Honduras

**Digital Resources and Children’s Books**

*Updated 9/2021*

**Kid-Friendly YouTube Clips:**

- Geography Now, Honduras: [https://www.youtube.com/watch?v=ND8PduJlN6A](https://www.youtube.com/watch?v=ND8PduJlN6A)
- 50 Facts You Probably Didn’t Know about Honduras: [https://www.youtube.com/watch?v=nBKRbjUGBTM](https://www.youtube.com/watch?v=nBKRbjUGBTM)
- Why Families are Fleeing Honduras: [https://www.youtube.com/watch?v=Zh0fXN6hVD4](https://www.youtube.com/watch?v=Zh0fXN6hVD4)
- A Super Quick History of Honduras: [https://www.youtube.com/watch?v=7lpVobzVnDA](https://www.youtube.com/watch?v=7lpVobzVnDA)
- Los Capital, Tegucigalpa: [https://www.youtube.com/watch?v=7mzl_AfSQvs](https://www.youtube.com/watch?v=7mzl_AfSQvs)
- The Mayan Civilization of Copan: [https://www.youtube.com/watch?v=3yxfScPYjng](https://www.youtube.com/watch?v=3yxfScPYjng)
- The Culture of the Indigenous Lenca People: [https://www.youtube.com/watch?v=lup5NTN2lj4](https://www.youtube.com/watch?v=lup5NTN2lj4)
- Afro Honduras, the Garifuna: [https://www.youtube.com/watch?v=dkw8pmUoTy4](https://www.youtube.com/watch?v=dkw8pmUoTy4)
- The Punta Dance of the Garifuna: [https://www.youtube.com/watch?v=CBb4R95Eaol](https://www.youtube.com/watch?v=CBb4R95Eaol)
- Honduras Music and Images: [https://www.youtube.com/watch?v=Y_iPB7ggCiM](https://www.youtube.com/watch?v=Y_iPB7ggCiM)
- High School Students perform a Honduran Traditional Dance: [https://www.youtube.com/watch?v=2cp9A6SpJWU](https://www.youtube.com/watch?v=2cp9A6SpJWU)
- Folklore of Honduras: [https://www.youtube.com/watch?v=swlACOhk5PQ](https://www.youtube.com/watch?v=swlACOhk5PQ)
- Honduras, Handmade Crafts: [https://www.youtube.com/watch?v=TRBU_0W2CYQ](https://www.youtube.com/watch?v=TRBU_0W2CYQ)
- 10 Top Honduran Foods to Try: [https://www.youtube.com/watch?v=hET9oN Mt0CM](https://www.youtube.com/watch?v=hET9oN Mt0CM)
- Honduras, Natural Wonders: [https://www.youtube.com/watch?v=gsMCCMXL5tI](https://www.youtube.com/watch?v=gsMCCMXL5tI)
- Parrots and Poachers, the Scarlet Macaw: [https://www.youtube.com/watch?v=jDnfim9xJXU](https://www.youtube.com/watch?v=jDnfim9xJXU)
Websites:

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

The Garifuna Culture: https://www.everyculture.com/wc/Afghanistan-to-Bosnia-Herzegovina/Garifuna.html


Sand Carpets on Good Friday, Copan, Honduras: http://www.mommytravels.net/sand-carpets-copan-honduras/

Colonial Architecture in Honduras: https://hondurastravel.com/archaeology/colonial-buildings-honduras/


Honduras Folk Art: https://wanderwisdom.com/travel-destinations/Folk-Art-of-Honduras


Honduran Folklore: https://en.wikipedia.org/wiki/Honduran_folklore#Tales_and_Legends_of_Honduras


The Mosquito Coast: https://en.wikipedia.org/wiki/Mosquito_Coast

Lesson Plans

Honduras Teacher Resources: https://www.lessonplanet.com/lesson-plans/honduras

Honduras, Teachers Pay Teachers: https://www.teacherspayteachers.com/Browse/Search:honduras

Honduras & El Salvador: https://www.elephango.com/index.cfm/pg/k12learning/lcid/10800/Central_America_-_Honduras_and_El_Salvador

The Indigenous Peoples of Honduras: https://www.justice.gov/eoir/page/file/1031481/download

Copan’s New Sculpture Museum: https://www.peabody.harvard.edu/node/554

The Punta Dance, a Tutorial: https://www.youtube.com/watch?v=hET9oNMt0CM

How to make Honduran Pastelitos: https://www.youtube.com/watch?v=IM17LXHWyTA
Children’s Books

**Title:** Cultural Traditions in Honduras  
**Author:** Rebecca Sjonger  
**Grades:** 3 - 10  
**Publisher:** Crabtree Publishing Company  
**ISBN:** 077878046  
**Summary:** Introduces readers to the cultural traditions in the Central American country of Honduras. A largely Catholic country, readers will learn how Honduran people celebrate traditional religious holy days in new and different ways. Family celebrations and indigenous cultural traditions are also detailed. Colorful images and fact boxes examine the traditional clothing and foods of Honduras.

**Title:** The Good Garden  
**Author:** Katie Smith Milway  
**Grades:** 3 - 8  
**Publisher:** Kids Can Press  
**ISBN:** 1554534887  
**Summary:** Eleven-year-old María Luz and her family live on a small farm. This year their crop is poor, and they may not have enough to eat or to sell for other essentials. When María's father must leave home to find work, she is left in charge of their garden. Then a new teacher comes to María’s school and introduces her to sustainable farming practices that yield good crops. As María begins to use the same methods at home, she too sees improvements, which allow her family to edge their way out of the grip of the middlemen who make profits on the backs of poor farmers. Little by little, the farms of María and her neighbors are transformed as good gardens begin to grow.
Title: Expanding Countries: Honduras
Author: Ellen Frazel
Grades: 3 - 8
Publisher: Bellwether Media
ISBN: 1600148603
Summary: From the central mountains and valleys to the rain forests of The Mosquito Coast, Honduras is a land of natural beauty. Not every wonder in the country is nature-made, however, The Copan Ruins in western Honduras are relics of Mayan artistry and a reflection of the beauty to be found in the people, lands, and customs of Honduras.

Title: I Love Honduras Coloring Book
Author: Jose Valladares
Grades: I - Adult
Publisher: Independently Published
EAN/UPC: 9798719217628
Summary: A beautiful coloring book about Honduras. Perfect for relaxation, and relieves stress. It is easy to color these beautiful designs, helps you gain confidence and improves creativity. It is a perfect gift for yourself or your loved ones. I have included 50 illustrations; one design per page to prevent colors to bleed through.

Title: Hurricane, A Novel
Author: Terry Trueman
Grades: 3 - 8
Publisher: Harper Collins Publishing
Summary: The powerful story of a boy's fear and courage in the face of a force of nature too huge to even imagine. Based on Hurricane Mitch's devastation of Honduras in 1998, Terry Trueman's acclaimed Hurricane is a gripping, realistic story told from the perspective of a hurricane survivor. After hours of cowering in the dark with no lights, no warmth, and the terrible noises of the rain and wind pounding on the walls, José walks out his front door and steps into a nightmare. Everything is gone. Everything except for the desperate courage of those who survived that terrifying night.