

# CURRICULUM BUILDERS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

CHILDCARE RESOURCE SERVICE

RESOURCE AND REFERRAL

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[www.crs.ymca.org](http://www.crs.ymca.org)

SUPPORTING CHILD CARE PROVIDERS AND EARLY CHILDHOOD EDUCATION

## DEVELOPING GLOBAL LEADERS

Our Going Global program at the Y focuses on developing global leaders through our youth programs by incorporating fun activities where children can learn while having fun. We hope you like our Curriculum Builder focused on Greece!

<http://www.ymca.org/about-us/global.html>

## GREEK FOLKTALE

### *King Midas and His Golden Touch*

The story of King Midas is a myth about the tragedy of avarice and narrates what happens when true happiness is not recognized. Midas was a man who wished that everything he touched would turn into gold. However, he had not thought that this wish was not actually a blessing, but a curse. His greed invites us to think and realize the consequences that may lead us to become slaves of our own desires. The phrase *the Midas touch* comes from this myth and is used to say that somebody has a good fortune.

<http://www.greeka.com/greece-myths/king-midas.htm>

### STORY STRETCHERS

After telling the folktale to the children, ask the children questions to promote complex thinking and comprehension skills. You can present the following questions:

- What provided Midas his happiness?
- What led to Midas' golden touch?
- How was his golden touch a negative gift?
- How did he get rid of the golden touch?
- What can we learn from the story of King Midas?



## CRS RESOURCE LIBRARY

Curriculum Resource books and toys are available to check out at our library. Call 619-521-3055 ext. 2304 to make a library appointment.

### WEB SITES

Here are some web sites to give you more curriculum ideas:

<http://www.historyforkids.net/ancient-greece.html>

<http://www.brighthubeducation.com/preschool-crafts-activities/73827-greek-mythology-crafts/>

<http://greece.mrdonn.org/lessonplans.html>

## CONNECT WITH CRS!

Learn about upcoming events, Wellness Wednesday, Family Friday and more:

[www.facebook.com/YMCA.CRS](http://www.facebook.com/YMCA.CRS)



## CIRCLE TIME

### PASS THE TORCH

Similar to hot potato, play Greek music and pass the ready made Olympic torch.

Play music as the torch is being passed in a circle from child to child. Pause the music at your leisure and the child holding the torch last receives a medal of acknowledgment. Continue the game until each child has a received a medal.

\*Provider can create medals with yarn and construction paper.

## DANCE KALAMATIANO

The Greeks believed in enjoying life. One of the things that made life enjoyable for them was music and dance. Greeks had an appreciation for beautiful things, and they believed that music and dance were among the most beautiful parts of life. Music seems to have been a part of almost everything that Greeks did.

The Kalamatiano is by far the most popular dance in all of Greece and is commonly used at festive gatherings by Greeks worldwide. It got its name in the 19th century from the town of Kalamata in southern Greece, and was originally called *Syrtos O Peloponisos*. The dance is performed in a circle going in a counter-clockwise direction and consists of twelve steps.



## GREEK GAMES

### PASSE-BOULE

If you enjoy ball games, be glad you live in modern times! Greek children enjoyed ball, too, but they often used pig bladders for a ball! This involved blowing up the bladder, then shaping it by holding it over a fire and rubbing them into the desired shape. Sometimes they painted the blown-up bladders to make them look better.

- For this game, two teams will play against one another, they will need only one ball, similar to basketball.
- An upright board is set up at one end of the play area.
- The objective is for each team to try and get the ball into the hole as many times as possible until one has reached a set score.
- The scored points is agreed upon before beginning between each team.



## RECIPE

### TZATZIKI SAUCE & PITA CRISPS

#### Tzatziki Sauce

- 2 cups plain Greek yogurt
- 2 cucumbers - peeled, seeded and diced
- 2 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- 2 tablespoons finely chopped fresh dill
- 2 garlic cloves, minced
- Salt and pepper to taste

#### Instructions:

In a food processor or blender, combine yogurt, cucumber, olive oil, lemon juice, salt, pepper, dill and garlic. Process until well-combined. Transfer to a separate dish, chill at least one hour for best flavor.

#### Pita Crisps

- Pita Bread
- Olive oil

#### Instructions

- Preheat oven to 350 degrees
- Brush pita bread on both sides with olive oil
- Cut into triangles
- Place pita bread on flat baking sheet
- Place baking sheet into oven until pita bread is crisp.
- Let bread cool for 5 minutes
- Dip pita crisps into tzatziki sauce and enjoy!

