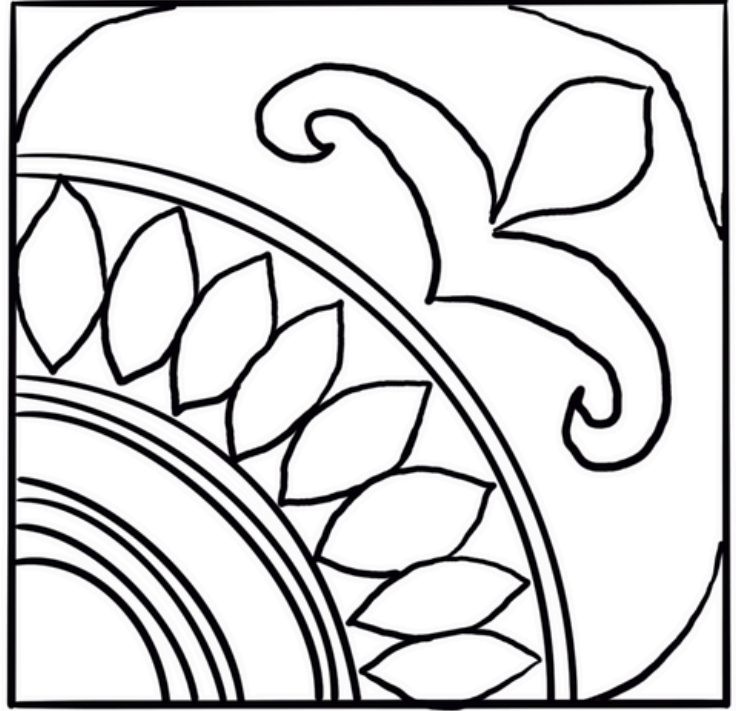
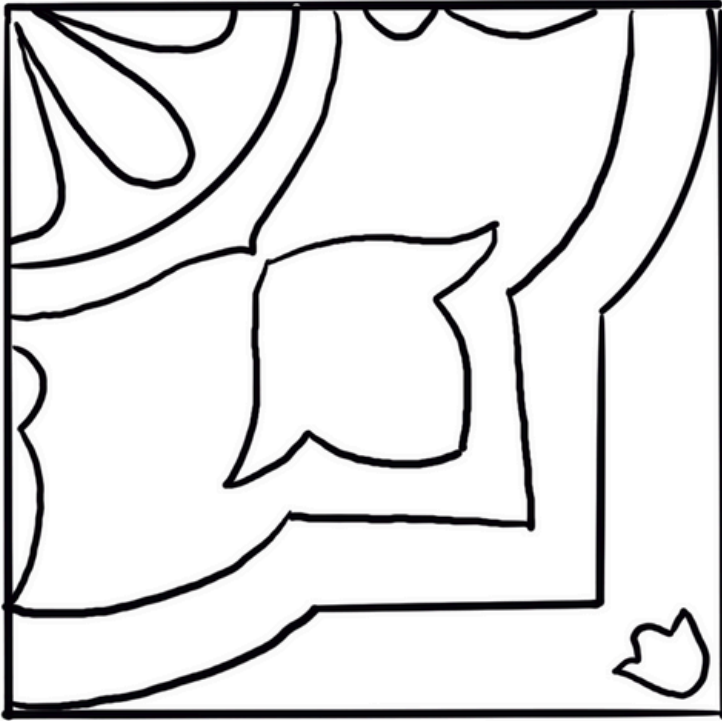
We'd love to see what you're working on! Be sure to share your projects with us in the [Art Makes Me Smart Private Facebook Group - click here to join!!](#) (Be sure to use the passcode "ART SMART" when joining!)

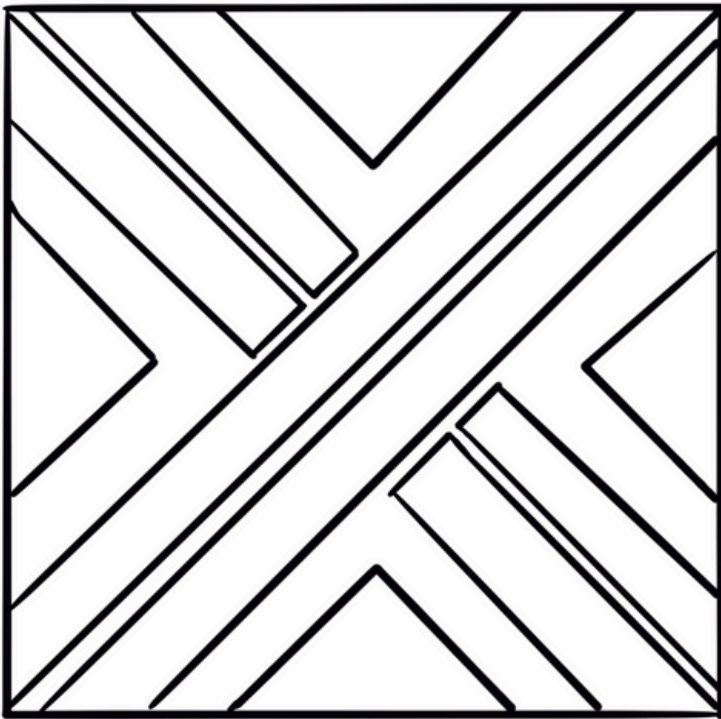
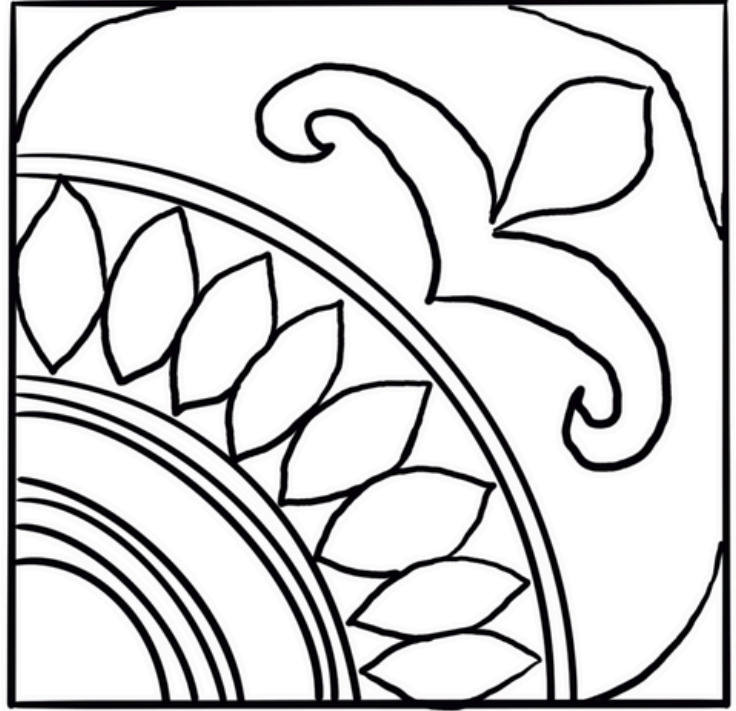
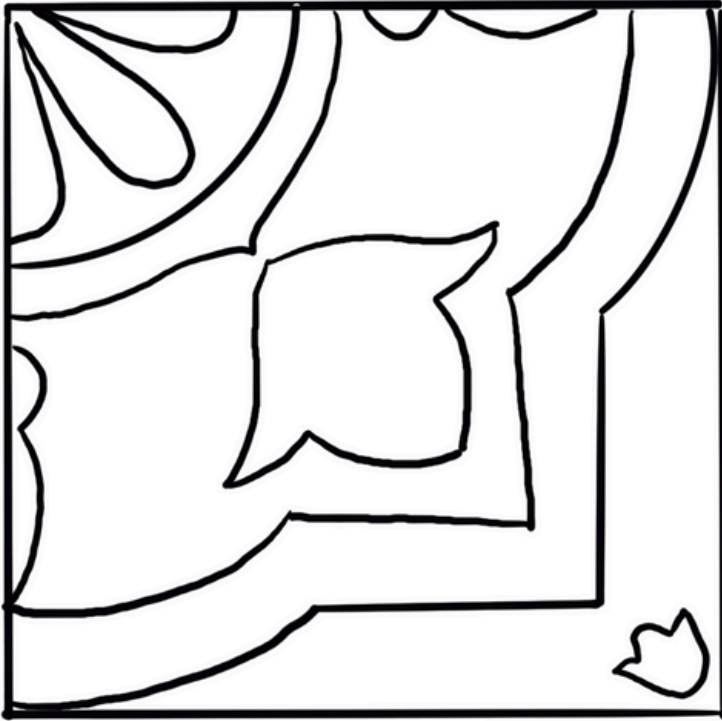


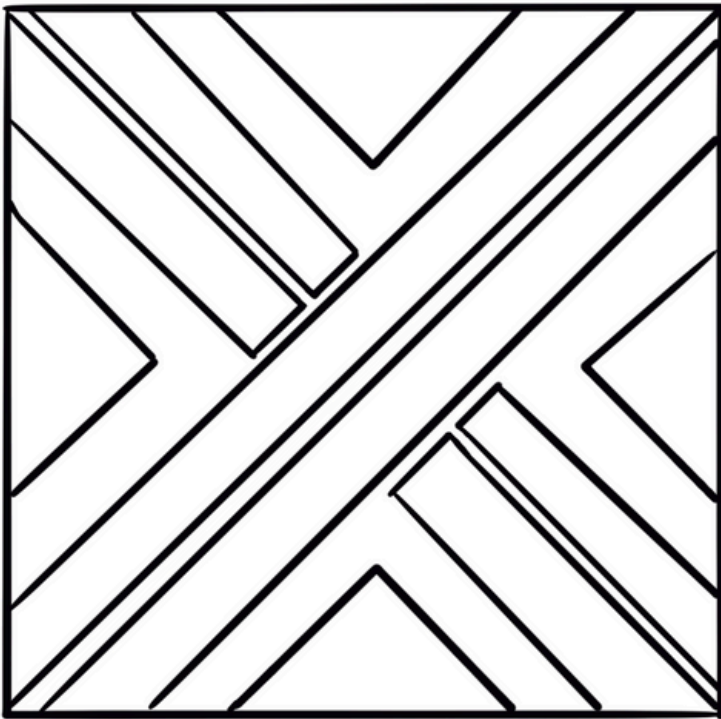
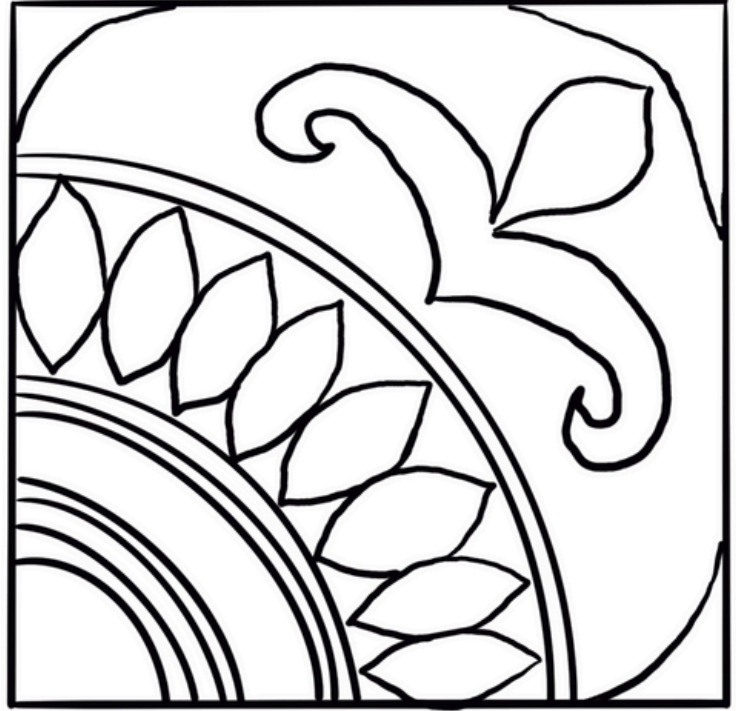
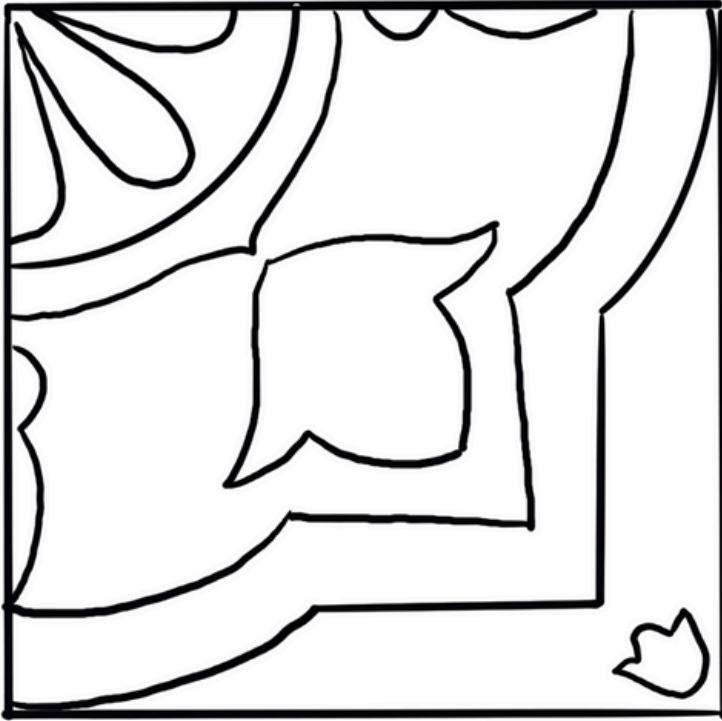


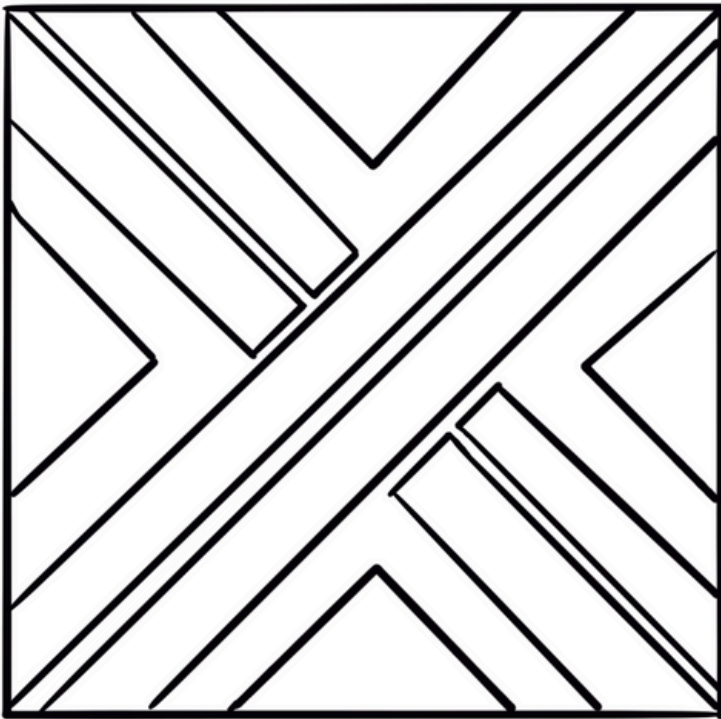
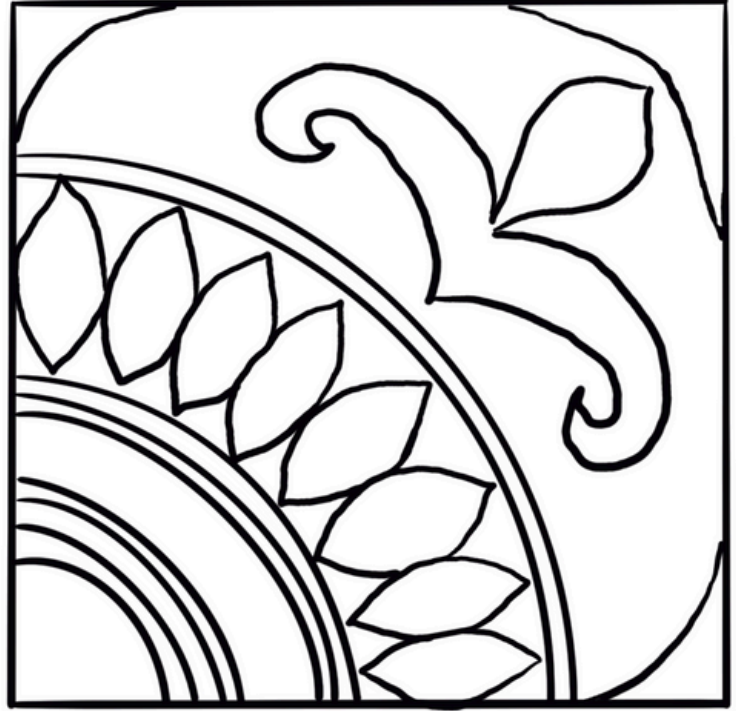
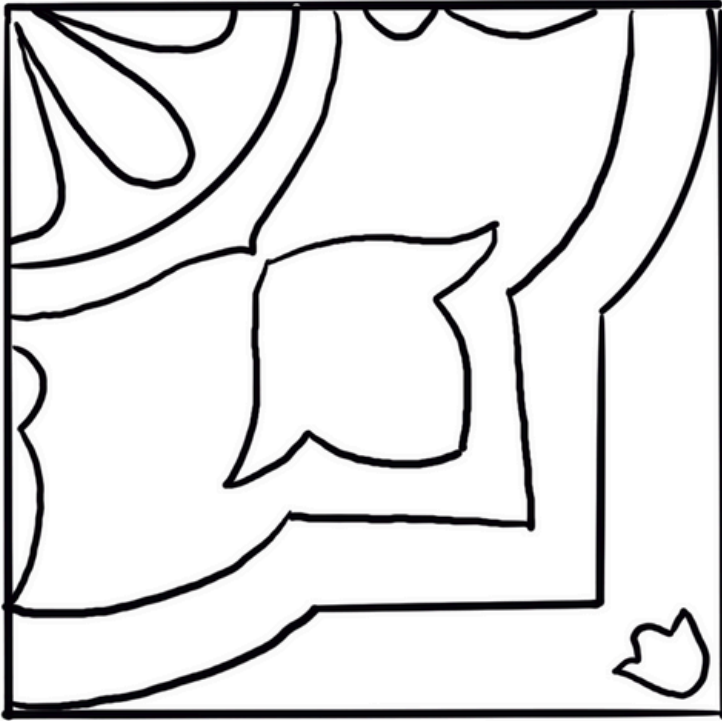




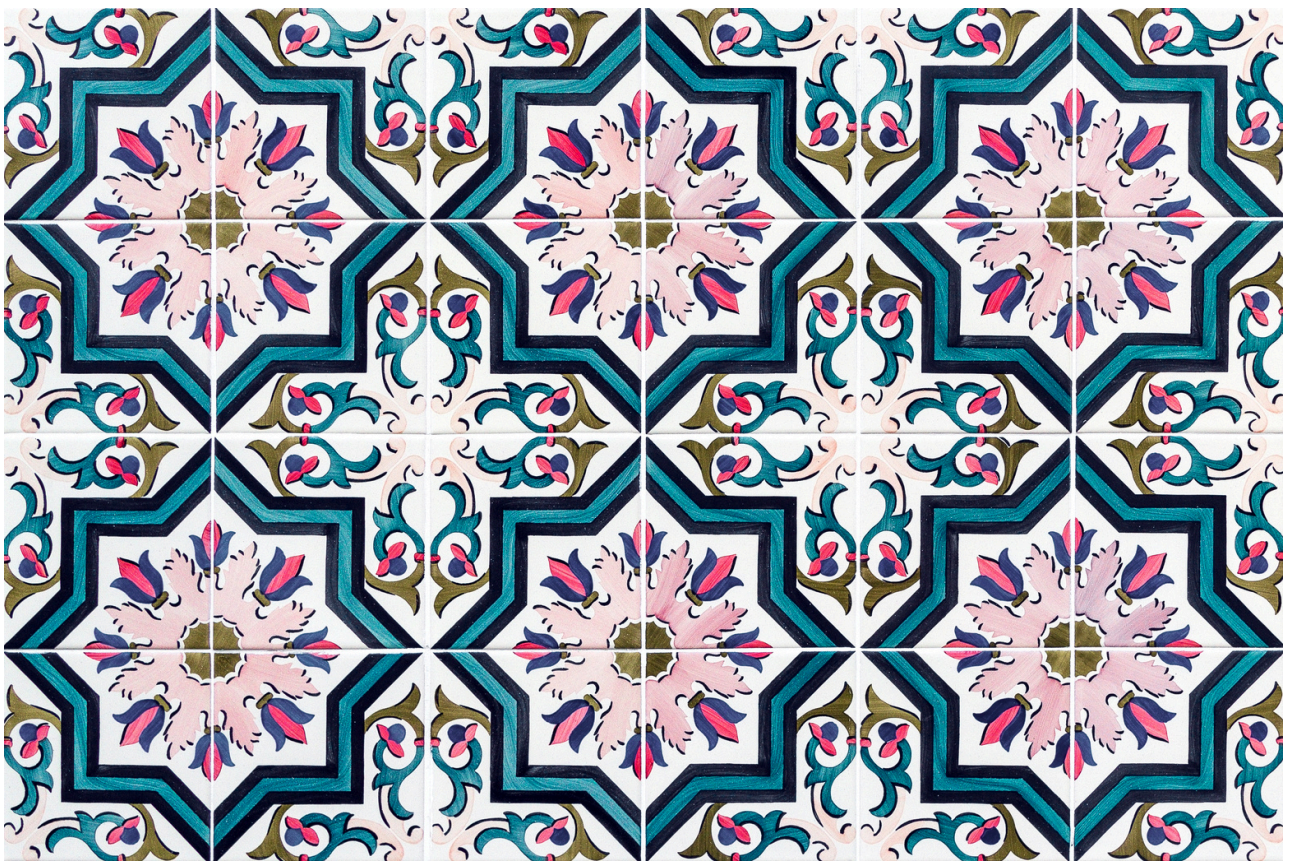


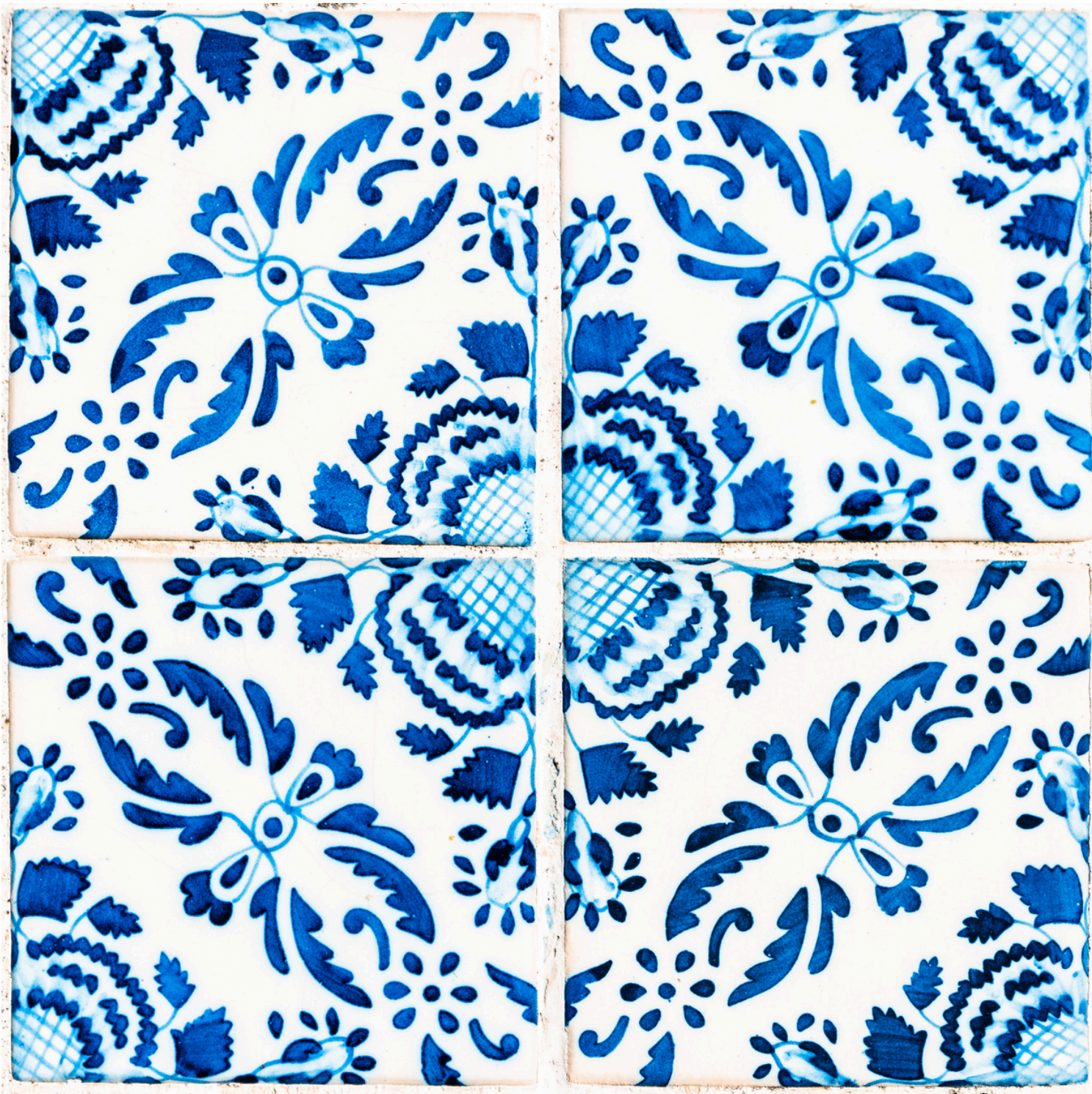


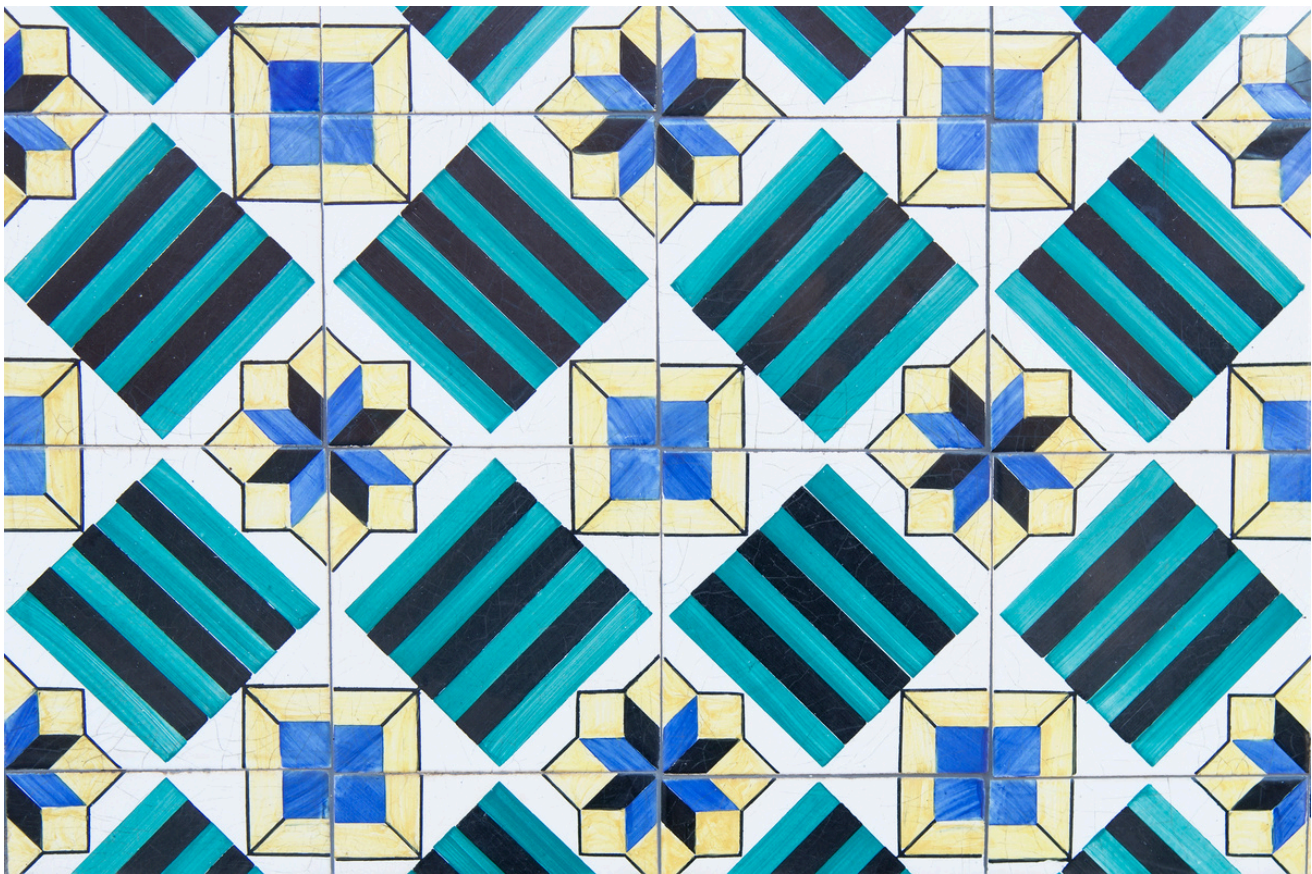




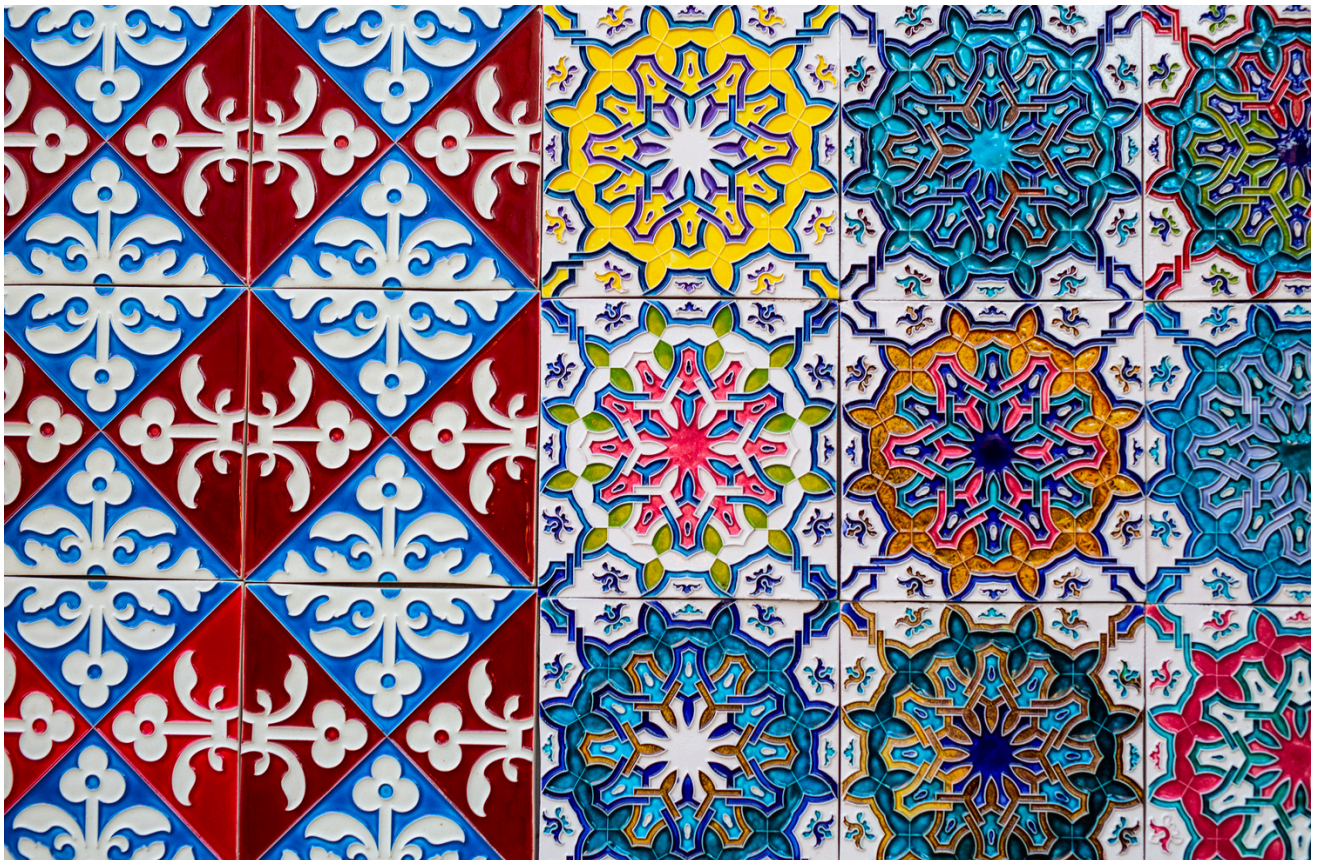


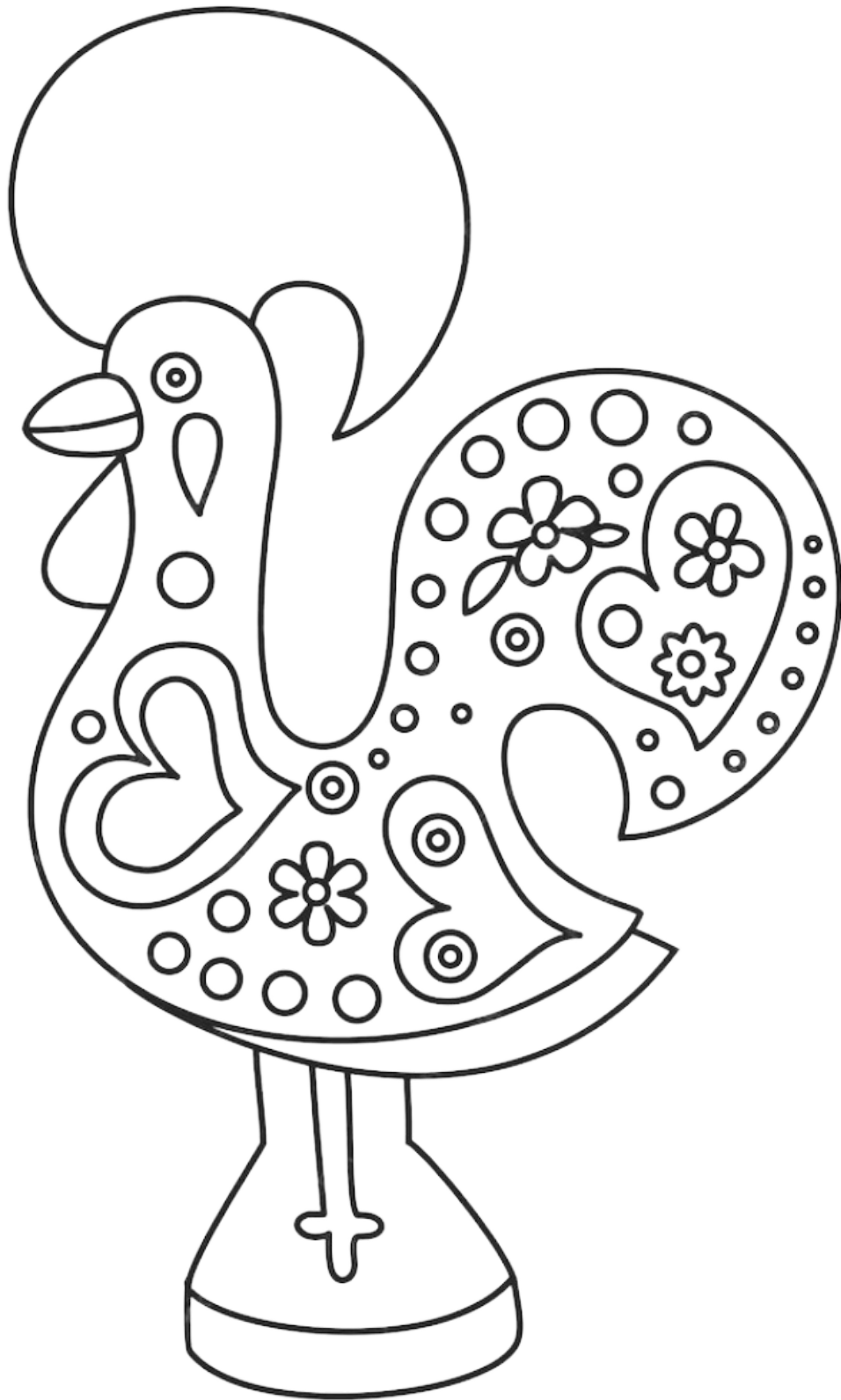














All About Portugal



Portugal is a country located in southwestern Europe on the Iberian Peninsula. It shares its eastern and northern borders with Spain, while its western and southern coastlines are along the Atlantic Ocean. Portugal's location has historically made it a key player in maritime exploration during the Age of Discoveries, with explorers like Vasco da Gama and Ferdinand Magellan contributing to its history.

Known for its diverse landscapes, Portugal features rolling plains, mountainous regions, and stunning coastlines, making it a popular destination for travelers. Its capital, Lisbon, is a vibrant city known for its historic architecture, cultural heritage, and beautiful views over the Tagus River.



The Tagus River is the longest river on the Iberian Peninsula, stretching about 625 miles.



The Serra da Estrela, the highest mountain range in mainland Portugal, is the most famous area for snowfall.



Belém Tower is an iconic landmark in Portugal. Located in Lisbon, it dates from the early 16th century.

Did you know....

Portugal was the first country in the world to explore the ocean and discover new lands! Famous explorers like Vasco da Gama set sail from Portugal to find new trade routes and helped map the world over 500 years ago.

Culture in Portugal

Languages Found in Portugal

In Portugal, the main language everyone speaks is Portuguese. It's one of the most widely spoken languages in the world! In some regions, especially near the borders, people might also speak a bit of Spanish. In schools, English is taught as a second language.

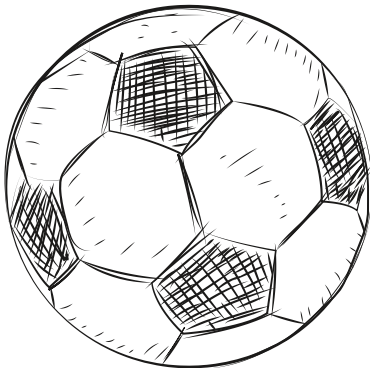
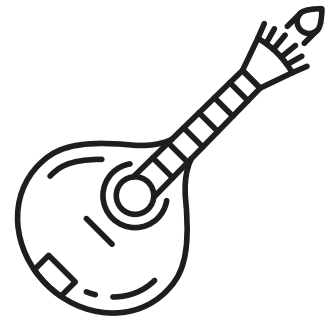
There's also a small community in the north of Portugal where people speak Mirandese, a special regional language.

Olá!

Bom dia!

Meu nome é..

Portugal is known for its beautiful traditional music called Fado. Fado songs are often about love, sadness, and hope, and they are usually sung by one person with a guitar playing softly in the background.



The country also has a strong tradition of tile art, called azulejos. These colorful, hand-painted tiles can be found on buildings, walls, and even floors, and they often tell stories through their designs.

Soccer (called football in Portugal) is the most popular sport, and people love cheering for their favorite teams.

In Portugal, culture is all about enjoying life with family and friends, celebrating traditions, and expressing feelings through music and art!

The Age of Exploration

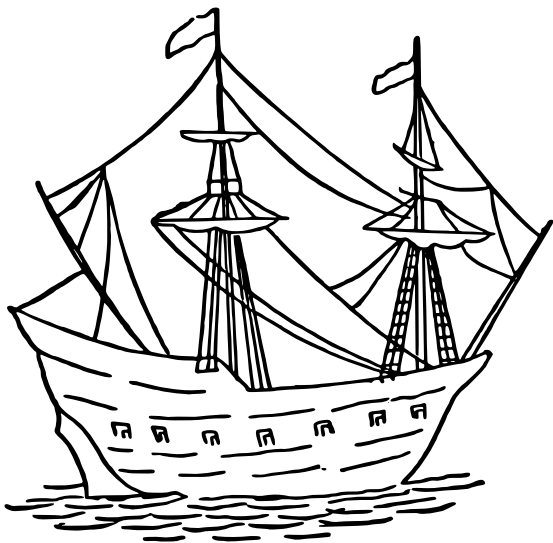
The Age of Exploration, also known as the Age of Discovery, was a period during the late 15th and 16th centuries when European nations began to explore and map new parts of the world. This exciting time in history lasted roughly from the early 15th century to the early 17th century.



In the 15th and 16th centuries, Portuguese explorers like Vasco da Gama and Ferdinand Magellan sailed to places that no one in Europe had ever seen before. They traveled across the Atlantic and Indian Oceans, discovering new routes and lands.

One of the biggest discoveries was the sea route to India, which Vasco da Gama found in 1498. This route made it easier to trade valuable goods like spices and silk with people from faraway places.

Portuguese explorers also found and claimed new lands, such as Brazil in South America. They set up trade routes and colonies, making Portugal a powerful nation during the Age of Exploration.



Portugal was known for its advanced ships, like the caravel, which were designed for long voyages. They also developed new tools for navigation, like the astrolabe, which helped explorers find their way across the vast oceans.

The Flag of Portugal

The flag of Portugal is a symbol of the country's rich history and national identity.



The flag's coat of arms consists of a shield surrounded by five smaller shields and a complex pattern of castles and a larger central shield. The five smaller shields, arranged in a cross pattern, represent the five Moorish kings defeated by Portugal's first king, Afonso I. The larger central shield, adorned with a complex pattern of castles and the Portuguese national motto "Plus Ultra" (meaning "More Beyond"), symbolizes the nation's maritime exploration and expansion.

The green and red colors of the flag have various interpretations; green is said to represent the Portuguese Age of Discoveries and the red symbolizes the blood of those who fought for Portuguese independence.

History of the Flag

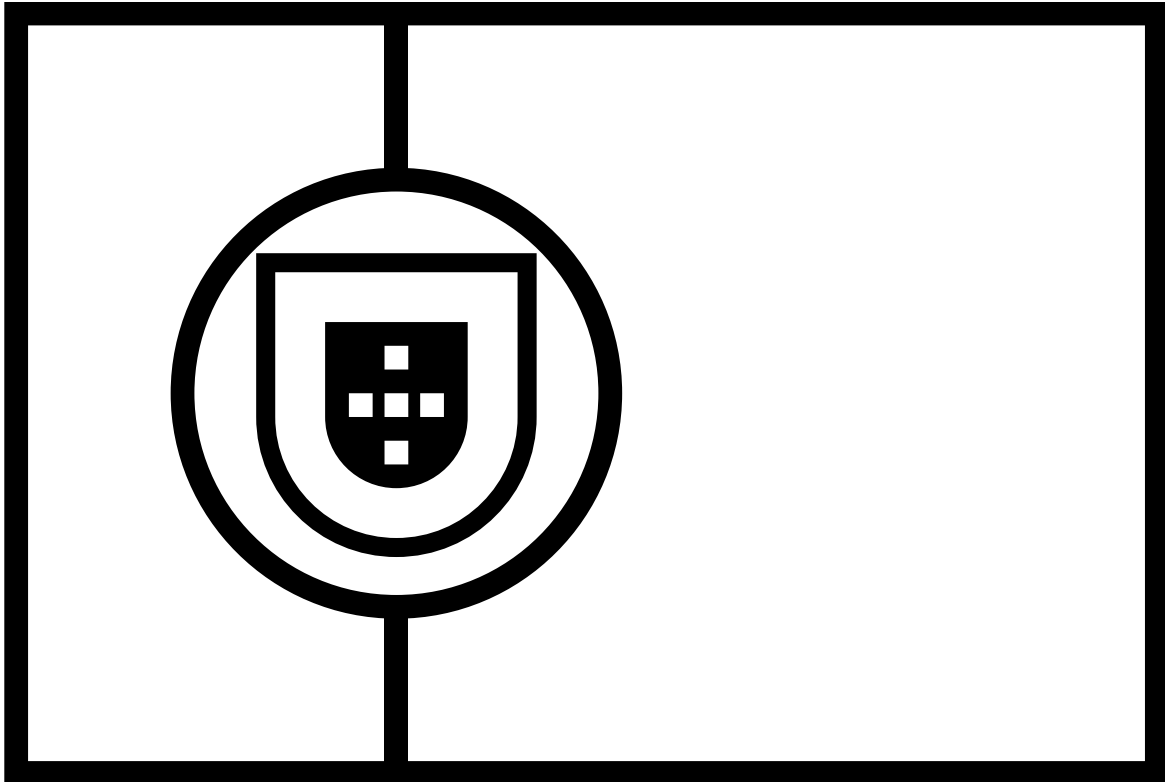
The flags of British North America used in colonial Canada showcased ties to the British Empire. Both before and after Confederation in 1867, Canada used the United Kingdom's Royal Union Flag, commonly known as the Union Jack.

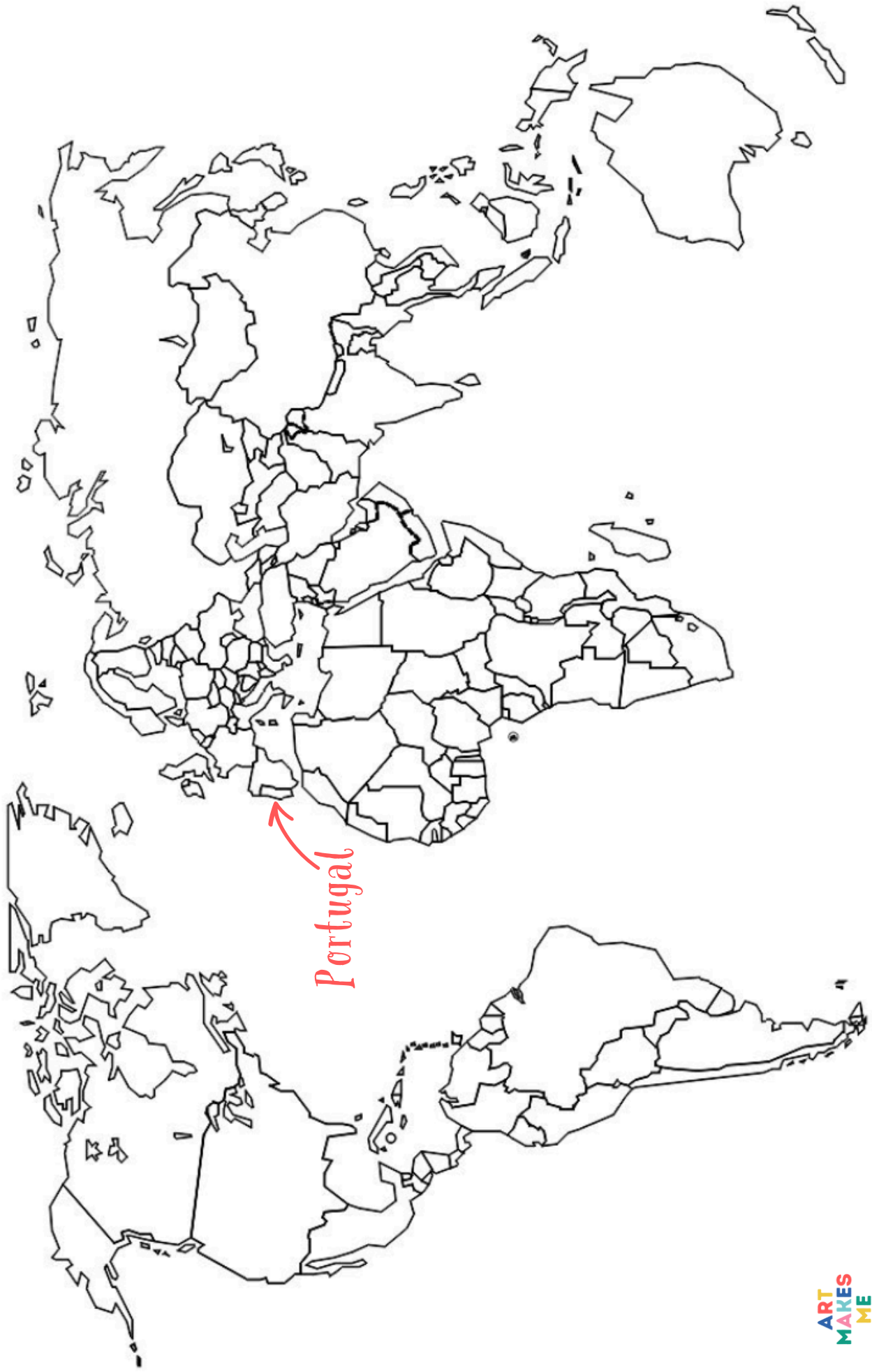
In the 1870s, the Canadian Red Ensign — a combination of the Union Jack and the shield of Canada — had been used unofficially both at sea and on land. There were many versions of the flag that included additional elements such as wreaths of maple leaves, crowns, and beavers.

As Canada matured as a nation, it became more important to create uniquely Canadian symbols to represent the country. In 1921, King George V granted Royal Arms to Canada and the shield of Canada's new official coat of arms took its place on the Canadian Red Ensign.

Portugal'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!





Portugal

Video Lessons from Portugal

Portugal Resources



Scan the QR code with your phone

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



Portugal for Kids



How Did Portugal Happen?



The Art Of The Azulejos - Portugal's Colored Tiles



Portugal's Famous Rooster Story



Meet Portugal's 20,000-Year-Old Wild Horses



Portugal Landscape

Music and Dance of Portugal



Portuguese National Anthem



Dancing with Carassauga



Tiro Liro Liro - Portuguese Dance



Portuguese Fado Music



Fado: Portuguese
Guitar



Fado: Discover Traditional
Portuguese Music

Click the images above to watch the video or scan the QR code to be taken to our resources page for even more songs and dances!

www.artmakesmesmart.com

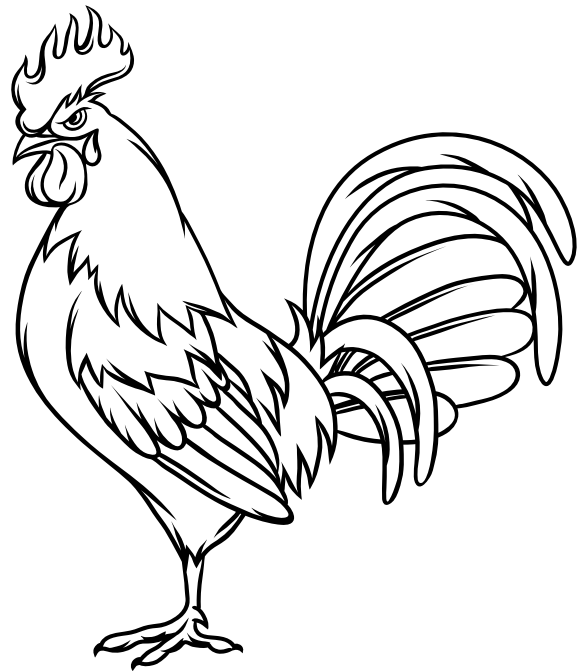
Portugal Resources



Scan the QR code with your phone

Picture Book List

- Portugal: A Land of Fun in the Sun by by Pedro Pereira
- Mishi and Mashi go to Portugal by Mary George
- My First Book - Portugal: All About Portugal For Kids by Penelope Palette
- A Map and a Mule: A Peace Story of Queen Isabel of Portugal by by Eric Timar
- Portugal (Blastoff! Readers: Exploring Countries) by by Kari Schuetz
- Songs from a Journey with a Parrot: Lullabies and Nursery Rhymes from Portugal and Brazil by Magdeleine Lerasle
- Always an Olivia by Carolivia Herron
- The Miracle Dogs of Portugal by Tracy Aiello
- Legend of the Barcelos Rooster by Angela Costa Simoes



Young Adult Book List

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

- Who Was Ferdinand Magellan? by S. A. Kramer and Who HQ
- Ferdinand Magellan (Jr. Graphic Famous Explorers) by Jane Gould
- 60 Facts About Portugal by Grant Publishing
- Portugal (Enchantment of the World) by Ettagale Blauer
- Portugal (Unpacked) by Susie Brooks
- Henry the Navigator: Prince of Portuguese Exploration by Lisa Ariganello



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

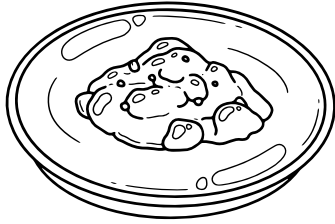


Portugal Resources



Scan the QR code with your phone

Traditional Recipes from Portugal



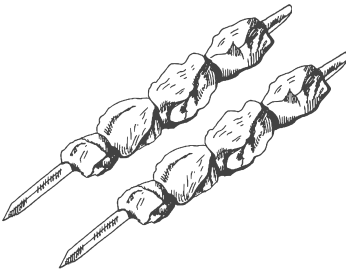
Portuguese Peas with
Poached Eggs



Sonhos (Portuguese
Donuts)



Portuguese Lemonade

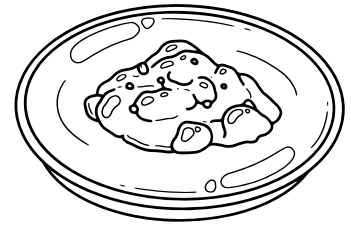


Espetinhos de Frango

Ask the chef...

- What can you discover about 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?

Portuguese Peas with Poached Eggs



Ingredients



30 minutes



Serves 4

- 1 lb of frozen peas
- 2 tablespoons of olive oil
- 1/4 lb of bacon
- 1/4 lb of chouriço, chopped
- 1 onion, chopped
- 7 cloves of garlic, chopped
- 2 ripe tomato, cut into cubes
- 1 teaspoon of salt
- 4 large eggs
- Pepper (to taste)
- Coriander (to taste), chopped

Directions

Put the peas in water to thaw. Heat the olive oil in a saucepan, add the striped bacon and cook it.

Add the chouriço, onion and garlic cloves. Saute for about 5 minutes.

Add the tomatoes and the peas, cover the pan and cook for another 5 minutes. Season with salt and stir.


Crack the eggs into the pan. Cook the eggs a little, but make sure the yolk does not solidify.


Remove from the heat, sprinkle with a little pepper and the coriander and serve immediately.

Sonhos



Ingredients

 34 minutes

 70-80
doughnut
holes

- 1 cup water
- 1/4 cup (1/2 stick) butter
- 1 tablespoon granulated white sugar
- 1 cup all purpose flour
- 4 large eggs
- 1/2 teaspoon lemon extract
- pinch of salt
- canola oil, for frying
- granulated white sugar, for rolling

Directions

In a medium saucepan, combine the water, butter and sugar. Bring to a boil, then turn off the heat and stir in the flour. Stir until the mixture forms a ball. Move the batter to a medium bowl and let cool.

Once dough has cooled, use an electric mixer to beat in the eggs, one at a time. Add lemon extract and a pinch of salt to taste.

Fill a medium pot with about 3 inches of canola or vegetable oil and heat over medium-high heat until it reaches a temperature of 375 degrees.

Drop the doughnut batter into the hot oil by teaspoon (you don't want them too much bigger, they puff while cooking). You can fry about 10 doughnuts at once.

Fry until they are lightly browned on all sides. Remove with a slotted spoon or tongs to a paper towel lined plate to drain excess oil.

Roll in sugar while warm, and serve immediately.

Portugeuse Lemonade



Ingredients



15 minutes



Serves 6

- 1 red bird's eye chili (optional)
- 7 meyer lemons
- 1 cup honey
- 2 Tbsp fresh minced cilantro (optional)
- 1 liter sparkling water, unflavored (well chilled)

Directions

Place the chili in a 1 1/2 liter pitcher and crush with a pestle.

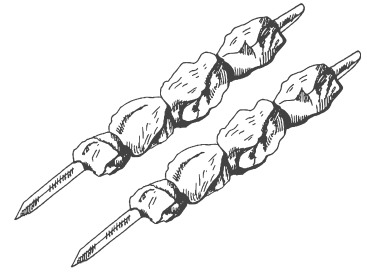
Slice one lemon and set aside. Juice remaining lemons and pour juice into the pitcher.

Warm the honey slightly in a microwave and add to the juice, stirring well.

Add the cilantro and lemon slices.

Just before serving, add sparkling water to pitcher and stir lightly. Serve over ice.

Espetinhos de Frango



Ingredients



50 minutes



Serves 1

- 1 1/8 lb of chicken breast, about 2 large breasts, cubed
- 1 lime, plus extra wedges to serve
- 1/4 oz of red chillies, deseeded and finely chopped, plus extra to garnish (optional)
- 1/4 oz of garlic, finely chopped
- 1/4 oz of caster sugar
- 1/8 oz of salt
- 1 1/3 fl oz of olive oil
- 1 tsp white wine vinegar
- fresh coriander, finely chopped, plus extra to garnish

Directions

Cut 2 chicken breasts into cubes and put them in a bowl. Grate a little lime zest and squeeze in about 1 teaspoon of lime juice.

Add 1/4 teaspoon chopped chili, 1/4 teaspoon chopped garlic, 1/4 teaspoon sugar, 1 tablespoon olive oil, and 1 teaspoon white wine vinegar.

Add 1 teaspoon chopped fresh coriander (save the rest for later). Mix everything well. Cover the bowl and put it in the fridge for 20 minutes. Soak wooden skewers in cold water for at least 20 minutes.

Preheat your grill or barbecue. After marinating, thread the chicken onto the skewers.

Grill for 6-8 minutes on each side, turning until golden brown and cooked through (the middle should be 165°F or 75°C).

Garnish with extra chopped coriander, lime wedges, and more red chili if you like it spicy.

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/portugal>
- <https://www.kids-world-travel-guide.com/portugal-facts.html>
- <https://kids.britannica.com/kids/article/Portugal/345769>
- <https://www.britannica.com/topic/Portuguese-language>
- <https://www.britannica.com/topic/flag-of-Portugal>



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.