



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=-gFf4qWy9Aw>

A Brief Political History of Panama: <https://www.youtube.com/watch?v=Kyl6qF4gR7A>

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=rvjooopRoC9U>

The Kuna People of San Blas Island: https://www.youtube.com/watch?v=Kf81Y_RS3il

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=2YfVzyMPYVY>

Parade of 1000 Pollera Dresses: <https://www.youtube.com/watch?v=OThjeA3lWwQ>

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/>

Indigenous People of Panama:

https://en.wikipedia.org/wiki/Indigenous_peoples_of_Panama

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

Panama's Architecture:

<https://storymaps.arcgis.com/stories/7eb40e0315de468ca828099cc077e0a6>

Panamanian Music https://en.wikipedia.org/wiki/Music_of_Panama

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

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

Migrants Crossing the Darien Gap in 2021:

<https://www.aljazeera.com/news/2021/10/8/more-than-91000-migrants-crossed-perilous-darien-gap-so-far-this-year>

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 Lesson Plan for Elementary School:

<https://study.com/academy/lesson/panama-lesson-plan-for-elementary-school.html>

Panama Culture, Teachers Pay Teachers:

<https://www.teacherspayteachers.com/Browse/Search:panama%20culture>

The Art of Making a Mola:

https://www.neisd.net/cms/lib/TX02215002/Centricity/Domain/166/Visual%20Art/Curriculum/Molas_PaperCutMolasGrK-5.pdf

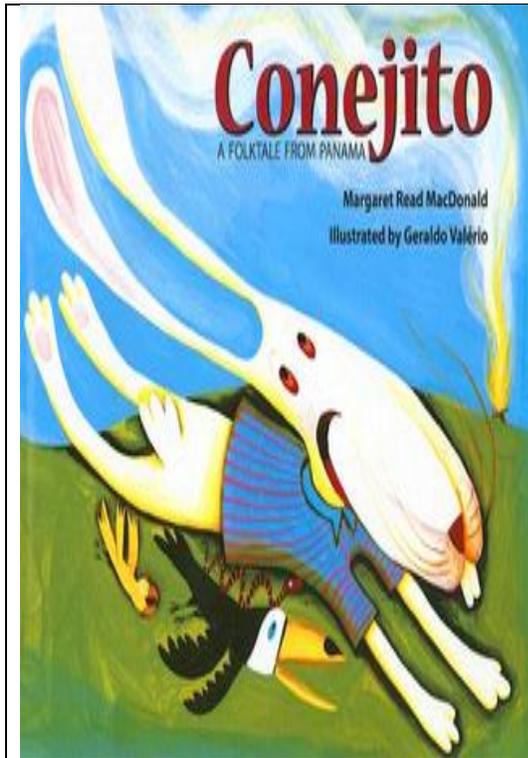
Building of the Panama Canal, Teaching Guide:

<https://opb.pbslearningmedia.org/resource/dpla-tg-039/teaching-guide-exploring-the-building-of-the-panama-canal/>

Stories from the Panama Canal: [https://as.vanderbilt.edu/class-](https://as.vanderbilt.edu/class-resources/media/Stories%20from%20the%20Panama%20Canal%20Lesson%20Plan%20Silver%20People.pdf)

[resources/media/Stories%20from%20the%20Panama%20Canal%20Lesson%20Plan%20Silver%20People.pdf](https://as.vanderbilt.edu/class-resources/media/Stories%20from%20the%20Panama%20Canal%20Lesson%20Plan%20Silver%20People.pdf)

Children's Books



Title: Conejito, A Folktale from Panama

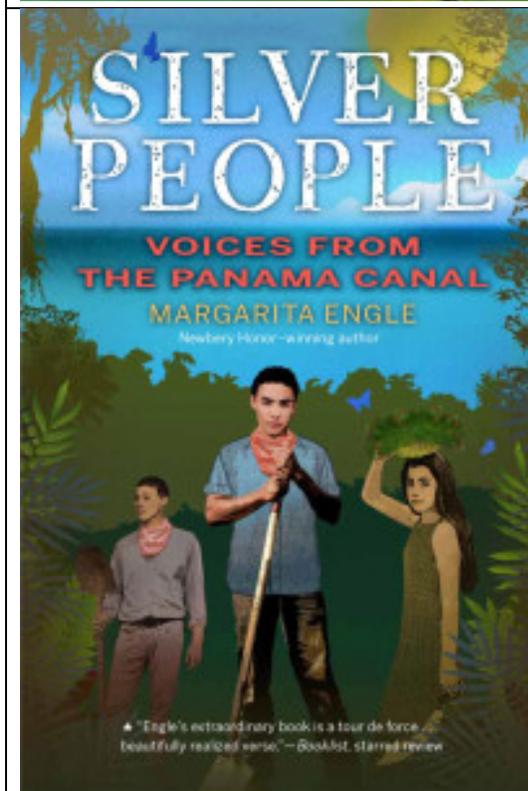
Author: Margaret Read MacDonald

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

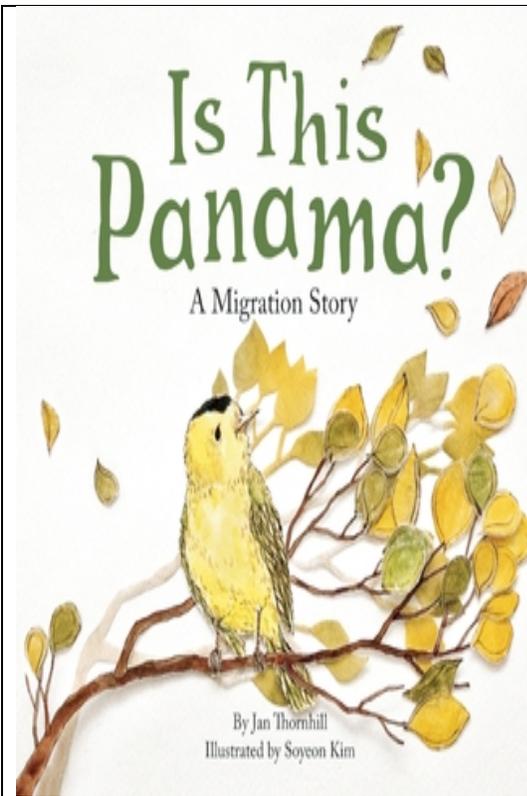
Author: Margarita Engle

Grades: 6 and up

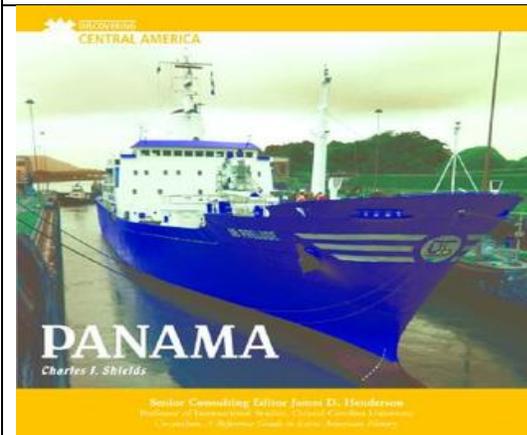
Publisher: Harcourt Brace and Company

ISBN: 9780544668709

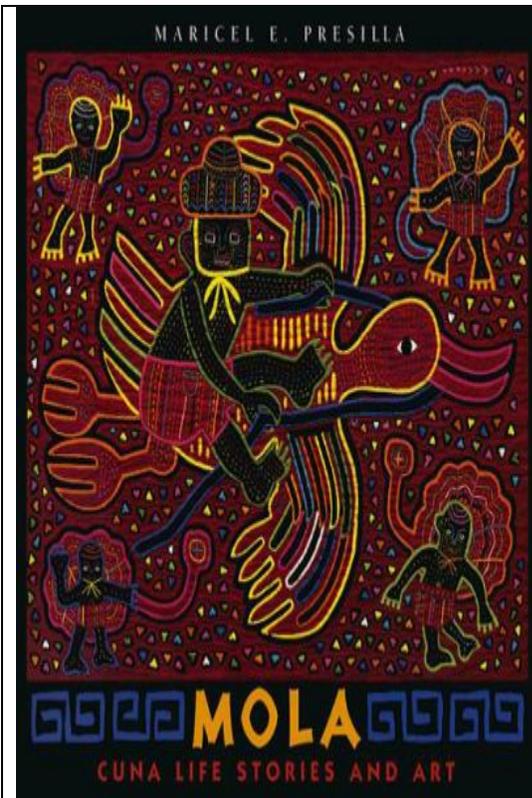
Summary: Using her trademark style—multiple voices in free verse to share untold historical events—Margarita Engle introduces young readers to the builders of the Panama Canal. The protagonist is Mateo, a young boy from the Caribbean, lured with promises of good pay and work. Instead, he finds an apartheid 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.



Title: Is this Panama?
Author: Jan Thornhill
AGES: 5 – 8 Years
Publisher: Owlkids Books
ISBN: 192673887
Summary: 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: "Is this Panama?" 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.



Title: Panama, Discover Central America Series
Author: Charles Shields
Ages: 10 and up
Publisher: Mason Crest Publishing
ISBN-10: 1422232921
Summary: In the Discover Central America Series, readers will learn about the people, culture, economy, politics, geography, and history of the countries in Central America.



Title: Mola: Cuna Life Stories and Art

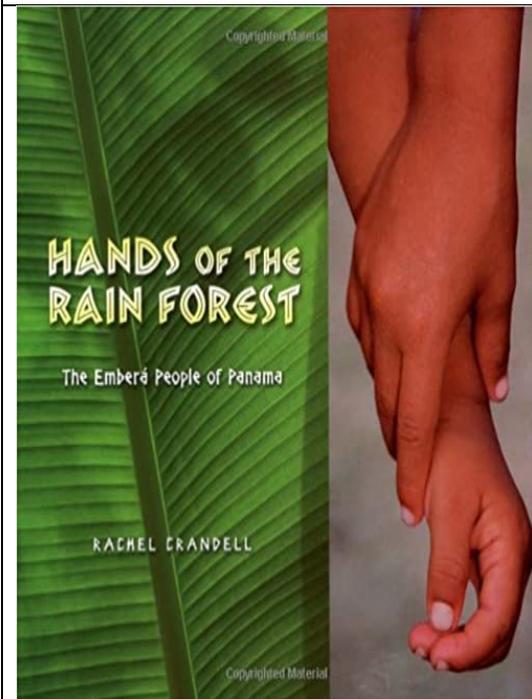
Author: Maricel E. Presilla

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

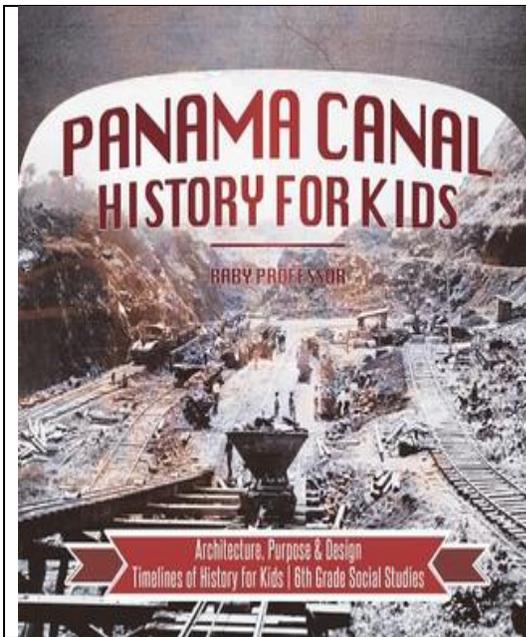
Author: Rachel Crandell

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.



Title: Panama Canal History for Kids

Author: Baby Professor

Grade: 6th Grade Social Studies

Publisher: Baby Professor

ISBN: 154191791X

Summary: 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