



Nepal

Digital Resources and Children's Books
Updated 6/2020

Kid-Friendly Videos:

Secrets of Himalaya Nepal in 4k: https://www.youtube.com/watch?v=89s6vHB6_Gw

Trekking in Himalaya Nepal: <https://www.youtube.com/watch?v=oOMUAKo65FY>

The Truth about the Sherpa People: https://www.youtube.com/watch?v=D564tij_WFg

Visit with Chhiring Sherpa in Nepal: <https://www.youtube.com/watch?v=nibJcf3Hrq0>

8 most Beautiful Places in Nepal: <https://www.youtube.com/watch?v=C5xwV4zqeDI>

Nepal, Rich in Biodiversity: <https://www.youtube.com/watch?v=eCDbNDJnco>

Landscape, Flora, Fauna: <https://www.youtube.com/watch?v=zPjo6Vjlgjg>

Inside the 2015 Nepal Earthquake: <https://www.youtube.com/watch?v=HIYSrG45uzk>

Earthquake Effects and Aftershocks: <https://www.youtube.com/watch?v=HIYSrG45uzk>

Temples in Nepal: <https://www.youtube.com/watch?v=MaGY9geFw1M>

Festivals of Nepal: <https://www.youtube.com/watch?v=qqasvGYBAUI>

Nepali Folk Dance 1: <https://www.youtube.com/watch?v=3tHaShQp6UQ>

Nepali Folk Dance 2: <https://www.youtube.com/watch?v=NncRXJVoa70>

Playing the Sarangi: <https://www.youtube.com/watch?v=n5bpN9SAYao>

Bansuri Flute and Tabla Drum: <https://www.youtube.com/watch?v=O7puBCRI2Bc>

Making Dal Bhat: <https://www.youtube.com/watch?v=DWnjgex0RWE>

Making Nepali Tea: <https://www.youtube.com/watch?v=rhm2KTXtD0s>

Cultivation of Rice Part 1: https://www.youtube.com/watch?v=3DJs_MoKsQg

Endangered Animals in Nepal: <https://www.youtube.com/watch?v=opsrkZLSyig>

Websites:

Countries and their Cultures: <http://www.everyculture.com/Ma-Ni/Nepal.html>

Culture of Nepal: <https://www.holidify.com/pages/culture-of-nepal-862.html>

Religions in Nepal: <https://www.holidify.com/pages/religion-in-nepal-855.html>

Buddhism in Nepal: https://en.wikipedia.org/wiki/Buddhism_in_Nepal

Dance Mandal, Portland, Oregon: <http://www.dancemandal.com/>

Nepali Traditional Dress: <https://www.holidify.com/pages/dresses-of-nepal-2127.html>

Nepali Foods: <http://theculturetrip.com/asia/nepal/articles/nepalese-food-wholesome-himalayan-bites/>

Traditional Nepali Instruments: <http://www.weallnepali.com/art-and-culture/popular-nepali-original-musical-instruments>

Architecture of Nepal: <https://www.holidify.com/pages/architecture-of-nepal-2360.html>

Handicrafts of Nepal: <https://www.holidify.com/pages/handicrafts-of-nepal-2036.html>

The Himalayan Yak, A Photo Story: <https://theplanetd.com/the-himalayan-yaks-a-photo-story/>

Lesson Plans:

Lesson Planet: <http://www.lessonplanet.com/lesson-plans/npalepal>

Nepal, Ed Helper: <https://www.edhelper.com/geography/Nepal.htm>

Responsible Tourism in Nepal: <https://www.lessonplanet.com/teachers/responsible-tourism-in-nepal>

Everest News Lesson Plans: <http://www.everestnews.com/lessonplan.htm>

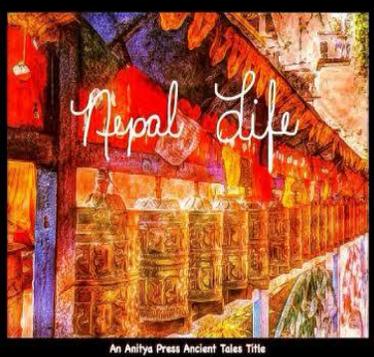
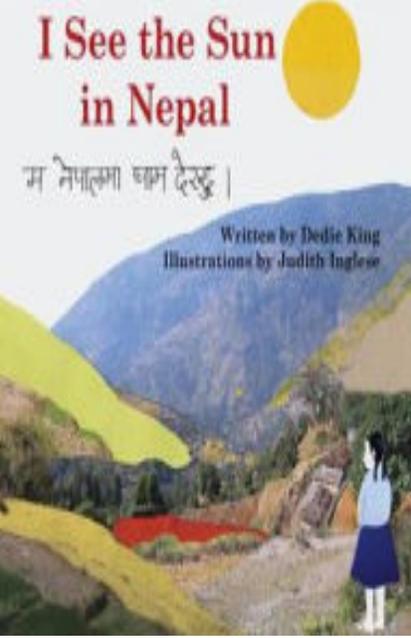
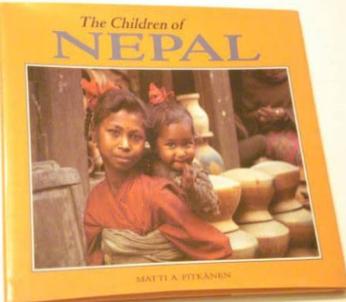
Nepalese Drum on a Stick: <https://www.crayola.com/lesson-plans/nepalese-drum-on-a-stick-lesson-plan/>

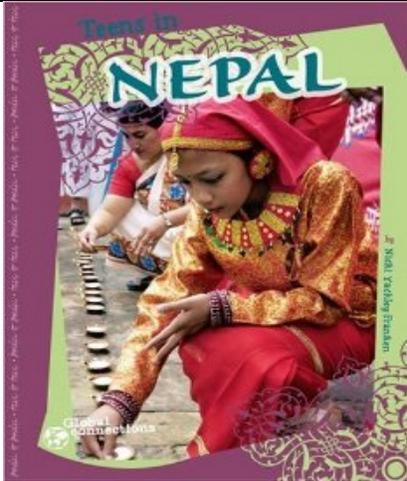
Stories of Nepal: <https://www.lessonplanet.com/teachers/lesson-plan-stories-of-nepal>

Short Story of the Mighty Rat: <https://latebecame.wordpress.com/2013/03/03/lesson-plan-nepali-short-story-the-rat/>

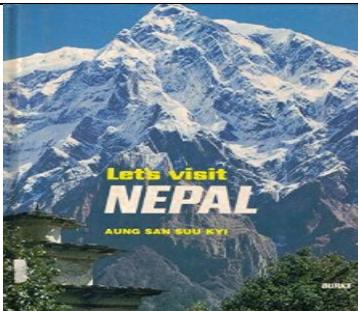
Traditional Games of Nepal: <https://study.com/academy/lesson/traditional-games-in-nepal.html>

Children's Books:

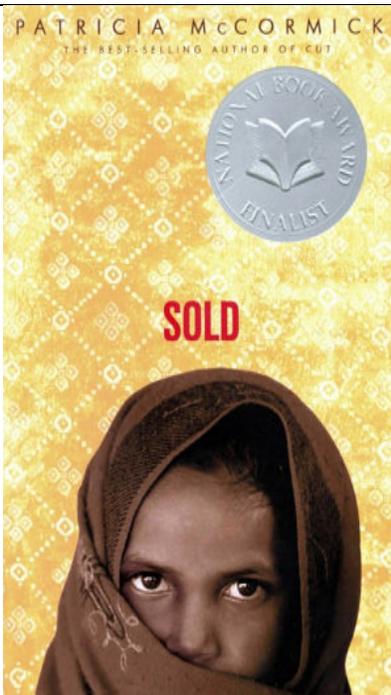
 <p>An Anitya Press Ancient Tales Title</p>	<p>Title: Nepal Life Author: Lisa Schoonover Grade: 3rd-12th or read aloud Publisher: Anitya Press ISBN: 9780989997621 Summary: Beautiful images are accompanied by information about Nepali history, culture, landscape, and life.</p>
 <p>I See the Sun in Nepal म नेपालमा जन्म देख्छु । Written by Dedie King Illustrations by Judith Inglese</p>	<p>Title: I See the Sun in Nepal Author: Dedie King & Judith Inglese Grade: PreK-3rd Publisher: Satya House Publications ISBN: 9780981872094 Summary: This story takes place in a rural village in Nepal. The young girl in the story lives a traditional life with a familiar daily routine: chores, going to school, playing with friends, and spending time with her family. Readers will recognize the similarities as well as the differences between their own daily life and the culture of Nepal. The ordinary activities of life, to which we all relate, are described in simple prose and vivid collages of colorful paper, drawings and photography of Nepal. Bilingual in English and Nepalese (Devanagari). Includes country overview and glossary of unfamiliar terms. A portion of sales are donated to The Learning Centers in Bandipur, Nepal</p>
 <p>The Children of NEPAL MATTI A. PITKANEN</p>	<p>Title: The Children of Nepal Author: Matti A. Pitkanen & Reijo Harkonen Grade: 2nd-6th Publisher: Carolrhoda Books ISBN: 0876143958 Summary: This acclaimed series gives readers the opportunity to learn about other young people whose lives may be very different from their own.</p>



Title: Teens in Nepal
Author: Nicki Yackley-Franken
Grade: 6th-12th
Publisher: Compass Point Books
ISBN: 0756534119
Summary: From snow-capped mountains to wild tropical forests, Nepalese teens live in a diverse and developing country. Most of the population lives in the country, without modern amenities or luxuries. There are more than three million working children and teens in Nepal, and they must work hard to survive. But they also find time to spend with their families, hang out with friends, and holding festivals celebrating their Hindu backgrounds.



Title: Lets Visit Nepal
Author: Aung San Suu Kyi *President of Myanmar*
Grade: 4th-8th
Publisher: Main Line Book Co
ISBN: 0222009710
Summary: Describes the geography, history, people, and customs of Nepal.



Title: Sold
Author: Patricia McCormick
Grade: 6th-12th (Big Kids)
Publisher: Disney Book Group
ISBN: 1423141113
Summary: Lakshmi is a thirteen-year-old girl who lives with her family in a small hut on a mountain in Nepal. Though she is desperately poor, her life is full of simple pleasures, like playing hopscotch with her best friend from school, and having her mother brush her hair by the light of an oil lamp. But when the harsh Himalayan monsoons wash away all that remains of the family's crops, Lakshmi's stepfather says she must leave home and take a job to support her family. He introduces her to a glamorous stranger who tells her she will find her a job as a maid in the city. Glad to be able to help, Lakshmi journeys to India and arrives at "Happiness House" full of hope. But she soon learns the unthinkable truth: she has been sold into prostitution