



## KIDS HELPING KIDS CORNER

Our goal is to empower children to learn and build confidence in their capacity to contribute to our community, particularly through art and crafts. The displayed artworks are crafted by local children and generously donated by schools in the Triangle. They are available to purchase with *suggested donations*.



Your monetary donations will help many kids!



Square

Write [ata\\_nc@yahoo.com](mailto:ata_nc@yahoo.com) as your recipient and enter your desired amount. Also, add "Hunger Relief" to the message section.

Zelle



Venmo  
note Hunger Relief



# MARACAS

Maracas are musical instruments that are played by being shaken. They are usually made of a gourd shaped container filled with dried objects. The maracas are believed to be inventions of the Taíno people, the indigenous people of Puerto Rico. They were originally made from the round fig fruit of the Higuera tree.

Making maracas is a great craft project for children of all ages to enjoy.

A maraca player in Spanish is called a *maraquero*.

Make homemade maracas by using corn kernels, plastic eggs and spoons.

**After making your maracas, go to the stage area and help the dancers by keeping the beat with your maracas!**





We all can make a difference!

We only have one earth.  
**HONOR EARTH DAY EVERY DAY.**

## INVEST IN OUR PLANET

**Earth Day** is an annual event on April 22 to demonstrate support for environmental protection, first held in 1970.



Engage governments, businesses, and citizens to take collective action toward protecting the planet.

Take action and create a better future for ourselves and for future generations.



An important message from the Lorax:  
***UNLESS someone like you cares a whole awful lot, nothing is going to get better, It's not.***

### Celebrate Earth Day by planting sunflower seeds:

- To make sunflower sprouts, fill your biodegradable pot with soil, then place the raw seed on the surface and cover lightly with ¼" soil.
- Place the pot in an area of full sunlight.
- Water the seeds one or two times a day until the germination occurs (usually within 7 to 10 days)
- Sunflowers grow very large and will need to be transplanted to bigger and bigger containers or to an outside garden.





## BLUE EYE / EVIL EYE (Göz / Nazar Boncuğu)



It is a Turkish folk belief that jealous and envious looks from others have the power to cause misfortune to a person. Turkish people believe that this amulet protects its holder from those bad energies by absorbing them.

A typical *nazar boncuğu* (amulet) is made of handmade glass featuring concentric circles or teardrop shapes in dark blue, white, yellow, light blue and black, occasionally with a yellow/gold edge. According to Turkish belief, blue acts as a shield against evil and absorbs negativity. This tradition is common in the Middle East, the Mediterranean, and India and so ancient that even the Assyrians made turquoise and blue-eye amulets thousands of years ago.



Stop by, make a paper blue eye for good fortune!



## Experience Weaving



# KILIM

Kilim, a word of Turkish origin, denotes a pileless rug produced by one of several flat weaving techniques that have a common heritage and are practiced in the geographical area that includes parts of Türkiye (Anatolia and Thrace), North Africa, the Balkans, the Caucasus, Iran, Afghanistan, Pakistan, Central Asia and China.

## Color Common Designs



## Which kilim motif is your favorite?

### Hands on Hips



Although the basic design is a stylized female, this pattern is known by various names in Anatolia. It is the symbol of motherhood and fertility.

### Ram's Horn



This motif is used as a symbol of fertility, heroism, power, and masculinity.

### Fertility



The fertility pattern is composed of two 'Hands on Hips' motifs indicating the female, and two 'Ram's Horn' motifs indicating the male.

### Wolf's Mouth / Wolf's Paw



Many ancient Anatolians were shepherds and cattle breeders, and these motifs are used to express solidarity and to protect against attacks from wolves.

### Love and Unity / Yin-Yang



This is a symbol of dualism, inherited from the Far-East and imported to Anatolia where it suggests the harmony between two people.

### Hair Band



Anatolian women express many of their feelings with their hair style. Newly married women braid their hair and tie threads of different colors at the end of each braid.

### Dragon



The Turks of Central Asia stylized the dragon with a beak, wings, and a lion's feet. The dragon is the master of air and water. The fight of the dragon and the Phoenix is believed to bring fertile rains of spring.

### Star



The star motif on an Anatolian weaving generally means happiness. The use of these six-pointed stars goes back to the ancient Phrygians and predates Solomon's Star.