Panama

Digital Resources and Children’s Books

Updated 10/2021

Kid-Friendly YouTube Clips:

Welcome to Panama: https://www.youtube.com/watch?v=WDOxNskpy88
Panama, Geography Now: https://www.youtube.com/watch?v=P722VC7b9iM
Panama History and Culture: https://www.youtube.com/watch?v=-qFf4qWy9Aw
A Brief Political History of Panama: https://www.youtube.com/watch?v=-gFf4qWy9Aw
Things to do in Panama City: https://www.youtube.com/watch?v=Kyl6qF4gR7A
Ethnic Groups in Panama: https://www.youtube.com/watch?v=B0moVq6yc0Q
The Embera People of Panama: https://www.youtube.com/watch?v=rvjoopRoC9U
The Kuna People of San Blas Island: https://www.youtube.com/watch?v=Kf81Y_RS3iI
Mola Art from Panama: https://www.youtube.com/watch?v=JVZ1LCsFs8U
The Locals People and Culture of Panama: https://www.youtube.com/watch?v=4ikFtWMD0JA
Panama Tipico Dance: https://www.youtube.com/watch?v=2YfVzyMPYVV
Parade of 1000 Pollera Dresses: https://www.youtube.com/watch?v=OThjeA3IWWwQ
Why the Pollera is Special: https://www.youtube.com/watch?v=uJsawjy8Mo8
The Story of the “Panama” Hat: https://www.youtube.com/watch?v=Rp8bg451EQo
The 10 Best Panamanian Dishes: https://www.youtube.com/watch?v=PX6cXlxT2zU
Coco Growers Protecting the Jungle: https://www.youtube.com/watch?v=cGNJW71MqUY
The Panama Canal, the biggest Megaproject in History: https://www.youtube.com/watch?v=K_XIX8d_om8
Websites:

Overview of Panama: https://en.wikipedia.org/wiki/Panama

Traditions and Culture in Panama: https://internationalliving.com/countries/panama/traditions-and-culture-in-panama/


Holidays and Festivals in Panama: https://travelhippi.com/holidays-festivals-panama/

Panama’s Architecture: https://storymaps.arcgis.com/stories/7eb40e0315de468ca828099cc077e0a6


Traditional Dances of Panama: https://www.justlanded.com/english/Panama/Panama-Guide/Culture/Traditional-dances-of-Panama

The Darian Gap: https://en.wikipedia.org/wiki/Dari%C3%A9n_Gap


Animals of Panama: https://a-z-animals.com/animals/location/central-america/panama/

Plants of Panama: https://travel.mongabay.com/panama/indexes/plants1.html

Lesson Plans


Panama Culture, Teachers Pay Teachers: https://www.teacherspayteachers.com/Browse/Search:panama%20culture


Stories from the Panama Canal: https://as.vanderbilt.edu/clas-resources/media/Stories%20from%20the%20Panama%20Canal%20Lesson%20Plan%20Silver%20People.pdf
| Title: Conejito, A Folktale from Panama  
Author: Margaret Read MacDonald  
Grades: K-3  
Publisher: August House Publishing  
ISBN: 0874837790  
Summary: When Conejito begins his school holiday, he goes to visit his Tía Mónica—or is it the cakes and cookies he knows she will feed him when he arrives? But Conejito runs into a few obstacles on the way to his auntie's, including Señor Zorro, Señor Tigre, and Señor León. Conejito may want to eat Auntie Mónica's treats, but Mr. Fox, Mr. Tiger, and Mr. Lion want to eat him! With his own quick thinking and a little assist from Tía Mónica, Conejito outwits the bigger animals and makes his way safely home. This Latin American folktale from Panama highlights Rabbit's courage and resourcefulness to outwit Fox, Tiger, and Lion. |
|---|
| Title: Silver People, Voices from the Panama Canal  
Author: Margarita Engle  
Grades: 6 and up  
Publisher: Harcourt Brace and Company  
ISBN: 9780544668709  
Summary: Using her trademark style—multiple voices in free verse to share untold historical events—Margarita Engle introduces young readers to the builders of the Panama Canal. The protagonist is Mateo, a young boy from the Caribbean, lured with promises of good pay and work. Instead, he finds an apartheid system where people of color are subjected to treacherous working conditions and paid in silver; the whites are paid in gold. Mateo learns how horrific life in Panama will be when he and the other new workers are measured, on their arrival, for coffins. Engle includes the voices of plants and animals to chronicle the devastating impact of the canal on the environment. |
<table>
<thead>
<tr>
<th>Title: Is this Panama?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Author:</strong> Jan Thornhill</td>
</tr>
<tr>
<td><strong>AGES:</strong> 5 – 8 Years</td>
</tr>
<tr>
<td><strong>Publisher:</strong> Owlkids Books</td>
</tr>
<tr>
<td><strong>ISBN:</strong> 192673887</td>
</tr>
<tr>
<td><strong>Summary:</strong> When Sammy, a young Wilson's warbler, wakes up one frosty August morning near the Arctic Circle, he instinctively knows that it's time to make his first migratory journey south to Panama. But there's one problem — where's Panama? All the other warblers having left without him, Sammy sets off on his journey by himself, stopping to ask the same question of each of the different animals that he meets along the way: &quot;Is this Panama?&quot; From the caribou heading to his winter forest to the monarch butterflies flitting to Mexico, every animal has a different destination and different advice for Sammy on how to find his way. Finally, a flock of his warbler cousins shows Sammy that finding Panama is as easy as following the stars.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Title: Panama, Discover Central America Series</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Author:</strong> Charles Shields</td>
</tr>
<tr>
<td><strong>Ages:</strong> 10 and up</td>
</tr>
<tr>
<td><strong>Publisher:</strong> Mason Crest Publishing</td>
</tr>
<tr>
<td><strong>ISBN-10:</strong> 1422232921</td>
</tr>
<tr>
<td><strong>Summary:</strong> In the Discover Central America Series, readers will learn about the people, culture, economy, politics, geography, and history of the countries in Central America.</td>
</tr>
</tbody>
</table>
Title: Mola: Cuna Life Stories and Art  
Author: Maricel E. Presilla  
Ages: All  
Publisher: Henry Holt & company  
ISBN-10: 0805038019  
Summary: The remarkable Cuna Indians live on the San Blas Islands off the northern coast of Panama. Cuna women hold much of the power enjoyed by men in other societies. They select their husbands, pass property on to their children, and make a unique form of art called molas that depict every detail of their lives. The spectacular fabric designs in vibrant tropical colors that appear on the front and back panels of molas give us a window into Cuna life. We may see a day in school, mythical birds, the story of Noah, jungle animals, or a girl's coming-of-age. Maricel Presilla learned how to read molas when she stayed with the Cuna. "Mola" is her tribute to the women she came to know and the amazing art they create.

Title: Hands of the Rain Forest, the Embera People of Panama  
Author: Rachel Crandell  
Ages: 5 – 8 Years  
Publisher: Henry Holt & Company  
ISBN-10: 0805079904  
Summary: The Emberá people of Panama use their hands to turn the gifts of the tropical rain forest into meals and essential daily supplies. Emberá children quickly follow in the steps of their parents. They learn to fish for crabs and carve a canoe from wood. Nothing is wasted in the rain forest—leaves are used to make baskets, the juice of the jagua fruit is applied as a mosquito repellent, and the river provides fresh water for bathing. Through firsthand experience, children are introduced to the lifestyle and traditions of the Emberá culture.
The Panama Canal has a long history. It was built to accommodate trade and the economic growth within the region. This history book will discuss the architecture, purpose and design of Panama Canal. The reader will learn about the timelines, the primary responsibilities and the historical truths of this very useful area.