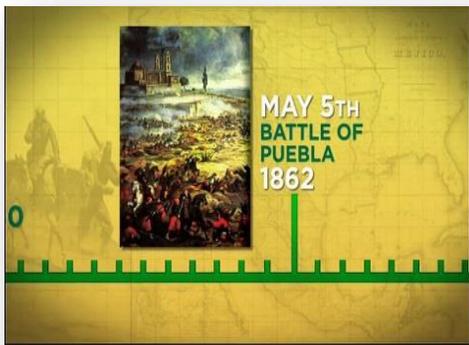




History

Cinco de Mayo (Spanish for “fifth of May”) is a Mexican holiday celebrating tradition and pride on May 5th. It is celebrated in the United States and in some parts of Mexico, mostly in the state of Puebla. Cinco de Mayo is not Mexico’s Independence Day which is the most important national holiday in Mexico and takes place in September.



The Mexicans were under the leadership of General Ignacio Zaragoza Seguín and the French forces, under Napoleon III. The Battle of Puebla was a fight between Mexico and France during the “Franco-Mexican War,” which was following Mexico's independence from Spain. The conflict began in 1861, when Benito Juárez, then the president of Mexico, stopped paying interest on the money he owed several countries, including France. In response, the French army invaded Mexico and tried to take over the country. The French's first attempt was successful in the city of Campeche on February 27, 1862. But in an incredible comeback, the Mexican army, led by General Ignacio Zaragoza, with just 4,000 men, trounced the French army of

8,000 in the battle of Puebla. The French hadn't lost a battle in 50 years. Mexico's victory was shocking because the opposition was larger and better equipped. In Puebla, a Mexican state, Cinco de Mayo is celebrated because the Mexican army won the Battle of Puebla from the French army on May 5, 1862.

Special Celebrations

Some of the greatest celebrations take place in the town of Puebla, Mexico. However, other parts of Mexico and the United States also celebrate with a lot of festivities: parades, regional dancing like “baile folklórico,” mariachis or serenades, piñatas, cultural food and more. In fact, every year at the Plaza del Pueblo de Los Angeles, near Olvera Street, all these festivities are held. On Cinco de Mayo, businesses often advertise Mexican products and services, especially Mexican drinks, foods, and music.



Fun Fact: Did you know?

The Spanish language in Mexico was non-existent until conquistadors, from Spain, such as Francisco Pizarro and Hernando Cortes came to the Americas in the late 1400s and early 1500s. Mexico has a blending of many Native American speaking tribes, along with a majority of people who now speak various distinct dialects of Spanish as a result of the conquest by the Spanish rulers during the late 15th and early 16th centuries.

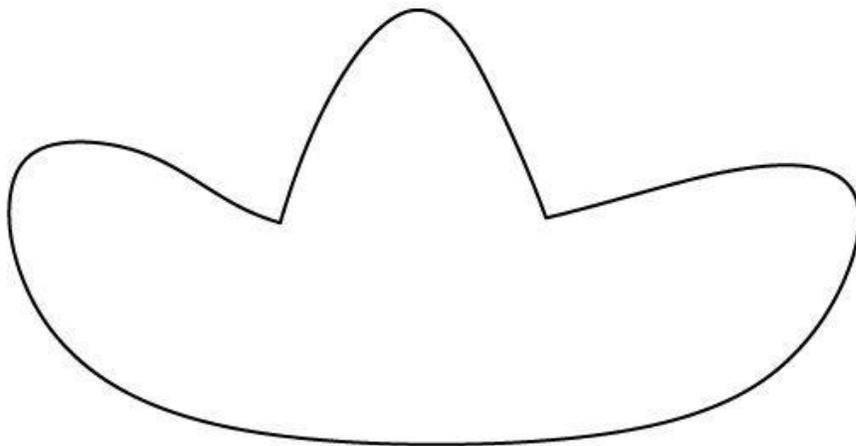
Activity Choice 1: Learn the Mexican Hat Dance

“El Jarabe Tapatío” is more commonly known as the Mexican Hat Dance around the world. It is a national folk dance of Mexico and was created by José Luis Ovalle. Usually part of the women’s costume is a large twirling skirt and the men wear a sombrero along with their costume. Here is an easy version of the dance to learn to the tune of the Mexican Hat Dance.

- Mexican Hat Dance Tutorial video: <https://safeshare.tv/x/ss5e9f47c9c9318>
- Mexican Hat Dance Video with Music: <https://safeshare.tv/x/ss5e9f48186b055>
- Just music to the Mexican Hat Dance: <https://safeshare.tv/x/ss5e9f4837c1aa0>

Optional: Create your own Sombrero

- Find some cardboard a little wider than the size of your head. (Like a cereal box)
- Cut out a sombrero shape from the cardboard.
- Decorate the blank cardboard side with any art items you have.
- Create a “headband” out of a strip of paper, cardboard or poster paper that fits around your head.
- Attach the sombrero to the headband with glue or another way so it looks like you are wearing a sombrero. Now dance!



Activity Choice 2: Cascarones/Confetti Eggs

Confetti Eggs or Cascarones, pronounced kas-ka-ron-ez, are a Mexican tradition used for Easter, Cinco de Mayo, and other fiestas. It is a colored eggshell filled with confetti used to crack over someone's head to shower them with the fun confetti. It might sound strange, but it is "¡muy divertido!" - lots of fun! Children and adults can both enjoy running around and smashing eggs on their friends' or family's heads. Well, my rule is: no smashing on the head, we squeeze the cascaron in our hand, then we spread the broken egg and confetti over the head and hair.

HOW TO MAKE CASCARONES

SUPPLIES NEEDED FOR CASCARONES:

- Egg shells
- Fork or skewer
- Food Coloring
- White Vinegar
- Containers to dye the eggs
- Egg carton for draining eggs
- Confetti
- White glue
- Small paint brush
- Colorful Tissue paper (1 sheet or multiple if desiring different color), cut into 1-3/4 inch diameter circles (large enough to allow 1/4 inch to extend past the hole in the egg); enough circles for the amount of cascarones you will be making.

STEP BY STEP INSTRUCTIONS:

STEP 1. Using the fork or skewer, tap the top of the egg to create an opening in the egg ½-3/4 inches from the pointed top straight across the egg. Discard the egg filling (save for later to make yummy scrambled eggs) discard egg point shards. Rinse the eggshell well. Let it dry in the egg carton. Repeat this for the number of eggs you wish to make.

STEP 2. Set up dying cups. Add dye color in containers with vinegar and water. (**Note:** for the egg to absorb the color well, I use hot water, dye, and vinegar). **I suggest wearing gloves for dying the eggs.** When the color is to your liking, remove and place the egg with the cut side down in the egg carton to fully dry. Repeat to dye any other eggs.

STEP 3. When the eggs are completely dry, add some confetti inside the dyed egg, about half full.

STEP 4: Make a thin line of glue around the outside cut edge of the egg (I like to paint it on with the small paint brush); place a tissue paper circle over the top of the opening of the egg allowing equal amounts of tissue paper to extend around the opening. Gently smooth down the tissue paper onto the glue and pat to adhere. Set aside to fully dry.

STEP 5: Have an "EGGcellent" time! At your next "fiesta" or "just because," sneak-up on your unsuspecting "victim." Crack the egg in your hand and then let the inside goodies cascade all over them, "¡Diviertanse!"

- How to make Cascarones video: <https://safeshare.tv/x/ss5e9f4762c0872>

Activity Choice 3: Make your own Paper bag Piñata

Piñatas are commonly associated with Mexico and often found at their celebrations like birthday parties and even Christmas. Have you seen beautifully crafted piñatas? Nowadays, many are made with cardboard and tissue paper, but others are still made with traditional materials like clay pots or using paper mache.

Click for an inspiring quick video showing the technique of creating pinatas: <https://safeshare.tv/x/242772474>. Here is a quick and easy way to make your own piñata.

Supplies:

- Paper lunch bag
- Tissue paper, variety of colors
- Scissors
- Glue
- Heavy string
- Hole punch
- (If you don't have tissue paper- you can decorate using markers, crayons or other craft supplies)



Supplies



Step 1: Fold the tissue paper in half, then in half again. Cut 2 -inch strips of tissue in a variety of colors or shapes.



Step 2: Cut fringe along one edge and unfold the tissue strips. Repeat with about 12-14 strips.



Step 3: Fill a paper bag with candy or small toys. (OR even just confetti!)



Step 4: Fold over the top about 2 inches. Punch two holes through the flap and tie tightly with string, leaving an excess for hanging.



Step 5: Starting at the bottom, glue the strips of tissue paper all the way around the bag, trimming where they meet again. Then repeat, layering the strips on top of each other.



Step 6: Layer the fringed strips all the way up the bag and hide the string.



Step 7: Once the glue is dry, the piñata is ready to hang! Have fun.

Instructions from Momtastic.

Activity Choice 4: Maracas

History: First Known Maracas

The maracas are believed to be inventions of the Tainos, the native Indians of Puerto Rico. It was originally made from the fruit of the higuera tree which is round in shape. The pulp is taken out of the fruit, holes are made and filled with tiny pebbles and then it is fitted with a handle. The pair of maracas sounds different because the number of pebbles inside is unequal to give them a distinct sound. Nowadays, maracas are made from different materials such as plastic.

Let's make one and have fun!

What you will need:

Rice or beans

2 plastic spoons

Painter's tape or colorful washi tape, tissue paper or yarn

Plastic Easter eggs

Instructions:

- * Pour rice into an empty plastic egg and close the egg.
- * Tape around the seam of the egg.
- * Place the egg between the heads of two plastic spoons and wrap tape around it to hold the spoons in place.
- * Tape the handles of the two spoons to hold them together.
- * Shake your homemade maraca!
- * Make multiple maracas for members of your family to play together

Example:



Activity Choice 5: Make Flour Tortillas

Receta/Recipe

Tortillas de Harina - Flour Tortillas

Prep Time: 15 Cook Time: 45 Ready to Enjoy in 1 Hour

INGREDIENTES/INGREDIENTS:

- 4 cups All Purpose Flour
- 1 teaspoon of salt
- 2 teaspoons of baking powder
- 2 Tablespoons of lard or shortening
- 1 ½ cups water

Rolling pin

Extra flour for dusting on surface

Non-stick skillet or authentic Comal (flat cast-iron, disk-shaped skillet)

INSTRUCCIONES/INSTRUCTIONS:

1. Whisk the flour, salt, and baking powder together in a mixing bowl. Mix in the lard with your fingers until the flour resembles little pebbles. Add the water and mix until the dough comes together; place on a lightly floured surface and knead a few minutes until smooth and elastic. Divide the dough into 24 equal pieces and roll each piece into a 1-inch ball.
2. Preheat a large skillet over medium-high heat. Use a well-floured rolling pin to roll a dough ball into a thin (~1.8" to 1/4"), round tortilla. Have fun making it round. There is a technique! Transfer your uncooked tortilla into the hot skillet and cook until bubbly and golden; flip and continue cooking until golden on the other side. Place the cooked tortilla in a tortilla warmer; continue rolling and cooking the remaining dough.

Enjoy while they are warm with butter or your favorite jam/jelly. You may also serve with soups (tear off a small piece of tortilla and fold it in half creating a "spoon"), eggs or make them into quesadillas, burritos, enchiladas...the possibilities are truly ENDLESS!

¡Buen Provecho!

Activity Choice 6: Make homemade Pico de Gallo

Receta/Recipe

Pico de Gallo – Pico de Gallo

Literally translated means: “beak of rooster”. It has several names such as: Salsa Fresca (fresh), Salsa Cruda (raw), Salsa Picada (minced or chopped sauce) or Salsa Mexicana. Can you guess from what cuisine you might find this salsa on the menu? ¡Si! This salsa is commonly used in Mexican cuisine.

Pico de Gallo is loaded with fresh, simple ingredients such as tomatoes, onion, jalapeno, cilantro, and lime juice. This salsa is an excellent condiment over tacos, burritos, nachos, eggs or simply accompanied with blue, white, or yellow corn tortilla chips. Have fun making and savoring this delicious Pico.

15 Minutes Prep Time

INGREDIENTES/INGREDIENTS:

- 3-4 medium tomatoes, diced
- 1 onion, diced
- 1 (OPTIONAL) jalapeno pepper seeded and finely minced
- 1/2 cup of cilantro leaves, finely minced
- 2 Tablespoons of lime juice ~ from approximately 1 lime, or to taste
- 1/2 teaspoon of salt or to taste (or to your preference)
- 1/8 teaspoon of black pepper or to taste (or to your preference)
- 1/8 teaspoon of garlic powder or to taste (or your preference)

INSTRUCCIONES/INSTRUCTIONS:

1. In a medium bowl, combine diced tomatoes, onion, jalapeno pepper and cilantro.
2. Stir in 2 tablespoons (Tbsp) of lime juice and lightly season with 1/2 tsp of salt and 1/8 of tsp black pepper.
3. Enjoy right away or, cover and refrigerate overnight. The flavors have time to 'steep' (blend) and only get better with time!

¡Buen Provecho!

Activity Choice 7: Traditional Game- Tirar Frijoles

This is a traditional Bolivian game which can be played indoors or outdoors. "Tirar frijoles" means "to throw beans" and is usually played with dried beans, though you can use a substitute like marbles. There are many ways to play it. Here is one way.

Supplies:

- ~6 dried beans (or similar item)

Before playing:

- Play game in pairs. Each person begins with 3 beans and they stand about 6 feet apart from one another with their feet planted and shoulder width apart.
- To determine who goes first, each person tosses their bean toward the other, trying to land their bean as close as possible to between their opponent's feet. The closest one "wins" the toss and will begin. Pick up the bean and follow the next instructions.

Play:

-Alternating turns, each person will toss their 3 beans one at a time, trying to land them in between their opponent's feet.

-As each bean lands, the opponent has one opportunity to steal each bean by dropping one of their own beans from a standing position waist height (no crouching or leaning over!!). If they hit the bean, they keep both, if they miss, they pick up theirs, the other one stays on the ground, and their opponent continues tossing each of their beans one at a time until their turn ends. Each bean that is hit is kept by the opponent and the "tossing" collects their remaining beans and goes back to their spot.

-Repeat the same idea with the other person tossing each bean one at a time with their opponent trying to hit each bean once with one of theirs. Even if they only have one bean left, they can use that bean over and over to try to hit the beans landing around them (one attempt per bean).

End:

-The game ends when one student has "stolen" all the opponent's beans and now has all 6 beans while their opponent has none. Then play again!

(Another way to play can be found in the book: [Sidewalk Games Around the World](#) by Arlene Erlbach)

Activity Choice 8: Flores de Papel de China

Flores de Papel de China or Tissue Paper Flowers: Mexican paper flowers are distinguished among other paper flowers because of their meticulous craftsmanship and the vivid colors used to make them. Made of tissue or crepe paper, they go beyond the utilitarian craft and become pieces of folk art representing the soul and culture of the artisans that make them. Paper flowers are used to decorate parties, weddings and religious celebrations often substituting natural flowers. These flowers are often used as gifts for 'El Día de las Madres', Mother's Day.

HOW TO MAKE FLORES DE PAPEL DE CHINA

SUPPLIES NEEDED:

- Tissue paper, variety of colors
- Pipe cleaners
- Scissors

STEP BY STEP INSTRUCTIONS:

STEP 1. Select six sheets of tissue paper, 5"X6." Lay the sheets of unfolded tissue paper down on a flat surface. Stacking them on top of each other. The color that you want as the center of your flower should be on top. Likewise, the color on the bottom will be the back of the flower. I usually make this layer green to look like leaves.

STEP 2. Now you will fold your stack in an accordion fold, about ½ inch folds. This is just like making a paper fan.

STEP 3. Fold that accordion in half and fold 1 ½ inch of a pipe cleaner around it. Then twist the pipe cleaner together to secure the flower to the stem.

STEP 4: Cut each end into a petal shape, about ¼ inch off. Petals can be rounded, jagged, pointy, fringed, square, or whatever you wish. Here is where you get to be creative!

STEP 5: While holding your stem (pipe cleaner), gently open the flower accordion and begin pulling the top layer straight up all the way around the flower. Be careful not to rip the delicate paper. Separate all the layers by pulling each layer straight up toward the top layer, while pulling the bottom layers straight down. Repeat with each layer of paper.

STEP 6: Finally, flip the flower upside down and gently run your fingers from the center stem to the edge applying gentle pressure, pressing the bottom layer down toward the middle layer. The flower is finished!

- How to make Tissue paper flowers video: <https://safeshare.tv/x/ss5e9f4ba5818f7>

Activity Choice 9: Papel Picado Banner

Papel Picado Banner: Papel picado is the name given to the tissue paper flags chiseled with a variety of patterns and used to decorate streets and buildings, during different celebrations in Mexico. The pattern used depends on the celebration and can be related to the Day of the Dead, Christmas, Independence Day, a Patron Saint, or a private party.



HOW TO MAKE PAPEL PICADO BANNER

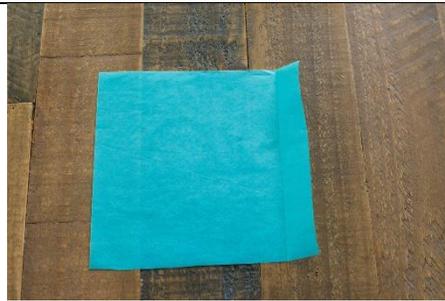
SUPPLIES NEEDED:

- Tissue paper, variety of colors or crepe paper
- Scissors
- Thread or twine
- Scotch tape

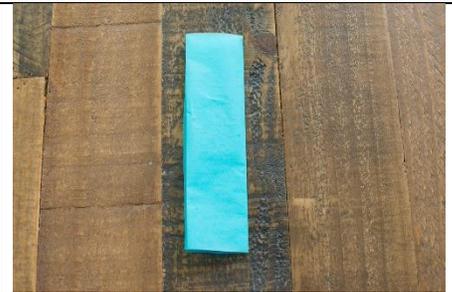
STEP BY STEP INSTRUCTIONS:



Step 1: Gather your supplies.



Step 2: Cut paper into square sheets.



Step 3: Fold paper in half, and in half again.



Step 4: Cut out a pattern from the bottom half.



Step 5: Open it and fold down.



(Step 5: fold down)



Step 6: Fold diagonally and cut out shapes.



Step 7: Fold the top side over with twine and secure with tape.



Hang and enjoy!

- How to make Papel Picado Banner video: <https://safeshare.tv/x/z-XUwOmdzYg>