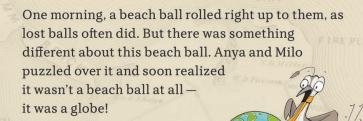






Before Anya the cricket and Milo the sandpiper started traveling, they lived on a little beach in a little town on a little bay.

They had spent their entire lives there, hearing the same sounds, seeing the same sights, and sharing popcorn under the same bench on the beach.



Milo, who loved maps (and was always looking for more to add to his collection), pointed to the tiny dot that marked the little town on the little bay. "Hey, here we are!"

"Yeah, wowzers, I guess that little dot is us," said Anya. "I can't believe how tiny our town is compared to the whole wide world."

For a long time they stared at the globe. Suddenly Anya popped atop the ball. "I want to see it!" she chirped.

"See what?" asked Milo.

"The world! All those maps and books you have? Don't you want to actually see what's in them?"

Milo thought about it.



"And look at those," said Anya, pointing to Milo's feathers.
"You have wings! WINGS!"

"So?"

"So... we can fly, Milo! Don't you think it's time you used those fantastic feathers for something wonderful?"



Milo looked down at his wings. "Well... I suppose that... yes. Yes! Yes, I do!"

Anya rubbed her own tiny wings together, her eyes open wide. "So what are we waiting for?" she said. "Let's go!"

"Wait, wait," said Milo. "We can't just go see the world!"

"Why not?" Anya asked.

"Well, we've got to figure out where we're going. And how to get there. And how long it will take. And what we need to pack. Is it hot? Is it cold? Do we need rain boots? Snow boots? No boots? What kind of sunscreen will we need?"

Anya nodded. "Good point. So let's plan! Let's pack! Let's go!"

So Milo went home and collected his maps and charts. He looked at books on countries and continents and the oceans between. He made lists of things to see. He made lists of things they'd need. He packed and prepared and packed and prepared some more.

Anya just grabbed her camera. "Time to travel!" she chirped.

And that's how Milo and Anya got ready for their first adventure – ready to jump, ready to fly, ready to see the world!

And they're ready for you to come with them...





Make your own paper globe

Color your world!

What you'll need:

Globe printables Sharpened pencil Scissors Pipe cleaner

Clear tape Markers/colored pencils (optional)

Step 1

Print out the three globe sheets. If you'd like, color in the countries any way you want.

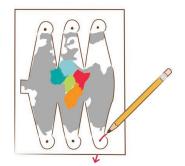


might flow into different

segments. If you notice a country you're coloring runs off the edge, check to see if it continues on the neighboring segment.

Step 2

On one sheet, use a sharpened pencil to poke a tiny hole through the center of the small circle at the top and bottom of every segment. Then cut all the way around the piece along the outline.

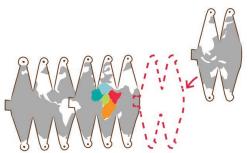


Poke and cut the other two sheets the same way.

Tip: Use just the tip of your sharp pencil to make the holes. You want the holes to be very small.

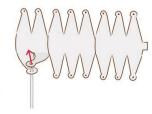
Step 3

Lay all three pieces in a row in 1-2-3 order. The tab on piece 2 should overlap piece 1, and the tab on piece 3 should overlap piece 2. Tape those tabs down.



Step 4

Flip the taped paper over so the colored side faces down. Poke the top of the pipe cleaner up through the bottom left hole. Then stack the next segment's bottom hole on the pipe cleaner.



Keep going left to right, stacking the rest of the bottom holes onto the pipe cleaner one by one. Then slide the entire stack down to about the middle of the pipe cleaner.



Step 5

Now you'll go in the reverse order. Starting with the segment you added last, gently bend it in a c-shape and slide the top hole onto the end of the pipe cleaner. Continue to work your way back to the beginning, stacking the holes one by one.



Step 6

Tuck the last tab under the segment next to it, and add tape to hold it in place.



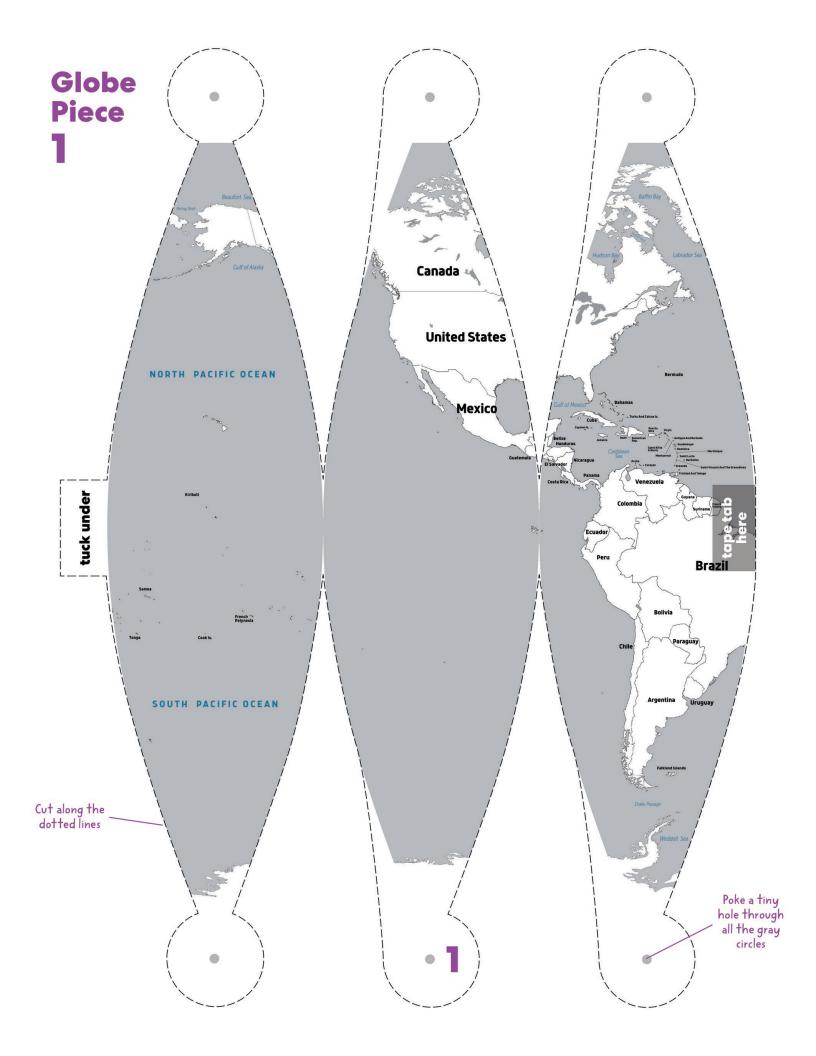
Step 7

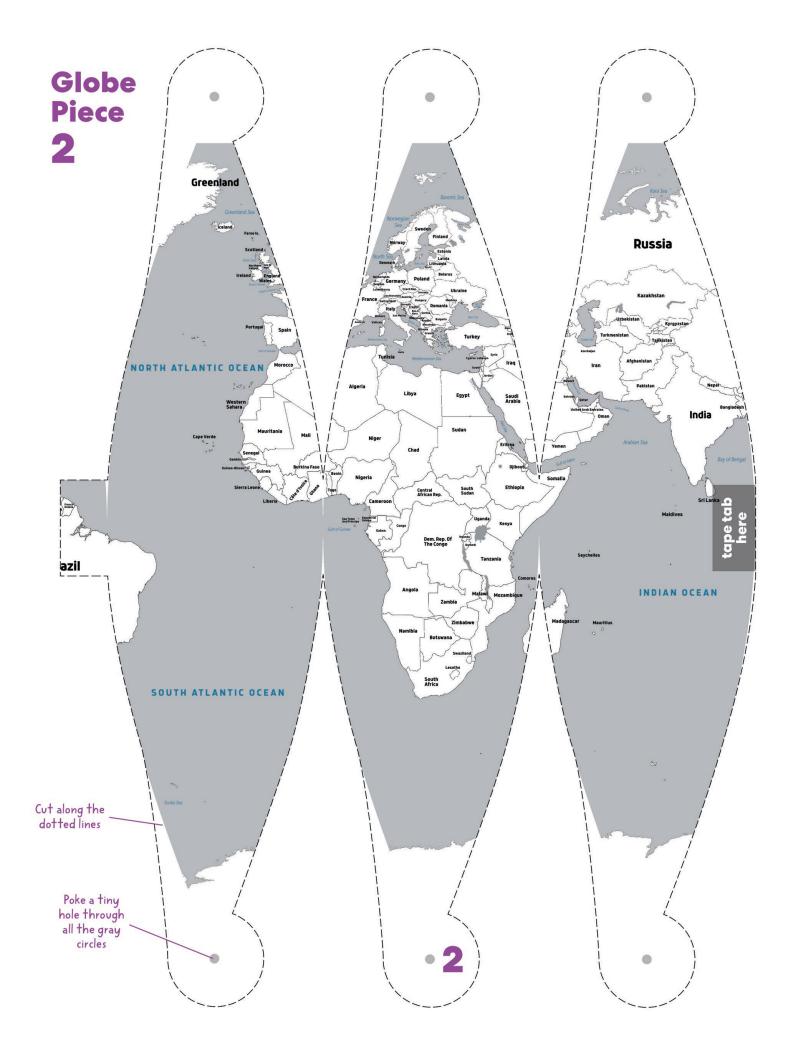
Carefully shift the pieces at the top and bottom so they overlap nicely. On the pipe cleaner, carefully slide the top and bottom of the globe the best distance apart to make it really round.



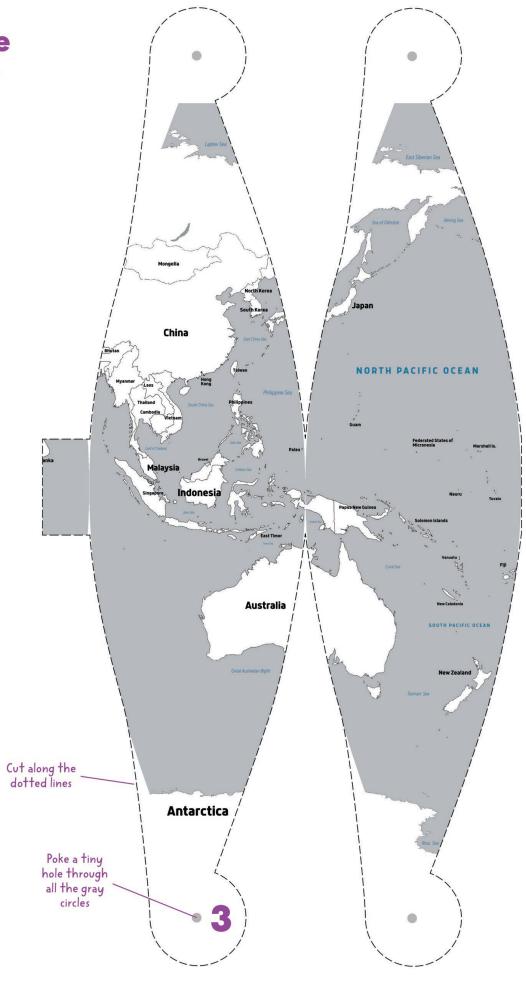
Tip: If you'd like to hang your globe, make a loop at the top of the pipe cleaner!







Globe Piece 3



ATLAS JAPAN: EAT

Make Onigiri!

Ingredients:

- O 2 cups (500 g) of cooked short-grain rice
- O bowl of water
- O tuna salad or egg salad for filling
- O veggies, lunch meat, and other food for decoration
- nori seaweed (optional)
- O soy sauce



Step 1

Wet your hands with the water, and then scoop up some rice to form a small ball.



Step 2

Make a dent in the middle of the ball.





Step 3

Put some filling in the dent.



Step 4

Close up the rice around the filling and lightly squeeze it to form a ball or triangle. The shape doesn't need to be perfect!



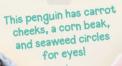
Step 5

Get a grownup to cut the seaweed and other food into little shapes that you can use to decorate your onigiri. There's no wrong way to do it — get creative!

Dip an onigiri in a saucer of soy sauce and enjoy!

Extra onigiri can be wrapped in cling wrap and stored in the fridge for a few days.



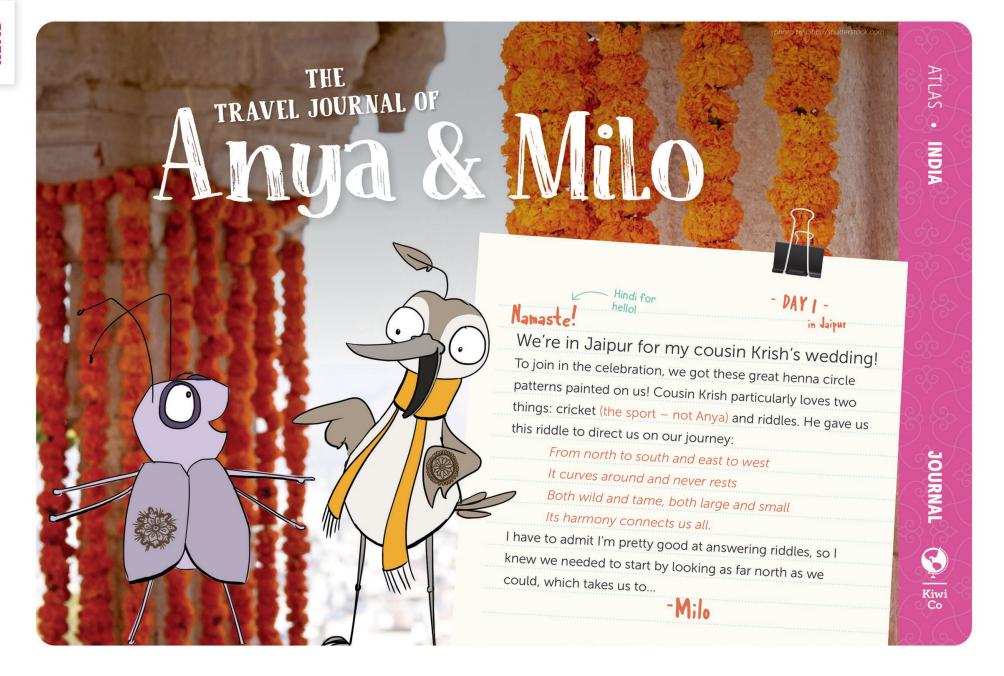














ATLAS INDIA: JOURNAL

The Himalayas



- DAY 2 -

The Himalayas! Here we are, in the magnificent mountains at India's northern border. (Too bad all this henna can't keep us warm!) And it's not just far north, it's far up! This is the tallest mountain range in THE WORLD. Legend has it these mountains are home to the Yeti (also known as the Abominable Snowman)! But he hasn't made an appearance to help us solve the riddle. So we took another look at "It curves around and never rests" and are thinking maybe what we're looking for is...

~Anya

- DAY 3 -

A river. The Ganges twists and turns and forms a curving crescent across northeast India, so Anya and I followed it to the Sundarbans, the largest mangrove forest on the planet. It's home to sharks (gulp), king cobras (double-gulp), crocodiles (are you kidding me?), and the man-eating Royal Bengal Tiger (YOU CANNOT BE SERIOUS). But, incredible as it is, we started to think that maybe the river wasn't the answer to our riddle. It didn't quite work with the harmony that connects us all. So what might? Anya is pretty sure the answer is in...

The Sundarbans, Bay of Bengal



-Milo



- DAY 4 -



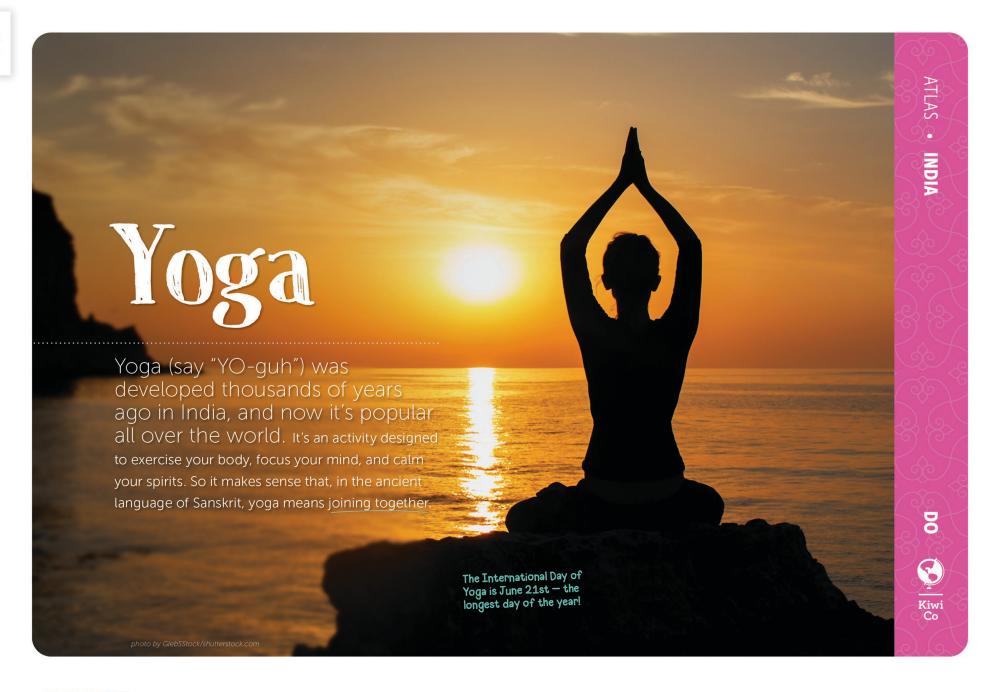
The mega-metropolis of Mumbail It's home to Bollywood, which produces hundreds of fabulous flicks each year featuring lots of song (harmony!) and dance. But even as I was singing, twirling, and bouncing along with a film, I wasn't totally convinced that this was what our riddle pointed to. Then, as I flapped my wings to the beat, someone complimented my mandala. When we asked what a mandala was, they pointed to our henna circles and explained that they can represent a neverending journey. So THAT was the answer to Cousin Krish's riddle! Those beautiful mandalas were helping us find our way all along!



~Anya

Himalayas photo by Nuamfolio/shutterstock.com | Sundarbans photo by Nazrullslam/shutterstock.com | Mumbai photo by Rollipolli | background pattern by New Line/shutterstock.com







Try Yoga!

Put on some comfy clothes that you can move in. Find a clear, flat space and spread a mat or bath towel on the ground. Now take off your shoes and try these poses.

tadasana ("taa-DAA-suh-nuh") = mountain pose



virabhadrasana ("veer-aa-bhaa-DRAA-suh-nuh") = warrior pose



vrksasana ("virk-SHAA-suh-nuh") = tree pose



natarajasana ("not-aa-raaj-AA-suh-nuh") = dancer pose



bhujangasana
("boo-jang-GAA-suh-nuh")
= cobra pose



balasana("bal-AA-suh-nuh")
= child's pose



A few more
YOGA words:







("YO-gee") a student of yoga



ATLAS INDIA: EAT

Make Mango Lassi!

More than a thousand varieties of mangoes grow in Indial

Ingredients:

- 1 cup (165 g) fresh mango chunks + a few ice cubes
 OR 1 cup frozen mango chunks
- O 1 cup (245 g) plain yogurt
- O 1/2 cup (125 ml) milk
- O 2 tablespoons (30 ml) honey
- 1/8 teaspoon (0.25 g) ground cardamom
- O fresh mint leaves (optional)

Makes 2 servings

Step 1

Put the mango, honey, and cardamom in a blender.



Step 2

Blend until the mango chunks become a mush.

If it won't blend, add the milk now and try again.



Step 3

Add the yogurt and milk and blend again.





If you're feeling fancy, top it with a sprig of mint.

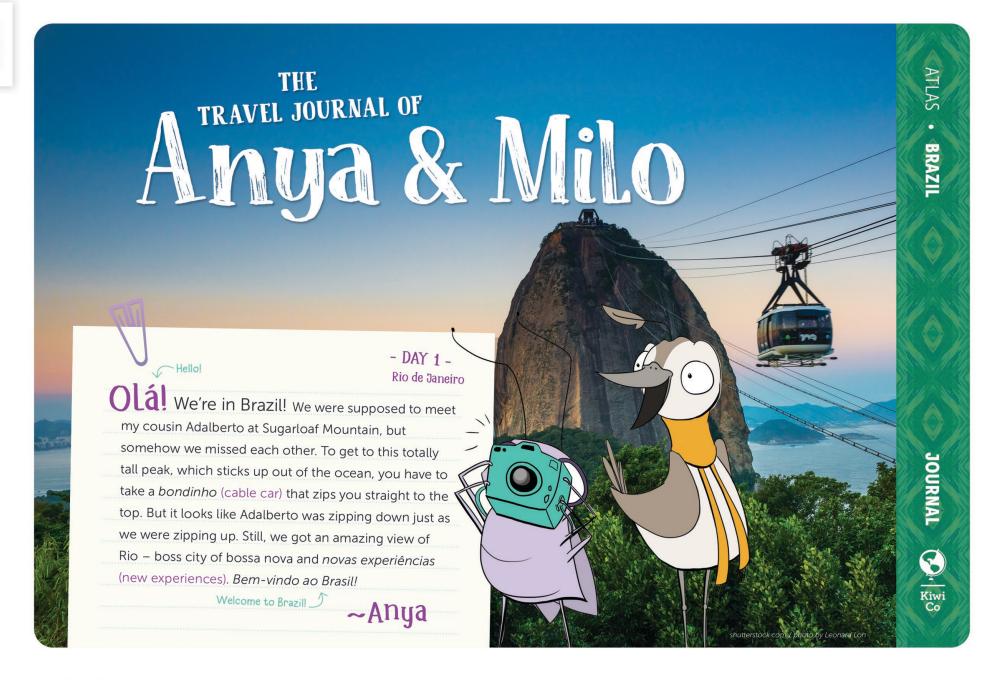














ATLAS BRAZIL: JOURNAL

- DAY 2 -

Greetings from this riveting river that carries 1/5 of the world's fresh water. The Amazon is a biologist's dream, with the greatest variety of wildlife on earth, including more than 2 million kinds of bugs (not counting Anya), and 1,300 species of birds (not counting me). We were hoping to meet Anya's cousin here, but somehow there was a cricket miscommunication and we ended up on separate sides of the river. And the Amazon is so wide here (120 miles across) that there are NO bridges!

Amazon River





Encontro das Águas (Meeting of Waters)

- DAY 3 -

Some things you have to see to believe. This is one of them! In this spot, the dark Rio Negro and the light Rio Solimões flow together without mixing. It looks like peanut butter meets jelly! Unfortunately, it was supposed to be Anya meets Adalberto, but once again we somehow missed him. She's getting a little sad about it. She says we've seen the Amazon, where wildlife comes together, and here, where rivers come together, so now she just wants to see where cousins come together!

-Milo



Salvador, Bahia - CARNAVAL!

- DAY 4 -

Feathers? Check. Sparkles? Yes, please. Thousands of people dancing in the streets? Sign me up! When we found this Carnaval celebration, we also found Adalberto! Which makes sense -Carnaval is basically a huge party when all kinds of folks come together. Adalberto told us that Brazil is a true melting-pot country, where native peoples, Europeans, Africans, Asians, and Middle Easterners blend traditions to create a unique culture called brasilidade. You can see it in the festivals, you can hear it in the music, and you can feel it when you celebrate with friends new and old. Maravilhoso!



photos shutterstock.com / Amazon River by SL-Photography / Encontro das Aquas by Just dance / Salvador, Bahia by Elisa Bonomini

-Milo







ATLAS BRAZIL: DO

Dance the Samba!

The samba rhythm and step combines influences from Africa, Europe, and Cuba.

Your <u>hips</u> are a very important part of the samba.

Let's start with those.



Standing with your legs close together, pop your hip out to one side.



Now pop your other hip out.

Practice shifting your hips back and forth like this until it feels natural.

Now for your feet. Here's the basic samba step.

The samba rhythm goes ONE two-three, ONE two-three, ONE two-three...



Start with your feet like this.



Now step your **right** foot back.



Bring your **<u>left</u>** foot forward with a small step.



Scoot your **right** foot forward to just behind the left foot

Then reverse:



Now step your **left** foot back.



Right foot forward, small step.



Scoot your **left** foot forward to just behind the right foot.

Samba (and any kind of dance) is much easier when you can hear the proper music and watch people do the steps. Get an adult to help you find a good video online of the basic samba step for beginners. You can also visit atlascrate.com/brazil to listen to some Brazilian music!

Repeat the entire step slowly, over and over, until your feet don't have to think too hard about what to do next.

As you get used to doing the basic samba step, start saying the ONE two-three rhythm out loud as you go.

Let your hips rock back and forth as you dance. Try moving your arms, too!



ATLAS BRAZIL: EAT

M<mark>ake</mark> Brigadeiros!

Ingredients:

- O 114-oz (300 ml) can sweetened condensed milk
- O 3 tablespoons (22 g) unsweetened cocoa
- O ½ cup (120 ml) water
- O 1 tablespoon (14 g) butter (plus a little more for your hands)
- O chocolate or rainbow sprinkles

Makes 12-14 brigadeiros

Use an adult assistant and be careful when working with the stove.

Cocoa is made out of cocoa beans, which grow wild in the Amazon rainforest.

- Use half of the butter to grease a big plate or platter.
- 2 In a small bowl or cup, mix the cocoa and water so the cocoa dissolves.



In a medium-sized, heavy saucepan, use a wooden spoon to combine the dissolved cocoa, condensed milk, and the remaining butter over medium-low heat.



Keep stirring until the mixture thickens and starts to look a bit like brownie batter. When you drag your spoon across the bottom of the pan, it should take a moment before the gap fills back in. Hang in there — this step may take as long as twenty minutes.



Be patient! Keep

Spread the chocolate on the buttered platter and let it cool to room temperature. If you want to speed up the cooling, pop the platter in the fridge.



It will thicken even more as it cools.

Once the mixture is cool, grease your hands with a little butter. Scoop up some chocolate in a spoon and then roll it between your palms to form a ball.



Roll the ball in sprinkles.

Scoop and roll the rest
of the chocolate the
same way.



Parabéns a você! ("Happy Birthday to you!")

That's it! You can chill the brigadeiros in the fridge until it's time to eat them up.

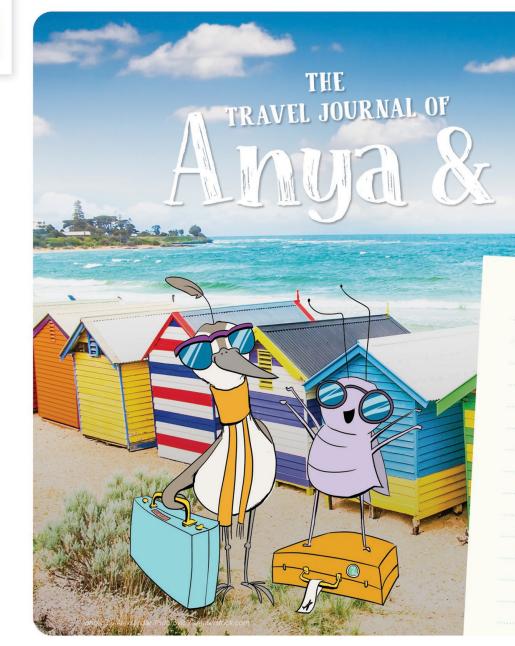
Yuml



shutterstock.com / pattern by EastFir







O'day, mates!

We're off to see Anya's Aunt Adelaide, who lives somewhere called Woop Woop.

Since English is the national language of Australia, I figured I didn't need all my translation books. So imagine my surprise when we arrived and someone asked if we wanted to spend the arvo at the ripper Melbourne Zoo, but warned us to look out for the mozzies. (Turns out arvo is afternoon, ripper is great, and mozzies are mosquitoes.) Zoinks! Maybe I should have brought those translation books after all.

-Milo

- DAY 1 -

in Melbourne



ATLAS AUSTRALIA: JOURNAL

- DAY 2 -

Greetings from Australia's largest city, Sydney! We're having a ripper time, although no one's been able to tell us where Woop Woop is yet. We learned a few more new phrases today. At beautiful Bondi Beach, it took us a while to figure out what someone meant when they told us we should get ourselves some cossies (swimsuits). I was just glad that Milo didn't chunder (throw up) over the side of the boat when we toured Sydney Harbor!

* Sydney Harbor *





* Kings Park, Perth *

- DAY 3 -

Milo's really missing his translation books. After asking for directions to Woop Woop, we ended up on the other side of Australia, in Perth! Poor Milo is about to go off like a frog in a sock (go bananas). When I told him I think Aussie slang is bonzer (awesome), he looked at me like I had a few kangaroos loose in the top paddock (gone a little nuts)! Luckily, I was able to calm him down with some tucker (food) and a nice cuppa (cup of tea).

~Anya



- DAY 4 -

the outback

Crikey! Turns out woop woop is actually slang for an isolated place! So when Aunt Adelaide said she lived in woop woop, she didn't mean the name of a town, she meant waaay out in the outback. That's exactly where we were when someone called out "Cooee!" ("Come here!") — and there she was! Aunt Adelaide welcomed us with a warm Australian hug, a laugh, and some tasty tucker. I'm fair dinkum (telling the truth) when I say that Australia's language is as fun and colorful as the people who live here!

-Milo

shutterstock.com / Sydney Harbor photo by Inge v. Keulen, Kings Park photo by imagevixen, outback photo by ingehogenbijl

~Anya





ATLAS AUSTRALIA: DO

Make a Fiber Sculpture Dog



Tape head and leg shapes to a long body shape.

To create a base for your sculpture, crumple pieces of paper and stick them together with masking tape.

Keep adding tape until your base feels secure and is shaped the way you want.

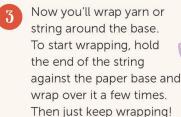


Tape or twist pipe cleaners onto the paper to add smaller features like ears and a tail.

You'll need:

- O newspaper or scrap paper
- masking tape
- O colored yarn, twine or string
- O a few pipe cleaners
- O white glue
- scissors
- O decorative extras like buttons, sequins, or pompoms

In the language of the artists of the Tjanpi Desert Weavers, dogs are called **papa**.



Cover the paper base and pipe cleaners as you go.



Feel free to switch colors whenever you're ready for a change. When you get to the end of a section, trim the yarn and tuck the loose end into the already wrapped yarn.



Once your sculpture is fully wrapped, glue on any details you like. Buttons, beads, pom poms and other crafty doo-dads make great eyes, noses, and tongues!







ATLAS AUSTRALIA: EAT

Make Anzac Biscuits!

Ingredients:

- O ½ cup (113 grams) butter (1 stick)
- O 2 tablespoons (42.5 g) honey
- O ½ cup (100 g) granulated sugar
- O ½ cup (50 g) brown sugar
- O 1 cup (90 g) rolled oats
- 1 cup (100 g) finely shredded, unsweetened coconut
- O 1 cup (128 g) flour
- O 3/4 tsp (5 g) baking soda
- O 2 tablespoons (30 ml) warm water

Makes about 30 cookies

In Australia, these cookies are traditionally made using golden syrup instead of honey.



Step 1

First, preheat the oven to 350°F (175°C). Then put the honey and butter in a big microwave-safe bowl and have an adult help melt it in the microwave.



Step 2

Take the melted mixture out of the microwave and stir in the sugars, oats, coconut, and flour.



Step 3

In a small bowl, mix the baking soda and warm water.



Step 4

Pour the baking soda mixture into the batter and stir to combine.



Step 5

Spread parchment paper on a cookie sheet. Scoop up tablespoons of dough and roll them into balls. Space them evenly on the cookie sheet.



Step 6

Bake for 10-12 minutes, until golden brown.

pattern by Marina Riley / shutterstock.com











ATLAS THAILAND: JOURNAL



Ping River

- DAY 2 -

We started Operation Retrieve-a-Tusk by retracing our steps to Ping River, where we had attended Loy

Krathong – a light festival where people float flowers and candles on the water for good luck. Anya remembered that she'd put her elephant onto one of the floating lotus blossoms so that he could have a better view of the lights. Alas, there was no sign of him on shore. But when Anya saw a little girl dancing nearby as we searched, she remembered something...

- DAY 3 -

Anya remembered having the elephant here at Chiang Mai when we watched the Khon dancers. She got so into the show that she set down her elephant to try out some of the dance moves (including backflips)! While we didn't find the elephant when we dropped in for another performance, we did get a chance to enjoy lots of fun monkey dancing by the show's traditional monkey character, **Hanuman**. And suddenly, as we watched, we both had the same idea about what might have happened to the elephant...



masked dancer as Hanuman

- DAY 4 -



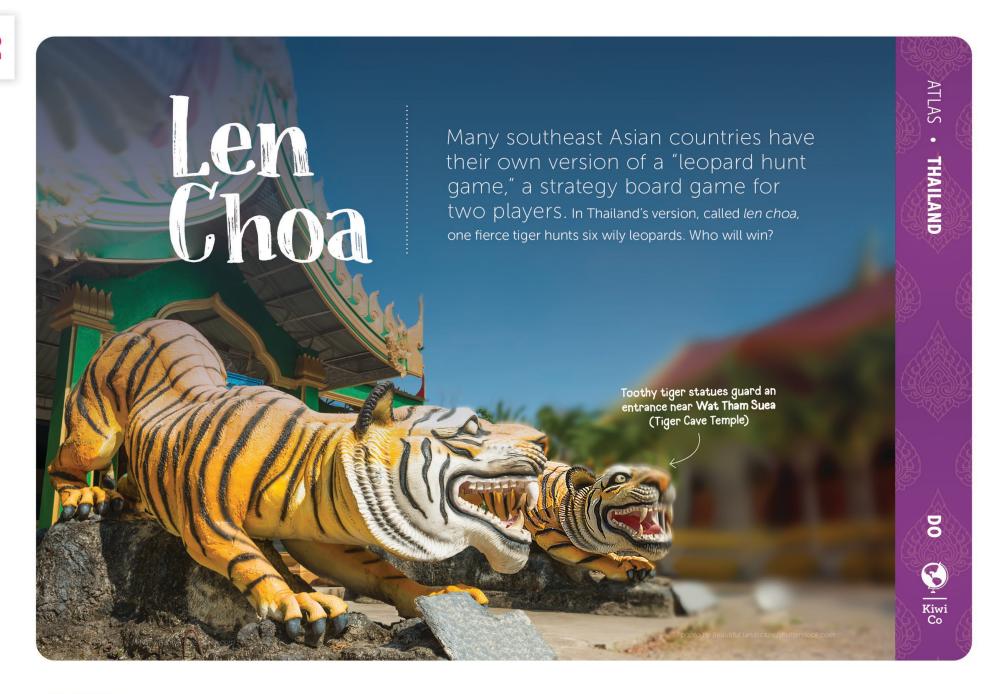
Lopburi

Welcome to Lopburi, monkey metropolis, known for its plentiful population of primates. I'm not monkeying around when I say they're B-A-N-A-N-A-S. They're super cute but **super mischievous**, stealing everything from juice boxes to purses. And so we thought maybe, just maybe... We returned to the Khmer temple and there he was! A monkey holding my elephant! It's said that these monkeys bring good luck. Turns out they bring souvenir elephants, too!

~Anya

shutterstock.com: Ping River by luck luckyfarm, dancer by M2020, Lopburi by Bubbers B







ATLAS THAILAND: DO

Len Choa!

The tiger tries to capture leopards by jumping over them. The leopards try to surround the tiger so the tiger can't move.

You'll need:

- O paper
- O pencil
- 6 matching playing pieces for leopards
- O 1 different playing piece for the tiger

ideas for pieces: two kinds of coins, or pieces from a board game like checkers

Players: 2 the tiger player and the leopards player

Set up

First make the game board.



Draw a big triangle.
Then draw a line down
the center dividing it half.



Add two horizontal lines.

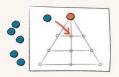


Finally, draw circles to make "spots" everywhere the lines connect.

Play

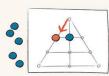
Step 1

Start with the tiger piece at the top of the triangle. Then the leopard player puts one of their pieces on any spot.



Step 2

Now the tiger can move along any line to an empty neighboring spot.



Step 3

Keep alternating turns this way, with the leopard adding one piece and tiger moving one spot. No leopards can move until all six leopard pieces are on the board. Then they can move one space per turn, like the tiger does.

To capture a leopard, the tiger has to jump over the piece and land on an empty space along the same line. Take any captured leopards off the board.



To block the tiger, leopards must leave the tiger nowhere to move or jump.



If the tiger gets trapped by leopards, unable to move or jump, **leopards win!**If there are not enough leopards left on the board to trap the tiger, **tiger wins!**

shutterstock.com / photo by Ajuga



ATLAS THAILAND: EAT



Make pad Thai!

Ingredients:

- 8 ounces (227 g) dried flat rice noodles
- 2 tablespoons (27 g) brown sugar
- O 1 tablespoon (15 ml) fresh lime juice
- 3 tablespoons (44 ml) soy sauce
- O 2 teaspoons (10 ml) vegetable oil
- → 3 green onions
- O 1 garlic clove, minced
- O 2 eggs, beaten

Optional toppings:

- O dash of Sriracha or other hot sauce
- O bean sprouts
- O prepared chicken, shrimp, or tofu
- O chopped peanuts
- O chopped cilantro
- O lime wedges

Makes 4 small servings.

Cook with a grownup assistant.

Be careful when working with knives and the stove.

Step 1

Prepare the noodles according to the package instructions. Then drain them.



Step 2

Thinly slice the green onions. Put the green slices and the white slices in separate piles.



Step 3

In a small bowl, use a fork to whisk together brown sugar, lime juice, soy sauce, and (if you're using it) hot sauce.



Step 4

In a large nonstick skillet, heat the oil over mediumhigh heat. Add the pile of white onion slices and garlic. Keep stirring over the heat for about 30 seconds.





Sriracha hot sauce is named after the Thai city where it was invented, Si Racha!

Step 5

Add the eggs and cook, scraping the skillet with a spatula, for about another 30 seconds.



Then move the eggs to a plate.



Step 6

Put the drained noodles, green onions, and sauce in the skillet. Cook, tossing constantly, until the noodles are soft (about a minute).



Step 7

Divide the noodles between four serving bowls. Add some of the egg to each bowl.



Add as many of the optional toppings as you want.
Serve with a wedge of lime to squeeze over the noodles.



