

ART
MAKES
ME
SMART®

Around the World



Canada



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

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.

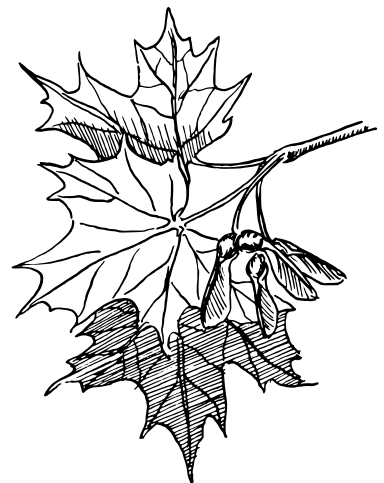
Remember, **Art Makes You SMART!**



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

Canada Projects



Canadian Beaver



Maple Leaf Stained Glass

Supplies Needed for Projects

Canadian Beaver

- Red & white construction paper
- White gouache paint
- Watercolors
- Paint brush
- Black marker
- Glue
- Scissors
- Cup of water

Maple Leaf Stained Glass

- Watercolor paper
- Black Oil Pastel
- Watercolor paint
- Paint brush
- Cup of water

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.

Canada Resources



Scan the QR code with your phone

Canadian Beaver

Step-by-Step Tutorial



Gather all of your supplies and the reference pages in the packet to create your own Canadian Beaver project.



Using white construction paper, lightly sketch the shape of a beaver on the paper. Use simple shapes like circles, ovals, and curved lines to form the beaver. Your eraser will also help to remove any lines not needed. If you need tips, watch the video tutorial for a walkthrough.



Using your watercolor paints and paintbrush, paint a light brown wash of paint over the entire body of the beaver. Be sure to leave his teeth clear of paint since they will remain white. You can also add a little bit of red or pink to give your beaver some cute pink cheeks. Set aside to dry.



Using a sheet of red construction paper, you can create a fun background that is similar to the Canadian flag colors. Paint a rectangular area of your background with white gouache paint. Set aside to dry.



Now that your beaver painting is dry, outline the edges of the painting and the beaver's face details with a black marker.



Now you can begin to add texture to the beaver's coat. Using a black marker, you can make little dashes along the beaver's body. Try to keep your dashes going in the same direction and along the curves of his body.

Canadian Beaver (cont'd)

Step-by-Step Tutorial



Next, similar to the body, you will focus on creating a pattern on the beaver's tail and feet. To create a darker texture, you can make criss-crossing lines in both areas with your black marker.



Now you will cut out your beaver. A good trick to help you cut out detailed areas is to hold your scissors stationary and shift the paper around while slowing closing your scissors. You can see a good example of this in the video tutorial.



Using two scrap pieces of paper cut a short strip that you can fold them back and forth to create a little spring. Attach these two pieces to the back of the beaver cutout and the other end to the background paper using a gluestick. This will create a fun 3D effect.



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

Maple Leaf Stained Glass

Step-by-Step Tutorial



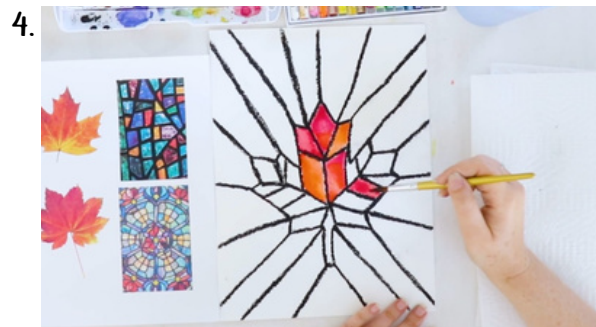
Gather all of your supplies and the reference pages in the packet to get ideas to create your own Stained Glass Maple Leaf. You can use a lightboard or a window to trace the outline. Just put the template underneath the watercolor paper and trace the outline using a pencil.



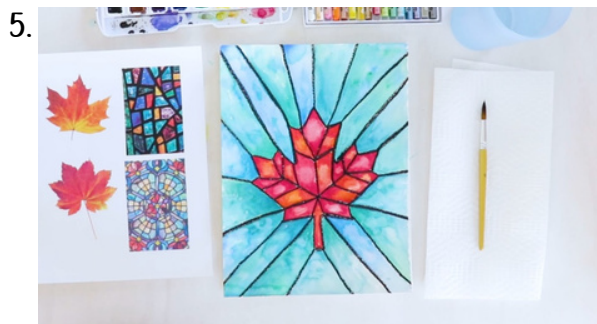
Using your oil pastels, trace over the pencil lines using a black oil pastel stick. You may have to push a little harder since you will be tracing on watercolor paper. It's ok if your oil pastel breaks, you can use both halves still.



Using your packet references of maple leaves and stained glass, you can decide on the colors and patterns you want to paint on your maple leaf.



The next step is exciting and creates a cool effect. You will paint with watercolors over the areas of your project. Since the outline is traced with oil pastels, it creates a barrier. For your leaf you can mix different colors of red, orange, and yellow. You can also choose other complimentary colors for the background.



And that's it! You have made your own Maple Leaf Stained Glass. I hope this project inspires you to become more curious about Canada 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.

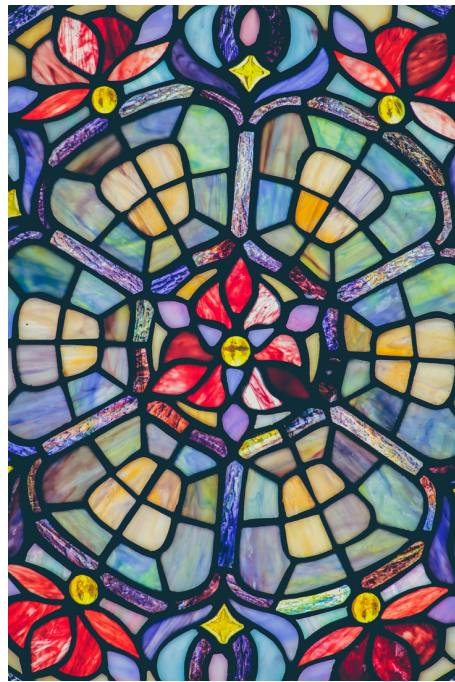
Just have fun with it! Know before you start that you will have good art days and days that you just can't seem to "get it". This is normal and part of the learning process. Embrace your mistakes and keep going!



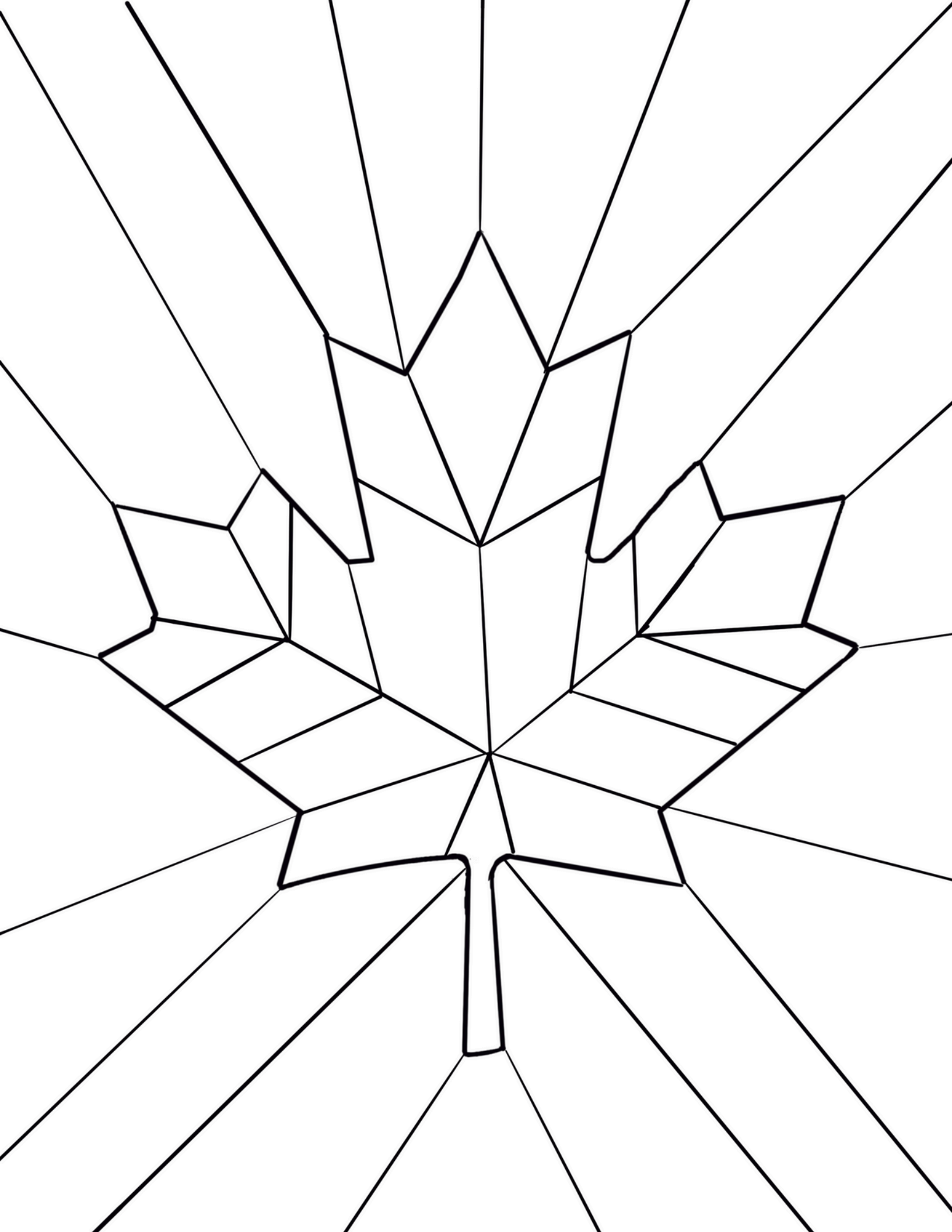
Share with Us!

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!)

Maple Leaf Stained Glass Reference Photos



Use the outline on the next page for your project.



All About Canada



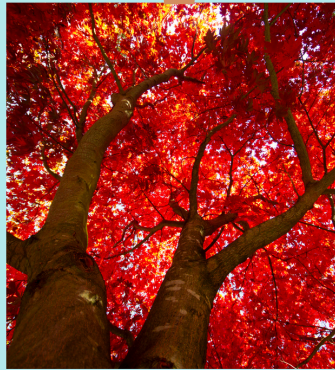
Canada is a country located in North America, directly above the United States.

Canada consists of 10 provinces, which are similar to states in the US, but are typically much larger and practice a different form of government.

Canada is home to Niagara Falls, one of the world's largest and most famous waterfalls. You'll also find vast forests, towering mountains, and thousands of lakes. And don't forget some interesting wildlife like beavers, moose, grizzly bears and even polar bears!



Niagara Falls is one of the world's largest and most famous waterfalls.



Maple trees are abundant throughout Canada.



The beaver is Canada's national animal.

Did you know....

The beaver was designated as the national symbol of Canada in 1975 due to its historical importance in the fur trade, its significant role in Canadian history and culture, and its representation of industriousness and determination.

Culture in Canada

Languages Found in Canada

In Canada, the two official languages are English and French. English is most widely spoken while French is predominantly spoken in the province of Quebec and is recognized as an official language at the federal level.

Canada is also home to many Indigenous languages spoken by Indigenous peoples across the country, reflecting its rich linguistic diversity.

Canada is the second largest country in the world, behind Russia. The majority of Canadians have roots in England and France. Among the aboriginal people in Canada are the Métis, the First Nations People and the Inuit.



Quebec, Canada is the world's largest producer of maple syrup and responsible for three-quarters of the world's output. That's a lot of syrup!

Manufacturing is a large source of Canada's economy. Popular goods include cars, food, chemicals, electronic products, metals, and wood and paper goods. Canada is also a leading producer of petroleum (oil), natural gas, and minerals.

Early Canadian's included those of the Inuit and First Nations People. Inuit's lived in the North and the First Nations People lived in the South.

The Flag of Canada



Several different flags were used in Canada before the well-known red and white maple leaf flag. In fact, the flag we know Canada for today is relatively new.

With European presence in the early days, flags of European homelands were displayed.

The new maple leaf flag was made official by a proclamation from Queen Elizabeth II on January 28, 1965.

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.

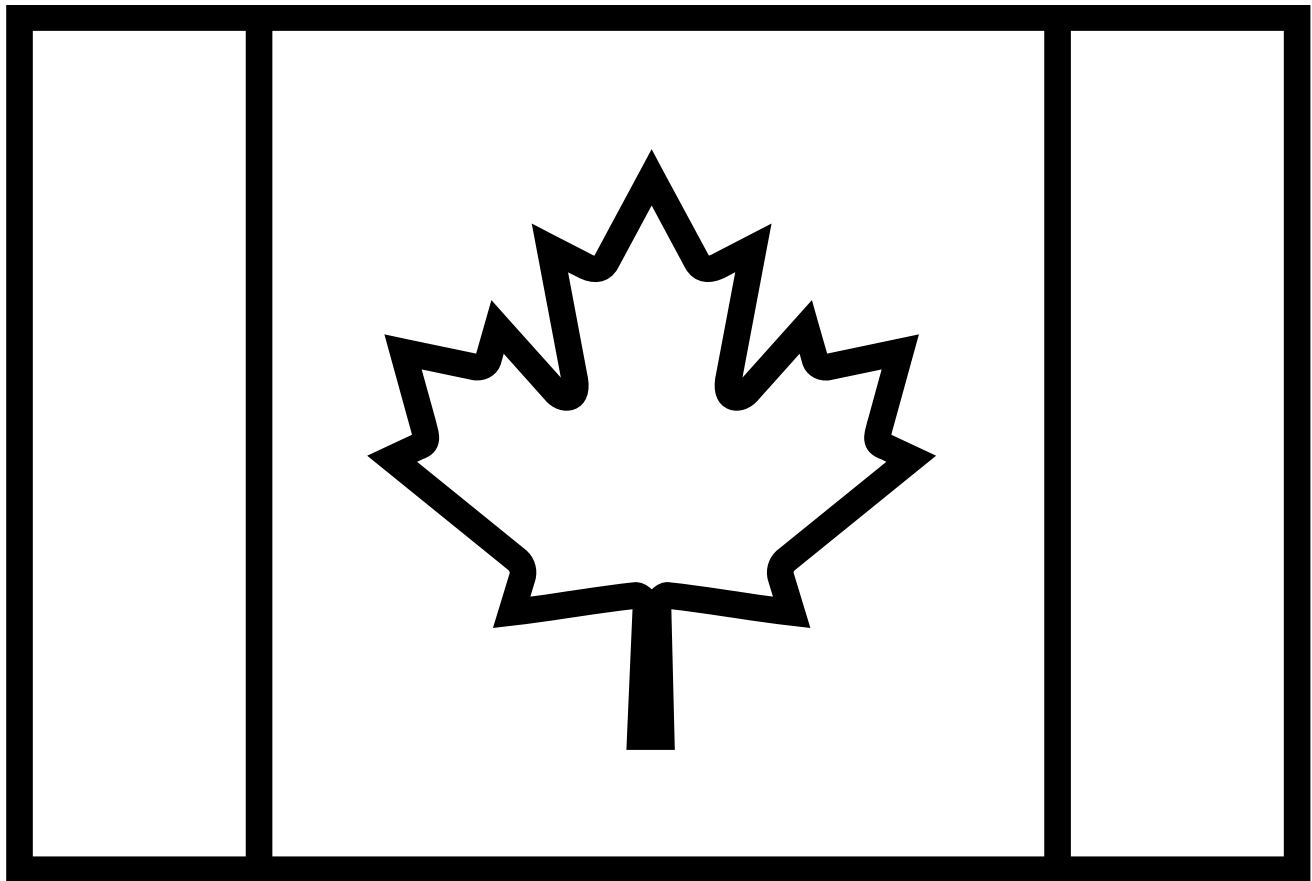
In the 1870s, the Canadian Red Ensign — a combination of the Union Jack and the shield of Canada — had been used unofficially both at sea and on land. There were many versions of the flag that included additional elements such as wreaths of maple leaves, crowns, and beavers.

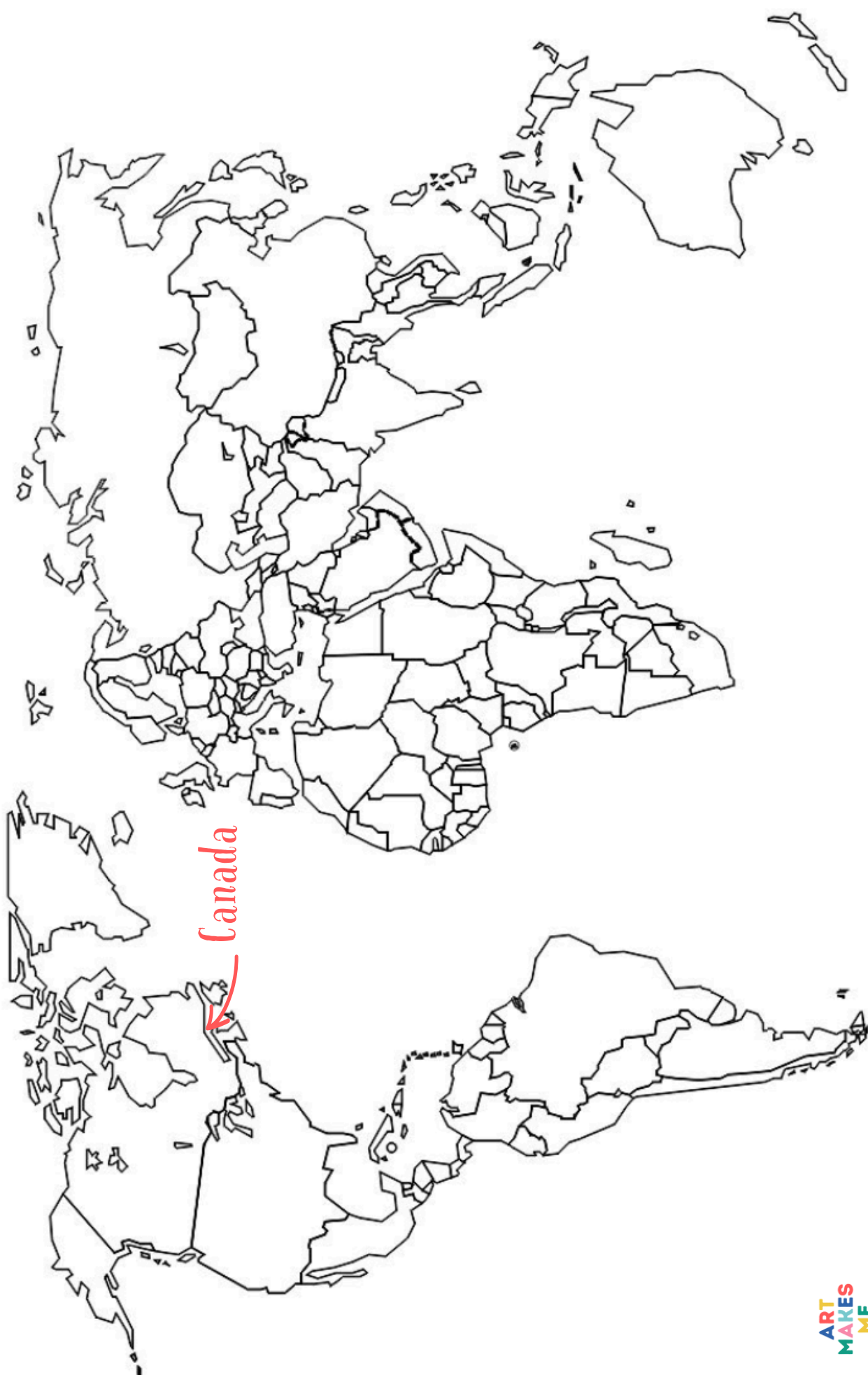
As Canada matured as a nation, it became more important to create uniquely Canadian symbols to represent the country. In 1921, King George V granted Royal Arms to Canada and the shield of Canada's new official coat of arms took its place on the Canadian Red Ensign.

Appeals for a new flag began to increase in the early 20th century. Attempts were halted in both 1925 and 1946 for fear of political instability. Finally, in 1960, Lester B. Pearson, then Leader of the Opposition, declared that he was determined to solve what he called "the flag problem." Pearson recommended a new design to members of Parliament in 1964 that featured 3 sprigs of red maple leaves on a white background, bordered by two blue stripes. The design was opposed. A parliamentary committee was created and given a 6-week deadline to come up with a new flag. Debate was heavily divided between those that wanted to keep symbols that tied Canada to its colonial history, and those who wanted Canada to adopt its own symbols for the future. On October 22, 1964, the committee voted in favor of George Stanley's, Dean of Arts at the Royal Military College, single-leaf concept.

Canada'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 Canada

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

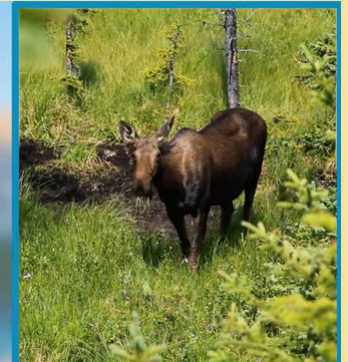
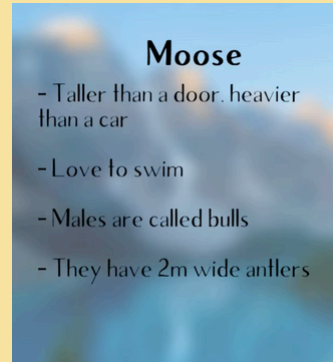
Canada Resources



Scan the QR code with your phone



All About Canada for Kids



Animals of Canada



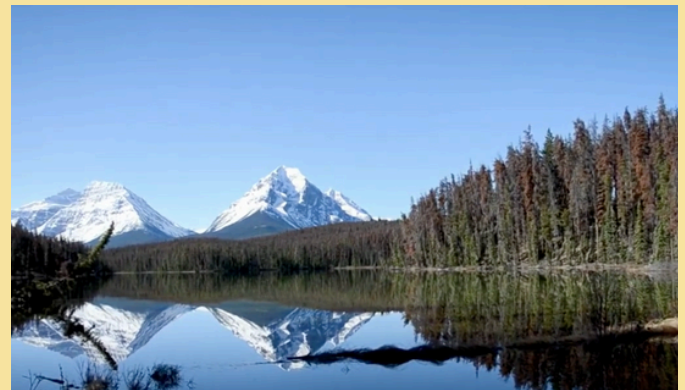
Beavers - Learn About Animals



Flying Over Canada



Canadian History



Canada: Geography, History, Nature, and Culture

Music and Dance of Canada



O Canada- Canada's National Anthem



Canada in My Pocket



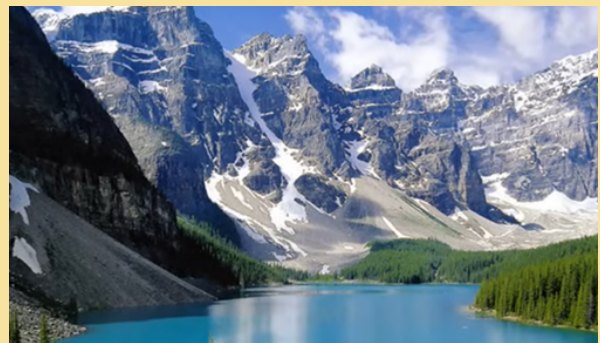
Canada Song



French-Canadian Folk Dance



Canadian Folk Dance



Land of the Silver Birch

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

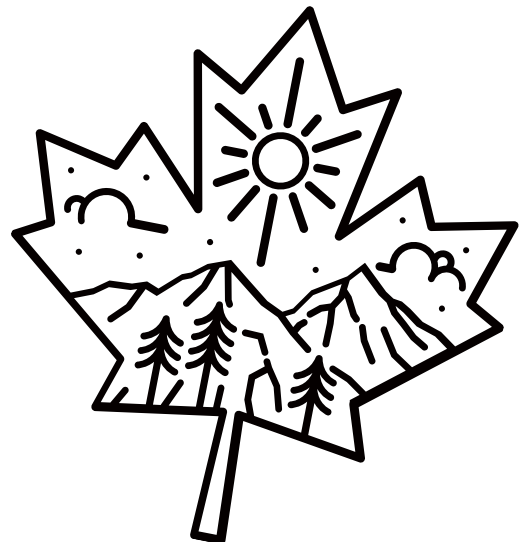
Canada Resources



Scan the QR code with your phone

Picture Book List

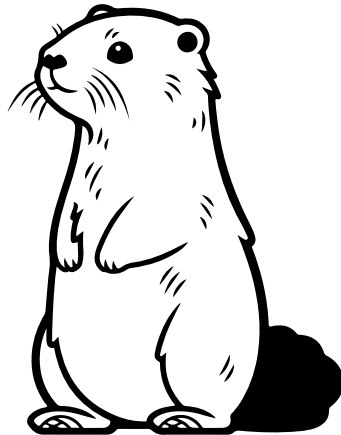
- ABC's of Canada by Kim Bellefontaine
- Louis Riel Day: The Fur Trade Project by Deborah L. Delaronde
- The Canadian Wilderness by Canadian Girl
- Weird But True Canada: 300 Outrageous Facts About the True North by Chelsea Lin
- Carson Crosses Canada by Linda Bailey
- Kids Book of Canadian Exploration by Ann Maureen Owens
- The Kids Book of Canada by Barbara Greenwood
- Kids A to Z Canada Edition by Amar Ghandi
- Nibi's Water Song by Sunshine Tenasco and Chief Lady Bird
- The Doll by Nhung N. Tran-Davies
- When I Was Young in Nunavut by Deborah Kigjugalik Webster
- Clam Digging with Grandma by Hannah Gifford
- Kamik Takes the Lead by Darryl Baker
- Kits, Cubs, and Calves: An Arctic Summer by Suzie Napayok-Short
- Once Upon a Northern Night by Jean E. Pendziwol
- From There to Here by Laurel Croza
- A Fiddle for Angus by Budge Wilson and Susan Tooke
- The Old Ways by Susan Chapman



Young Adult Book List

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

- The Kids Book of Canada by Barbara Greenwood
- The Secret of Your Name by David Bouchard
- Anne of Green Gables by L.M. Montgomery
- Anne of Avonlea by L.M. Montgomery
- Anne of the Island by L.M. Montgomery
- Anne of Windy Poplars by L.M. Montgomery
- Anne's House of Dreams by L.M. Montgomery
- Anne of Ingleside by L.M. Montgomery
- Rainbow Valley by L.M. Montgomery
- Rilla of Ingleside by L.M. Montgomery
- Hatchet by Gary Paulsen
- From Anna by Jean Little
- Jason's Gold by Will Hobbs
- Paddle to the Sea by Holling C. Holling
- Pier 21: Gateway to Hope by Linda Granfield
- A Pioneer Story: The Daily Life of a Canadian Family in 1840 by Barbara Greenwood

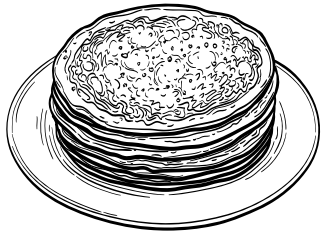


Click here to view the books lists
and listen to free audio books



Scan the QR code with your phone

Traditional Recipes from Canada



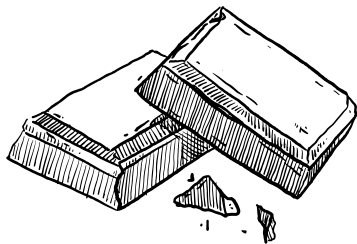
Fluffy Bannock



French-Canadian Meat Pie



Traditional Canadian Poutine

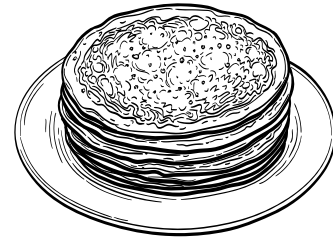


Nanaimo Bars

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?

Fluffy Bannock



Ingredients



30 minutes



Serves 4

- 2 cups Flour
- 1 tsp Baking Soda
- 1/2 tsp Salt
- 1 tsp Sugar
- 3/4 cup water
- 1 cup Cooking Oil

Directions

Mix the flour, baking soda, sugar, salt all together in a large bowl.

Slowly add in the water and form a thick paste that also falls off your whisk or spoon and is creamy yet thick.

Place 1 cup of oil into a frying pan and bring to a high heat

Turn down to medium heat and place two tablespoons of the raw Bannock mix into the pan in four places.

Fry and wait till you see slight browning on the edges and flip

Repeat till browned slightly on both sides.

Serve warm, and top with your favorite jam or powdered sugar.

French-Canadian Meat Pie



Ingredients



1 hour



Serves 6

- 2lbs ground beef
- 1lb ground pork
- 5-6 potatoes, cooked and slightly mashed
- 1 tsp salt
- 1 tsp pepper
- 1 tsp allspice
- 1 tsp ground cloves
- 1 tsp poultry seasoning
- 1 tsp thyme
- 1 tsp sage
- 2 tbsp butter, melted
- 2 2-count boxes ready made pie crusts

Directions

Cook mashed potatoes as you prefer, slightly mash.

Cook meat in a skillet on medium heat until brown, then drain and place meat in a large bowl.

Add potatoes a little at a time to meat. Add seasonings and mix.

Add more seasonings to taste, if necessary.

Place pie dough on 2 pie plates.

Add half of mixture to each pie.

Cover each pie with remaining dough.

Seal the edges of pies and cut 5 to 6 vent holes on the tops of pies.

Brush top of pies with melted butter.

Bake 20 - 30 minutes at 350°F or until crusts are golden brown.

Traditional Canadian Poutine



Ingredients



50 minutes



Serves 1

- 2 large Russet potatoes
- 2 tbsp olive oil
- 1 cup cheese curds
- 1 can beef gravy
- 1 tbsp chopped parsley
- 1/2 tsp pepper

Directions

Start by slicing the Russet Potatoes into french fries. Place the fries into a bowl covered with water and soak for 30 minutes.

Strain the water and pour the fries on top of a tablecloth and pat dry.

Place the dried potatoes onto a cast iron skillet and season with pepper.

Bake at 375F for 20 minutes.

Remove and top with the cheese curds and canned gravy.

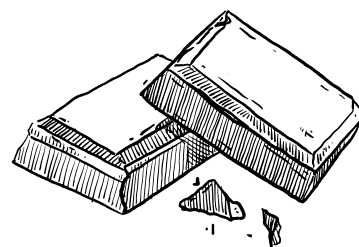
Place back in the oven at 400F for 10 minutes.

Top with fresh chopped parsley and enjoy!

Pro Tip

For a conventional oven, 30 minutes at 375F is typically perfect for your fries. If you like them a little extra crispy, 35-40 minutes can be ideal. If you like them a little softer, try baking for just 25 minutes.

Nanaimo Bars



Ingredients



20 minutes



Serves 9

Bottom Layer

- 1/2 cup butter
- 1/4 cup sugar
- 5 tablespoons cocoa powder
- 1 egg
- 1 cup shredded unsweetened coconut
- 1 cup graham cracker crumbs
- 1/2 cup chopped almonds

Filling

- 1/2 cup butter (softened)
- 2 cups powdered sugar
- 2 tablespoons + 2 teaspoons heavy cream
- 2 tablespoons vanilla pudding
- 2 teaspoons vanilla extract

Topping

- 1/2 cup dark chocolate (chopped)
- 2 tablespoons butter

Directions

For the bottom layer, first melt butter in a large saucepan, then add cocoa powder and sugar. Stir until sugar is dissolved.

Add one beaten egg. Stir well to cook egg.

Remove from heat and stir in shredded coconut, chopped almonds, and graham cracker crumbs. Stir well until combined.

Press mixture into an 8x8 pan lined with parchment paper. Chill the bottom layer in the fridge while you make the filling.

Prepare the filling by adding softened butter, powdered sugar, heavy cream, and vanilla pudding mix to a medium bowl. Beat until light and fluffy.

Spread custard mixture over the bottom layer. Chill in the fridge while you prepare the top layer.

Lastly, for the top layer melt 1/2 cup dark chocolate and 2 tablespoons butter on the stove or in the microwave. Let chocolate mixture cool slightly, then spread over the chilled custard filling.

Cover and chill in the fridge until solid. Cut into slices once solid and enjoy!

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://www.kids-world-travel-guide.com/canada-facts-for-kids>
- <https://www.canada.ca/en/canadian-heritage/services/flag-canada-history>
- <https://kids.britannica.com/kids/article/Canada/345661>



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.