



Art Sphere Inc.  
Transforming Lives Through Art  
STRENGTHENING OUR COMMUNITIES SINCE 1998

# A WALK AROUND PUERTO RICO

*for ages: 10-14*



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# CREATING JOURNEYS THROUGH THE ARTS

*Follow your creativity and go beyond where the path leads so you can leave a trail to inspire others to express themselves, too!*

## Preface

We are pleased to present *A Walk Around Puerto Rico* to take you on a path to transform everyday materials into art, to explore the intersections of art with nature, literacy, technology, theater, music, mindfulness and STEAM and to learn how to use the arts to express your core values. Throughout this journey, we invite you to reflect on the legacy that can be created through the arts.

## How to Use Our Online Materials and This Book

Not everyone learns the same way. Some people are more visual, some more musical, some more mathematical<sup>1</sup>. Our lessons include symbols at the top of each page that indicate the different learning styles to be found in each project. By pointing out the different ways that a project can be approached, parents and teachers can guide their children to their individual paths to artistic success and ways to express their unique creative voices. The different learning styles and the symbols used to represent them in this book include:



**Literacy and Verbal-Linguistic**  
(using words effectively)



**Recycling and Naturalistic**  
(responding to nature)



**Technology and Logical-Mathematical**  
(reasoning, calculating)



**Health and Intra-personal**  
(understanding one's own interests, goals)



**Theatre and Bodily-Kinesthetic**  
(using the body effectively and creatively)



**Musical-Rhythmic**  
(sensitivity to rhythm and sound)



**Multicultural and Interpersonal**  
(understanding, interacting with others)

<sup>1</sup> These learning styles are based on Howard Gardner's discussion of types of intelligences. For more detail, see: Howard Gardner, *Frames of Mind: The Theory of Multiple Intelligences* (New York: Basic Books, 1983).



The lesson plans are more than just making art objects. They incorporate ideas such as compassion, mindfulness, respect for nature, healthy eating, cooperation, and other ideas for living in a way that contributes to a civil society. The pages are laid out as if you and the class are taking a journey:

- **Your Destination:** summarizes the outcome of the project
- **Travel Kit:** list of materials you will need for the project
- **On the Path:** ideas and directions for each child to make an art object, and ideas to explore
- **Group Tour:** how to transform the individual process into an interactive and collaborative group experience
- **Extend your Journey:** vocabulary, helpful references, and links to explore additional ideas

*Find ways to express yourself - it's okay to think outside the box!*

Knowing that links sometimes become inactive or are changed is beyond our control, and we apologize for the inconvenience. Please check our blog and Instagram: <https://artsphere.org/free-resources/curriculum/> <https://instagram.com/artsphereinc/> for more suggestions on creative art projects. All the referenced links in this book have been checked for accuracy.



**Please note:** These lessons are supplemented by (but do not all require) materials accessible through a computer or phone, a printer, and the Internet. A parent or guardian's permission is advised for lessons requiring Internet usage, especially for social media lessons.





**Adoquines** Cobblestones that are used to make streets in Old San Juan, built by the Spaniards.

**Al garete** Slang term to refer to something that is crazy, unusual or impactful.

**Alcapurrias** Fritters made of mashed plantains and taro root, stuffed with ground meat.

**Aspiration** Is the conversion of a consonant sound into a breath sound.

**Autonomy** The quality or state of being self-governing especially: the right of self-government.

**Bacalaitos** Salted codfish fritters.

**Barbacoa** A style of cooking meat that originated with the Taíno people, from which barbeque derives.

**Barriles de bomba** The cask drums unique to bomba playing.

**Barrios** A neighborhood or community that is majority Latinx and where Spanish is the dominant spoken language. East Harlem is a barrio of New York.

**Bomba** A Puerto Rican genre of music and dance developed in the 17th century by enslaved people in Spanish colonies. Characterized by dancers leading the rhythm.

**Boricua** Puerto Rican by birth or descent.

**Borikén** The original name for Puerto Rico given by the Taínos which means, "Land of the brave lord."

**Cabotage Laws** the transit of a vessel along the coast of a nation for the purpose of trade from one port to another within the territorial limits of that nation.

**Careta** A mask.

**Chavos** Slang word that means money.

**Chinchorro** A type of Puerto Rican bar and restaurant hopping that can take you all across the island.

**Collage** A piece of art made by sticking various different materials, such as photographs and pieces of paper or fabric on to a backing.

**Colloquialism** a word or phrase that is not formal or literary, typically one used in ordinary or familiar conversation.

**Colony** A country or area under the full or partial political control of another country, typically a distant one, and occupied by settlers from that country.

**Corillo** Group of friends.

**Cuá** Two wooden sticks played on the side of a cask drum (barril).

**Culture** The customs, arts, social institutions, and achievements of a particular nation, people, or other social group.

**Dembow** The signature beat of reggaeton made up of tresillos.

**DiaspoRicans** Mixed term of "diaspora" and "Puerto Rican" that refers to Puerto Ricans born or raised outside of the island due to migration to the United States.

**Economic sovereignty** Ability to impose the rules of appropriation, exchange and use of resources.

**El que no tiene Dinga, tiene mandinga** A saying used to express "He who doesn't have one thing, has another."



**Endangered species** A species of animal or plant that is seriously at risk of extinction.

**Feminism** The advocacy of women's rights on the basis of the equality of the sexes.

**Gag Law** Act enacted by U.S. appointed legislature to suppress the nationalist and independentist movements.

**Güiro** A percussion instrument made of an open-ended, hollow gourd with parallel notches cut in one side. It is played by rubbing metal tines or a stick along the notched side.

**Jamaican dancehall** A genre of Jamaican pop music which originated in the 1970's. Key elements are a focus on the track instrumentals and the use of Jamaican Patois.

**Janguear** A Spanish phrase meaning, "to hang out."

**Jones-Shafroth Act** Passed in March 2, 1917, this act made Puerto Rico a U.S. territory, granting statutory U.S. citizenship to Puerto Ricans, a Bill of Rights and establishing executive, legislative and judicial government branches.

**Juracán** Taíno deity of bad weather; hurricane

**La SanSe** Or Las Fiestas de la Calle San Sebastián is a weekend spent in the streets of Old San Juan enjoying delicious food, live music, and hundreds of kiosks with artists exhibiting and selling their art.

**Maracas** Shakers typically made of wood with a handle and usually played in pairs

**Mofongo** A savory dish made of fried and mashed plantains stuffed with meat and veggies.

**Música Urbana** An umbrella genre for Latin American music that is influenced by American hip hop and older genres like dancehall and reggae.

**Murals** An artwork (typically large scale) applied directly onto a wall, ceiling, or other permanent surface.

**Myth** A traditional story, especially one concerning the early history of a people or explaining some natural or social phenomenon, and typically involving supernatural beings or events.

**Pandereta** A tambourine essential in plena.

**Patriotism** Exhibiting national pride by the feeling of love, devotion, and sense of attachment to a homeland or the country and alliance with other citizens who share the same sentiment to create a feeling of oneness among the people.

**Perreo** Meaning "dog style dance," a type of dance focused on grinding and using the hips. Its name comes from the Spanish word for dog, 'perro.'

**Phonology** The system of relationships among the speech sounds that constitute the fundamental components of a language.

**Plena** A Puerto Rican genre of music and dance evolved from Bomba in the early 20th century. Characterized by highly syncopated rhythm and narrative lyrics.

**Primo** A kind of barrel that is used to mirror the steps of the dancer.

**Privatization** The transfer of a business, industry, or service from public to private ownership and control.



**Protected area** A clearly defined geographical space, recognized, dedicated and managed, through legal or other effective means, to achieve the long term conservation of nature with associated ecosystem services and cultural values.

**“Rap consciente”** Or ‘conscious rap’ is a movement where artists are using their voice and platforms to discuss topics such as politics, social inequality, and injustice.

**Reggaetón** A music style that originated in Puerto Rico during the mid-1990s evolving from the dance hall with influences from American hip hop, Latin American, and Caribbean music. It is distinguished by the dembow beat and vocals including rapping and singing, typically in Spanish.

**Salsa** A genre of music and dance developed in the early 20th century particularly cultivated in the barrios of New York City.

**Statutory citizenship** Persons born outside of the United States can only acquire citizenship at birth by way of a statute.

**Sorullitos de maíz** An appetizer made up of a cornmeal-based mixture shaped into sticks and fried. Sorullitos can be stuffed and are often served with mayo-ketchup.

**Taíno** Indigenous natives that lived on the island of Puerto Rico before colonization.

**Tembleque** A popular coconut pudding dessert typically served around Christmas time.

**Threatened species** Are any species that are vulnerable to endangerment in the near future.

**Vejigante** A folkloric character in Puerto Rican festival celebrations, mainly seen during for special cultural events like La SanSe’.

**Vision board** A collage of images and words representing a person’s intentions and visions. Meant to serve as inspiration or motivation.

**“¡Wepa!”** Phrase used to express excitement or joy

**Yoruba** Tribe of African peoples who were brought as slaves to the island during times of Spanish colonization.



**Your Destination:** *Learn about how the modern day Puerto Rican came to be.*

This lesson tells about the racial and cultural background of Puerto Ricans, the history behind their coming together in this land and how each made an impact on modern culture.



[aaregistry.org](http://aaregistry.org)

According to the U.S. Census Bureau, the population of Puerto Rico in April 1, 2020 was approximately 3.29 million. The 5 largest ethnic groups in Puerto Rico, are 64.1% White Hispanic, 17.2% other Hispanic, 12.4% Black or African American, 4.76% of two or more races and lastly 0.964% of White Non-Hispanic).

As we know, Puerto Rico is an island, but it has a rich history and culture.



[nytimes.com](http://nytimes.com)

The Taíno were the first inhabitants of Puerto Rico, or Borikén, who settled on this island by 1000 CE. Taínos were very peaceful natives. They lived off of the earth's riches and hunted for seafood. They had rich traditions of storytelling, games and music. The Mayohuacan and the güiro are wooden instruments that they used for these events.



[pewresearch.org](http://pewresearch.org)

In 1493, Christopher Columbus discovered and claimed the island for Spain, christening it the island of San Juan Bautista. When they settled in the island, they found gold in the rivers, and excavated it to send to the royalty of Spain. They also found exotic animal species and food. This started an exchange with the island; however they brought foreign elements to the island including guns and ships, their own religion (making the Taíno relinquish their own), clothing, and disease.



[usnews.com](http://usnews.com)

*[Continued on next page]*





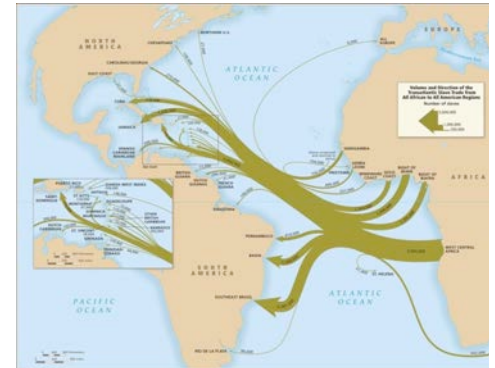
Disease was one of the main reasons Taínos faced a harsh decline in population. Another reason was the intense slave labor to which the Spaniards subjected this population. In Africa, they traded western technology and money for slaves. This process of exchange is known as the commerce triangle.

The African population on the island came packed by the hundreds in the storage barracks of boats. Then were traded and sold to wealthy Spanish landowners, who marked them, and subjected them to hard labor in the sugarcane fields.

From these experiences, the Black population of the island found ways to heal and gather in community. They made percussion instruments such as wooden cask drums to create a beat, sing, and dance. Bomba music was one of the ways they found solace, with dance and song about their people's experiences.

The Spanish also brought much culture, language and traditions, such as Three Kings Day, on January 6, that memorializes the visit of the three wise men who visited baby Jesus when he was born. The official language of Puerto Rico to this day is Spanish.

What makes this island unique is the intermingling of these three races. The Spaniards mixed with Taínos, creating a mixed race called mestizos. When the Spaniards mixed with the Africans, the children were called mulattos. When Taínos and Africans merged, they were called zambos. In the island there was a lot of racism and judgment especially towards the Black population. There is a famous book called *La Cuarterona* that speaks of the societal pressures to "whiten" the race. People on the island express their roots with pride, but when it comes to identifying with a race, they automatically check the white box even when they come from mixed backgrounds. Colorism is still something that affects black Hispanics, because of lack of representation, support and empowerment.



[23andme.com](http://23andme.com)



[ncdcr.gov](http://ncdcr.gov)



[historyexplorer.si.edu](http://historyexplorer.si.edu)

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**On the Path:**

**Step 1** Color in the handout sheet. See link below for link to print it out.

**Group Tour:**

Ask your family how they fill out the Census, and have a discussion about why this may be important.

**Extend the Journey:**

Check out this video where a local investigates where the Taino natives are nowadays:  
<https://www.youtube.com/watch?v=zBLqRL-8Ah4>

**Learn New Vocabulary:** Borikén, Taíno, Yoruba

**Resources and Visual Aids:** Check out the “Roots of a Modern Day Puerto Rico” handout:  
<https://artsphere.org/blog/roots-of-a-modern-day-Puerto-Rican-handout/>

**Access Our Instructional Video:** <https://www.youtube.com/watch?v=Xn-vqHh7vjk>

**Watch the Entire Video Series:**  
<https://artsphere.org/interactive-programs/classes/a-walk-around-puerto-rico/>

**The Roots of a Modern Day Puerto Rican**

The Taínos are the indigenous natives that lived freely in the island and peacefully pre-colonial times. The Spaniards came with the discovery of the Americas, they brought technology and Catholicism to the island. The Africans were brought as slaves to the island, but from their harsh experiences they created song and dance. It is the unique mix of these three races and cultures, along with time and the evolution of society that has created the modern that Puerto Rican.

Have some fun coloring in these ancestral figures!



www.artsphere.org #rootsproject Design by Carey Talbot-Sanders © 2021

*linked below for printing*







## Your Destination:

During the 50s, Father Juan Manuel Madrazo organized the festivities called las Fiestas de la Calle San Sebastián (or how we modernly call it la SanSe) to raise money for the repair of a church and celebrate the saint, San Sebastián. Since then, La SanSe is celebrated every year and it is a hub for Puerto Rican crafts, music, and food.

In the Fiestas de la Calle San Sebastián, artisans gather in Old San Juan's plazas showcasing and selling many different handicrafts. For instance, jewelry, wood carvings sculptures, engravings, paintings and more. After sunset, people start to party in different bars and restaurants, and there are concerts and live music available in different parts of the city as well.

Many of the handcrafted objects in Puerto Rico have themes representing the island's natural beauty, its people, and some iconic cultural festivities. The blending of Taíno, Spanish and African cultures produce craft forms with unique personalities. We can find musical instruments, masks, carved wooden saints, furniture, drums, and many other handicrafts in Puerto Rico. An iconic one is the *Vejigante*. The *Vejigante* has become the most renowned folkloric demon in Puerto Rican culture. It's significance comes from how this wearable piece of art unites the three cultures that influenced Puerto Rican culture: the Spanish, the African and the Taíno. The concept originated in Spain when led by Saint James, the people were trying to push out the Moors off their land. To honor this saint, people would take to the streets dressed like demons in an annual procession. Over time, in these processions, aspects of other cultures were added, such as the bomba and plena produced and played by the Africans, and the *Careta* (mask) of a *Vejigante* made by the Taínos.



[medium.com](https://www.medium.com)



[peopleareculture.com](https://www.peopleareculture.com)



[worthpoint.com](https://www.worthpoint.com)

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In La SanSe, people dress like Vejigantes and dance to the drum-heavy music produced by timbaleros (drum players) and perform shows on the streets in the midst of people. Everyone stops and dances with them or tries to take pictures.



[kidworldcitizen.org](http://kidworldcitizen.org)

### On the Path:

**Step 1** Decorate and color the *Vejigante* mask outline.

**Step 2** Cut out the eye and mouth holes.

**Step 3** Glue a popsicle stick onto the bottom back side of your mask.

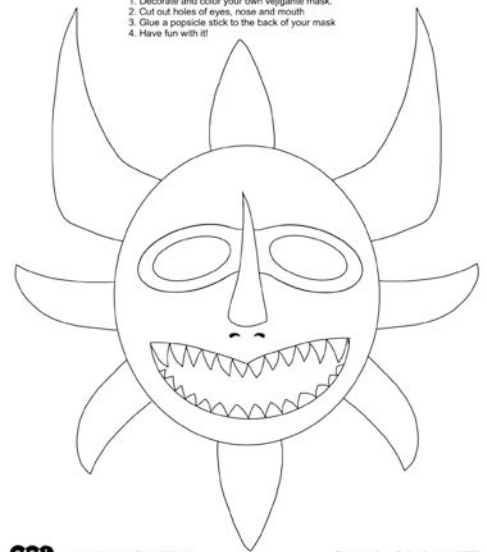
**Step 4** Wear your mask and have some fun!

### Group Tour:

Make a mask for each member of your family!

**Puerto Rican Crafts: The Vejigante Mask**  
 The vejigante is the most renowned folkloric demon in Puerto Rican culture. In festivals, people dress with vejigante masks and dance to the sound of timbaleros playing the drums.

1. Decorate and color your own vejigante mask.
2. Cut out holes of eyes, nose and mouth.
3. Glue a popsicle stick to the back of your mask.
4. Have fun with it!



©©©

[www.artsphere.org](http://www.artsphere.org) #vejigantemask

Design by Carley Tabak-Sanders © 2021

*linked below for printing*

### Extend the Journey:

Check out this video to get a feel of what Las SanSe is: <https://youtu.be/mOpyaAyrEg>

**Learn New Vocabulary:** *careta*, *La SanSe*, *Vejigante*

**Resources and Visual Aids:** Make Your Own Vejigante Mask with this handout: <https://artsphere.org/blog/make-your-own-vejigante-mask/>

**Our Video Series:** <https://artsphere.org/interactive-programs/classes/a-walk-around-puerto-rico/>





## Your Destination:

Check out the architecture in Old San Juan and San Germán. San Juan is the Capital city of Puerto Rico, and is home to many historical buildings. *Adoquines*, or the cobblestones Spaniards installed into streets, are found throughout San Juan.

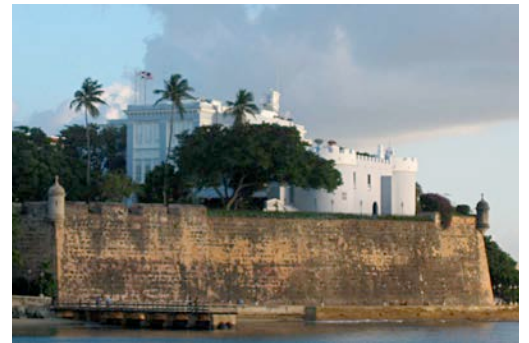
La Fortaleza is the official residence of the governor of Puerto Rico, which was built in the 1500's to defend San Juan's harbor. According to legend, the last Spanish governor named Ricardo De Ortega struck La Fortaleza's clock with his sword, stopping the clock and marking the time that the Spanish lost control of Puerto Rico.

Porta Coeli (gateway to heaven) church, or El Convent De Santo Domingo De Porta Coeli, is said to be one of the oldest churches in the entire western hemisphere. It was built in the early 1600's, with the actual church following in the 1700's. Today, it also houses the Museo de Arte Religioso, which is a museum of religious paintings and carvings from the 18th and 19th centuries. The San Germán church was declared a historical monument by the Conservative Historical Values Board in 1930. It was also important as an educational building, because the convent was a school around the 1650's.

Iglesia San Germán de Auxerre is a Roman Catholic Church founded by Spanish settlers in 1510. Its ceiling is in the art style called *trompe l'oeil*, French for "to deceive the eye," that creates an illusion that it is in three dimensions, and meant to imitate wood. It has one of the most decorated interiors on the island.



[viator.com](https://www.viator.com)



[whc.unesco.org](https://whc.unesco.org)



[wikipedia.org](https://en.wikipedia.org)

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In 1837, final construction began on Old City Hall by the widow of governor Mendez Vigo. This is one of the most important structures in the city. In the 1950's, sirens were added, but never used. They also added four flagpoles to announce the approach of weather danger, such as hurricanes.

Sol theatre is one of the most significant structures for entertainment and cultural events in San Germán. Its history goes back to 1902, where it used to be occupied by a masonry company. Today it is a venue for plays, musicals, and orchestra performances.

Casa Maria built in 1930, is the residence of the president of the Inter-American University of Puerto Rico. It has ten rooms surrounded by gardens and plants. Today, it is used more as a reception area for special events happening at the school.

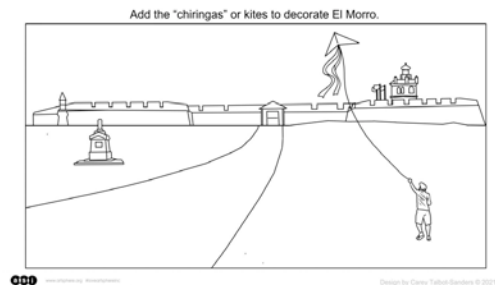
### On the Path:

**Step 1** Create two 5-sided shapes and two folded rectangle shapes for the exterior walls and rooftop of El Convent De Santo Domingo De Porta Coeli. Before gluing them together, decorate the walls of your personal Porta Coeli.

**Step 2** Glue your walls together, but don't close the rooftop seam. Make tiny pieces of art, people, and whatever you think is important to save in your museum.

**Step 3** Add your elements inside, making sure to arrange them in a structured way and glue down any parts that need to be held in place. Lightly tape the rooftop seam closed, so you can open it again.

**Historical Monuments**  
Castillo San Felipe del Morro's construction began in 1539 and finished in 1790. That is 250 years to build! It was the second fort built on the island, after realizing that the first was built too inland to protect the land. This fort has been used by the military installation a bunch of times! Nowadays, El Morro is a historical monument you can visit and where locals go to fly kites in its big front lawn.



*linked below for printing*

### Group Tour:

Give your friends or family a museum tour of your new Porta Coeli!

### Extend the Journey:

Check out these links that was a tour of Old San Juan

**Article:** <https://www.touroidSanjuan.com/attractions/about-old-san-juan/>

**Video:** <https://www.youtube.com/watch?v=Fj431TsEGc>

**Learn New Vocabulary:** *adoquines*

**Resources and Visual Aids:** Learn about another historical monument the castle and fortress El Morro: <https://artsphere.org/blog/decorate-the-historical-monument-el-morro/>

**Our Video Series:** <https://artsphere.org/interactive-programs/classes/a-walk-around-puerto-rico/>



**Your Destination:** *Learn about & color Puerto Rico's flag.*

The current national flag of Puerto Rico was officially adopted on July 25, 1952.

This flag has have five equal horizontal bands, with three red horizontal bands on the top, middle and bottom and two white horizontal bands between every two red horizontal bands. A dark blue isosceles triangle is located on the right hoist side. Inside of the flag, is a white five-pointed star in the center.



[worldatlas.com](http://worldatlas.com)

"The red color stands for the bloodshed by brave Puerto Ricans in their quest for freedom. The white color stands for the Puerto Rican triumph in their quest for independence as well as the peace they hoped to attain. It also represents individual liberty and the rights that keep the government in balance. The dark blue triangle on the flag's hoist side stands for the 'Republican Government,' where the three sides signify the three branches - executive, legislative and judicial parts of the government. The triangle contains a white five-pointed star to signify the Puerto Rican territory and hence represents 'The Commonwealth of Puerto Rico.'"  [\(worldatlas.com\)](http://worldatlas.com)



[latinorebels.com](http://latinorebels.com)

However, the flag has a lot of history. The original flag was approved in 1895 by the Revolutionary Board and was to be used alongside the revolutionary flag of Lares, a mountain town in western-central Puerto Rico. The red and white of the flag's significance is the same. However, what changes is the light blue triangle and the star's significance. The light blue is representative of Puerto Rico's beautiful blue sky and seas. The single star stands for the island.



dark blue variant [wikipedia.org](http://wikipedia.org)

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In the 1950's in Puerto Rico, there were a lot of nationalist movements speaking about independence from the United States. In this time, the U.S. changed the official flag's color to the dark blue to emphasize the status of the territory.

In 2016, there was a new adaptation of the Puerto Rican flag. It was painted fully black with the star and white stripes remaining. It was painted this way by an unknown organization, but the message was loud and clear. The flag mourned the U.S.-imposed oversight board and was a sign of resistance from some of the population to demonstrate there were Puerto Ricans who were informed, objecting, and demanding representation.



[billypen.com](http://billypen.com)

"The National Coat of Arms of Puerto Rico was adopted on June 3, 1976. The green background of the shield represents the vegetation of the island, and the Lamb of God and cross flag is associated with the patron saint of the island - St. John the Baptist. The book the lamb rests upon is symbolic of the Book of Revelations. To the left of the shield, a golden-crowned 'F' represents Ferdinand II of Aragon. To the right, a golden-crowned 'Y' represents Ysabel (Isabella I of Castile). Underneath the shield Puerto Rico's motto is displayed in Latin. It is a quotation from the Vulgate of Luke 1:63, which means 'Joannes Est Nomen Eius' ('John is his name') and refers to St. John the Baptist." ([worldatlas.com](http://worldatlas.com))



[welcome.topuertorico.com](http://welcome.topuertorico.com)

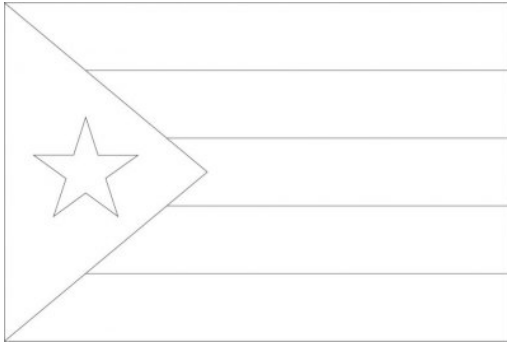
The national motto of Puerto Rico is in Latin: "Joannes Est Nomen Eius" meaning "John is his name." The currency is the US dollar.

### **On the Path:** *Learn about & color Puerto Rico's flag.*

**Step 1** On the country map coloring sheet (linked in Resources & Visual Aids), sketch the symbols of the flag and coat of arms you like the most.

**Step 2** Draw the symbols in color and start to fill in the map more fully with color and symbols, trying to use them with the same meanings they have on the flags.





*both linked below for printing*

### **Group Tour:**

Once you're happy with your decoration, share it with your friends and tell them about the meaning of Puerto Rico's national flag and coat of arms.

### **Extend the Journey:**

Video on the history of the Puerto Rican flag:  
<https://www.youtube.com/watch?v=Xyk2Kf4k9c>

**Learn New Vocabulary:** *careta*, *La SanSe*, *Vejigante*

**Resources and Visual Aids:** Color Your Own Map/Flag handout:  
<https://artsphere.org/interactive-programs/world-passport/north-america/puerto-rico/>

**Our Video Series:** <https://artsphere.org/interactive-programs/classes/a-walk-around-puerto-rico/>



**Your Destination:** *Create an articulated El Chupacabra paper doll.*

Just like many other cultures, there is folklore including stories and beliefs passed down from generation to generation. The Puerto Rican culture is no different as there are myths specific to the culture. Let us start by looking at some of the myths and legends in Puerto Rican mythology:

The Chupacabra (El Chupacabra): The name "Chupacabra" literally means "goat sucker." First reported in Puerto Rico in 1995, the Chupacabra gained its name from being blamed for the attacks on goats, sheep and other domestic animals. The Chupacabra is said to have always left uneaten carcasses of the attacked animals but not before draining the blood of those animals. The specimen of the Chupacabra has been identified by biologists as just a dog or coyote, or canine hybrid.



[britannica.com](http://britannica.com)

### On the Path:

**Step 1** Decorate all the parts of the Chupacabra, deciding what it looks like to you. Does it look more like a coyote? Does it have spines or scales or fur? Be creative!

**Step 2** Draw out each body part carefully, making sure you get all your details included.

### Group Tour:

Scare your friends with your original drawing of the Chupacabra!

### Extend the Journey:

The Cursed Creator Myth of the Taínos:  
<https://www.youtube.com/watch?v=arITwhiMxVM>

**Learn New Vocabulary:** myth

**Resources and Visual Aids:** Chupacabra handout:  
<https://artsphere.org/blog/draw-a-chupacabra/>





## Your Destination:

One of the music genres of Puerto Rico is called Bomba. It was created at the end the 17th century, in early Spanish colonial times, by the West African people who worked in the sugar cane fields. It was a way for these enslaved Africans to express their feelings about the harsh conditions they were living in, their politics, spirituality, their anger and sadness, and how to overcome it. The instruments used for Bomba includes the *subidor* or *primo* (bomba barrel or drum), maracas, and the *cuá* or *fuá* (two sticks played against the wood of barrels or another piece of wood). The *primo* follows the beat that the dancer creates. This way, Bomba becomes a conversation between the music and the dancing.

Parrandas are a musical tradition that takes place during Christmas holiday season where people gather together to sing Christmas songs while playing instruments like the *panderetas* (a round hand drum that comes in different sizes and may resemble a tambourine), maracas (hollow gourd or gourd-like structure on a handle filled with rattling beads) and *güiros* (hollow gourd with ribs carved into it that a stick runs against to make a different rattle noise). In these parrandas, there is typically a Bomba session that starts with a typical introductory chorus:

"No sabe na', no sabe na'. No sabe na' de Bomba, no sabe na'"

Which translates to:

"They don't know anything, they don't know anything. They don't know anything about Bomba"

Another well-known song and dance is the Plena, which is traditionally sung around Christmas time. Plena was developed based on Bomba music around the beginning of the 20th century in southern Puerto Rico.



[uncommoncaribbean.com](http://uncommoncaribbean.com)



[legacy.com](http://legacy.com)



[discoverpuertorico.com](http://discoverpuertorico.com)

[Continued on next page]





## 6. BOMBA & PLENA

The lyrics for Plena are narrative, just like how people convey a story about events, address topical themes, such as legends, hurricanes, and conditions of living as jibaro (people in the countryside who farm traditionally) in the early 20th century. The instruments used for Plena are the pandereta.

Both Bomba and Plena are percussion-driven musical traditions from Puerto Rico that move people to dance and reflect the African heritage of Puerto Rico.



guiro instrument at [omeka-s.grinnell.edu](http://omeka-s.grinnell.edu)

### On the Path:

**Step 1** Choose the colors you will be using and with the help of an adult, put on a mix of Bomba and Plena music.

**Step 2** Let the music guide how you color in your sheets and listen to how the elements of the songs come together, especially the drums.

**Step 3** Finish coloring in and decorating the dancers on your page.

**Step 4** Try out a Bomba joke after the chorus!

### Group Tour:

Share your coloring art with your friends and tell them about the exciting types of dance!

### Extend the Journey:

Learn about the power of Bomba music:  
<https://www.youtube.com/watch?v=3RGqiGHWDrQ>

**Learn New Vocabulary:** Bomba, *Barriles*, *cuá*, maracas, *parranda*, plena, jibaro

**Resources and Visual Aids:** Bomba handout: <https://artsphere.org/blog/bomba-handout/>

**Access Our Instructional Video:** <https://www.youtube.com/watch?v=bVPbguFodak&t=4s>

**"La bomba, ¡ay, que rica es!"**

La Bomba was created at the end of the 17th century, in early Spanish colonial times, by the enslaved African people who worked in the sugar cane fields. It was a way for them to express their feelings about the harsh conditions being lived, their politics, spirituality, their anger and sadness, and how to overcome it. In Christmas parrandas, bombas are usually sung accompanied by bomba jokes or rhymes. Write your own bomba joke or rhyme after the Bomba chorus!

Color in the image below and label each instrument. From left to right – *cuá*, *barriles* (two drums), *maracas* (man in the back).

Below is the chorus for a bomba. Write your own bomba joke on the lines below.

"La Bomba, how rich it is!  
 The rhythm crawls through my feet.  
 Mulatto, invite your friguera.  
 To dance bomba, Puerto Rican bomba.  
 Bomba!"

\_\_\_\_\_

\_\_\_\_\_

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[linked below for printing](#)





**Your Destination:** *Learn about Puerto Rican dances, influences, and how to mark a beat.*

You can't describe Puerto Rico without mentioning dance. It is a language in itself in the Puerto Rican community. Some dances are Puerto Rican born, like Bomba and Plena, while other fan favorites have been influenced by Caribbean and Nuyorican culture, like salsa and reggaetón.

Bomba is characterized by heavy percussion music that follows the beat made by the dancer. The dancer announces that they will dance by giving a *paseo*, or a stroll, around *el Batey* (the dancing area). Then the dancer follows a series of *piquetes*, or the steps that shape the rhythmic discourse between musician and dancer.

Plena music is narrative about the daily struggles of life. The steps are secondary to the music, but it is usually danced between pairs.

Salsa is a dance that was originated in the New York neighborhoods where young artists picked up sounds of the different Caribbean communities that had settled there, creating something completely new. Salsa dancing incorporates fast foot work, turns, and hip-swaying over an eight count time. The steps are easy and quite repetitive. What makes it spicy is how people sway their hips and turn. When danced in pairs, one has to be the lead while the other follows.

Reggaetón emerged as a combination of different Caribbean beats and urban sounds like hip hop. The dance is called *perreo* which translates into something like "doggie." It follows a heavy percussion beat called dembow. This is a dance common in young people's parties, where you can find them dancing saucily in pairs.



salsa dance at [classpop.com](http://classpop.com)



reggaetón [lonelyplanet.com](http://lonelyplanet.com)



plena dance at [centropr-archive](http://centropr-archive).

[Continued on next page]



**On the Path:** *Mark a beat on paper.*

**Step 1** Choose a song from each of the four genres listed above.

**Step 2** Choose a color for each song.

**Step 3** Glue a popsicle stick onto the bottom back side of your mask.

**Step 4** While you listen, draw out what you think the beat of the song would look like on paper. There is no wrong way to do it!

**Group Tour:**

Invite your friends or family to dance to the music.

**Extend the Journey:**

Listen to this Spotify playlist and dance!:

<https://open.spotify.com/playlist/2JIE0UIBWO4Sw2nDOulOhd?si=078283f931c64526>

**Learn New Vocabulary:** reggaetón, dembow, perreo, salsa

**Resources and Visual Aids:** Marking a Beat handout:

<https://artsphere.org/blog/marking-a-beat-with-puerto-rican-music/>

**Access Our Instructional Video:** <https://www.youtube.com/watch?v=bVPbguFodak&t=4s>

**Learn To Mark A Beat!**

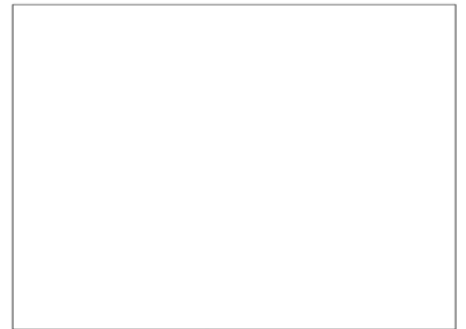
You can't describe Puerto Rico without mentioning dance. It is a language in itself in the Puerto Rican community. Some dances are Puerto Rican born, like Bomba y Plena, while other fan favorites have been influenced by Caribbean and Nuyorican culture, like Salsa and Reggaetón. Choose a color for each of the four songs listed below. While you listen to each song, try to follow the beat with your chosen color on this page!

"El Doctor Guenaga" by Grupo Afro Boriquea, Director William Cepeda

"Que Bonita Bandera" by Plena Libre

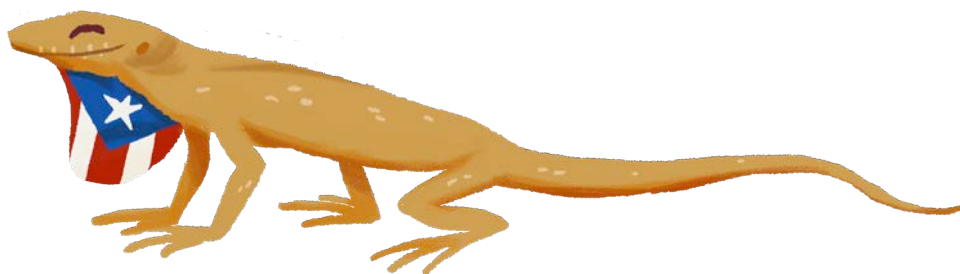
"Mi Gente" by Hector Lavoe

"Quiero Bailar" by Ivy Queen



arts1 | www.artsphere.org | #artsphereinc | Design by Carey Tabb-Sanders © 2021

*linked below for printing*

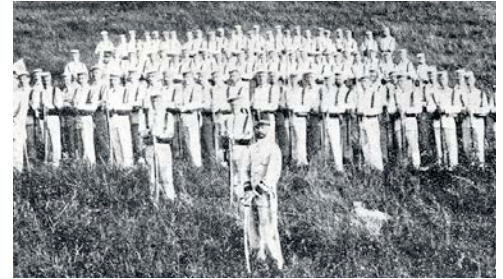






**Your Destination:** *Learn about how the Jones Act, the U.S. territory status, and the repercussions and benefits of these aspects.*

In 1898, Puerto Ricans were fighting against Spain to attain their freedom from colonial status. It was this year where the United States invaded the island through the South, promising Puerto Ricans that they would help them attain and protect their liberty, life, happiness and property. Many Puerto Ricans were poor, working class citizens, “jíbaros,” that were happy to be receiving help.



Spanish troops in Puerto Rico  
[latinamericanstudies.org](http://latinamericanstudies.org)

After the United States won the Spanish American War, it was proclaimed by the Treaty of Paris that Puerto Rico would be handed over from Spanish rule and become a U.S. Commonwealth.

“On March 2, 1917, the U.S. decreed the Jones-Shafroth Act, to make Puerto Rico a U.S. territory. Although Puerto Rico’s congress voted for independence in 1914, the U.S. disregarded the vote and this act granted Puerto Ricans U.S. citizenship. The act also created “a bill of rights for the territory, separated its government into executive, legislative, and judicial branches, and declared Puerto Rico’s official language to be English. In 1948, the Gag Law was enacted to suppress pro-independence protest.



U.S. Cavalry passing through San German  
[latinamericanstudies.org](http://latinamericanstudies.org)

“In 1951, Puerto Rican voters approved, by referendum, a new U.S. law granting the islanders the right to draft their own constitution. In March 1952, Luis Muñoz Marín, Puerto Rico’s governor, proclaimed Puerto Rico a freely associated U.S. commonwealth under the new constitution; the status was made official that July.” ([History.com](http://History.com))



Luis Muñoz Marín, center, at  
[nps.k12.nj.us](http://nps.k12.nj.us)

To this day, Puerto Rico remains a freely associated U.S. commonwealth. The island is still under the command of the Jones Act.

[Continued on next page]



## On the Path:

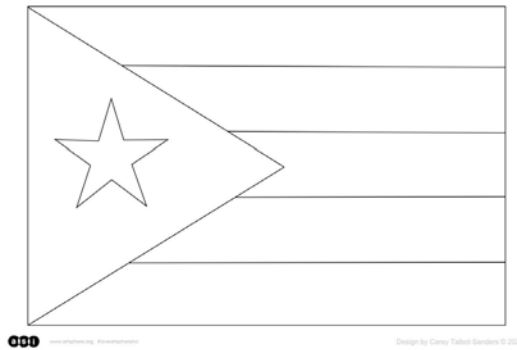
**Step 1** Determine where the red and blue colors go.

**Step 2** Think about words, phrases or images that represent a country.

**Step 3** Fill out the Puerto Rican flag according to its colors.

**Step 4** Ask your parents what words identify the area you live in.

**Puerto Rican Flag**  
The colors of the flag are: blue, red, and white. Fill out the flag with words, shapes and patterns that represent the island nation.



*linked below for printing*

## Group Tour:

Ask your parents what words identify the area you live in.

## Extend the Journey:

Learn about the colonial politics of the U.S. - Puerto Rico relationship here:

<https://www.youtube.com/watch?v=n9L35g9ICtE>

[https://www.youtube.com/watch?v=Bx\\_o1PWHdLA](https://www.youtube.com/watch?v=Bx_o1PWHdLA)

**Learn New Vocabulary:** autonomy, colony, economic sovereignty, Joens-Shafroth Act, statutory citizenship, cabotage laws, Gag Law

**Resources and Visual Aids:** Puerto Rican Flag Handout:

<https://artsphere.org/blog/decorate-the-Puerto-Rican-flag/>

**Access Our Instructional Video:** [https://www.youtube.com/watch?v=aG8SGe\\_Nn3s&t=1s](https://www.youtube.com/watch?v=aG8SGe_Nn3s&t=1s)





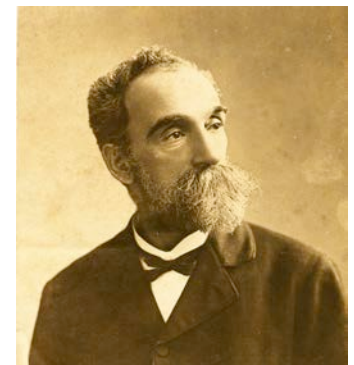
## Your Destination:

**Pedro Albizu Campos** (born September 1891, died April 1965) was a Puerto Rican attorney and politician, and the leading figure in the Puerto Rican independence movement. He spoke six languages, and graduated from Harvard with the highest GPA in his class. He was the president of the Puerto Rican Nationalist Party from 1930 until his death, and was imprisoned for 26 years for his attempt to overthrow the United States government control of Puerto Rico. The Nationalist Party and pro-independence movement consisted of Puerto Ricans who wished to regain control of economic and government power from the U.S.



Pedro Albizu Campos  
[motherjones.com](https://motherjones.com)

**Eugenio Maria de Hostos** (born January 11, 1839, died August 1903) known as el Gran Ciudadano de las Americas, the great citizen of the Americas, was a Puerto Rican educator, philosopher, intellectual, lawyer, sociologist, novelist, and independence advocate. He was born in Mayaguez, Puerto Rico of Spanish descent. He was sent to study in San Juan and then Spain, and finally he finished school in Madrid. He stayed in the U.S. for one year, and joined the Cuban Revolutionary Committee and edited a journal called La Revolution. He traveled to many countries promoting independence, such as the U.S., France, Canada, Peru, Chile, Argentina, Brazil, the Dominican Republic, and more. He spent a year in Peru where he supported freedom of Chinese workers and helped develop the country's education system. He did the same for women's education in Chile.



Eugenio Maria de Hostos  
[cubanculturalcenter.org](https://cubanculturalcenter.org)

**Mariana Bracetti** (born around 1825, died around 1903) was a leader and patriot of the Puerto Rican Independence Movement in the 1860's. She was born in Añasco, Puerto Rico. She knitted the flag that was used for the national emblem of Puerto Rico to overthrow the Spanish government and create a sovereign republic. Later it



Mariana Bracetti at  
[lscswag.medium.com](https://lscswag.medium.com)

[Continued on next page]



became the flag of Lares, Puerto Rico. She was also the vice president of the Cuban Revolutionary Party in New York City. In September 1868, 800 men took the town of Lares, initiating the revolution that was called El Grito de Lares. When it was taken, her flag was flown high and revolutionists declared Puerto Rico a republic.

**Anna Irma Rivera Lassén** (born March 13, 1955) is an Afro-Puerto Rican attorney and current Puerto Rican senator as of November 3, 2020. She was also the head of the Bar Association of Puerto Rico, the 130+ year long organization that qualifies attorneys to practice law and may serve the community with free legal services under certain programs. She supports human rights, including women and LGBTQ equality. Most of her legal cases cover gender violence and human rights and she has fought to help end the discrimination she herself experienced. Rivera has been given many awards for her contributions, including recognition as an expert on gender, race, and human rights by the United Nations Economic Commission for Latin America and the Caribbean - Gender Affairs division. In 2003 she was awarded the “*Medalla Senatorial Capetillo-Roque*” from the Puerto Rican senate for her support of women’s rights.



Anna Irma Rivera Lassén at [lscswag.medium.com](https://lscswag.medium.com)

**Benicio del Toro** is a Puerto Rican actor and producer who has won an Academy Award, a BAFTA, and a Golden Globe. He was in the movie *Usual Suspects* as well as *Sin City*. He was born in 1967 in San Germán, Puerto Rico. Both his parents were lawyers. He moved at age 15 to Pennsylvania where he attended high school before going to California to take drama courses. His first big hit was *Usual Suspects*. In 2003 he took up the environmental cause “*Yo limpio a Puerto Rico*” the mission of which is to educate Puerto Ricans to recycle and protect the environment.



Benicio del Toro at [britannica.com](https://britannica.com)

[Continued on next page]





**Marc Anthony** was born September 16 1968. His full name is Marco Antonio Muniz. He is a Puerto Rican singer, songwriter, actor, tv and record producer, philanthropist. He has won three Grammy and six Latin Salsa awards, and holds a Guinness World Record for best-selling salsa artist. He was born in New York to Puerto Rican parents, and grew up in East Harlem, also known as the Spanish Harlem, and is the youngest of 8 children. He launched a foundation called the Maestro Cares Foundation, which opened an orphanage in la Roma in the Dominican Republic and Barranquilla, Columbia. He and his then wife Jennifer Lopez were in a movie together called *El Cantante*, and then later another show called *Q'viva*.



Marc Anthony at [commons.wikimedia.org](https://commons.wikimedia.org)

**On the Path:** Think about what patriotism means to you and to others. Decorate the handout linked below.

**Step 1** Color in the handout.

**Step 2** Answer the question above.

### Group Tour:

Ask your friends and family what patriotism means to them.

### Extend the Journey:

Learn more about other patriotic leaders in Puerto Rican history, in the archives of the Library of Congress: <https://bit.ly/3SADkFA>.

**Learn New Vocabulary:** patriotism

**Resources and Visual Aids:** Mariana Bracetti Handout: <https://artsphere.org/blog/mariana-bracetti-a-patriotic-seamstress-handout/>

**Our Video Series:** <https://artsphere.org/interactive-programs/classes/a-walk-around-puerto-rico/>

**Mariana Bracetti, A Patriotic Seamstress**

Mariana Bracetti was a leader and patriot of the Puerto Rico independence movement in the 1850's. She was the vice president of the Cuban Revolutionary Party in New York City. Bracetti knitted the flag that was used for the national emblem of Puerto Rico to overthrow the Spanish government and create a sovereign republic. In September 1868, 600 men took the town of Lares, initiating the revolution that was called El Grito de Lares. When it was taken, her flag was flown high and revolutionists declared Puerto Rico a republic.

Color Mariana Bracetti and the revolutionary flag.

What does patriotism mean to you? Write your answer in the box.

**GOO** www.goo.com Design by Camy Talbot-Serrano © 2011

[linked below for printing](#)





# 10. LANGUAGE & COLLOQUIALISMS

Travel Kit:

Comic Strip handout, pens, coloring pencils

**Your Destination:** Learn about Puerto Rican Spanish. See the handout with the list of words/phrases on the handout below and create a comic strip!

Modern Puerto Rican language has been molded by the merging cultures that inhabit the island. Spanish colonialism in the island installed Spanish as the national language, but it was heavily influenced by the fusion of Taíno and African languages.

Words to describe nature, like Juracán for hurricane; endemic species, like iguana; and municipalities, like Mayagüez or Humacao, are derived from the Taino language and still used today. In fact, the original name of the island is Borikén, and to this day, Puerto Ricans call themselves Boricua.

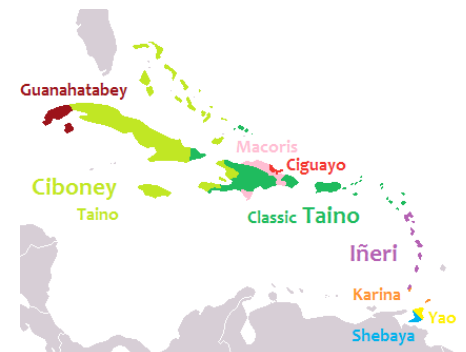
Words to describe cuisine like mofongo, instruments and dance, like la bomba and plena, are derived from African language Yoruba. The African language also had an influence in the Puerto Rican Spanish phonology. This includes the deletion of final consonant /n/, the aspiration of the final consonant /s/, and the alternation of the /l/ and /r/ consonants, and can be observed in the linguistic characteristics of Puerto Ricans. For example, “the candies” that translates to “los dulces” will be said like “loj dulcej” (pronounced “loh dulceh”), or in Puerto Rico will be pronounced as “Puelto Rico.”

Finally, with the U.S. colonization came the integration of the English language. Originally, the U.S. decreed that the official language of Puerto Rico would be English, but that did not take. In 1912 the Asociación de Maestros de Puerto Rico (Puerto Rican Teachers Association) resisted against the forceful use of English in schools. Puerto Ricans started learning English as a second language and Spanish was reestablished as the official language. Therefore what happened instead was a hybrid of both languages. Nowadays, the people can switch between the two languages easily, and have adopted the permanent use of certain English words into the vocabulary. For example, instead of saying “estacionamiento” they say “parking”.

[Continued on next page]



Statue of explorer Juan Ponce de León  
[wikipedia.org](http://wikipedia.org)



Taíno dialects & other pre-Columbian languages  
[wikipedia.org](http://wikipedia.org)



[creativepinellas.org](http://creativepinellas.org)



**On the Path:** Learn about Puerto Rican Spanish. Handout with word bank of words/phrases and create a comic strip!

**Step 1** Watch Gina Rodriguez and Ismael Cruz Córdova teach you Puerto Rican slang video: <https://www.youtube.com/watch?v=6c0wqATOCnE>

**Step 2** Create a comic strip using some of the words and phrases of Puerto Rican colloquialisms that are provided in the handout. Include any other words or phrases that you know as well!

**Language and Colloquialisms Comic Strip**

Create a comic strip using some of the words and phrases of Puerto Rican colloquialisms that are provided below!  
Include any other words or phrases that you know as well!

1. Boricua: Puerto Rican by birth or descent
2. "El que no tiene dinga, tiene mandinga": A saying used to express he who doesn't have one thing, has another
3. Al garete: crazy
4. Chavos: money
5. ¡Wepa!: phrase used to express excitement or joy
6. Corillo: group of friends
7. Janguear: to hang out


© 2011 Design by Casey Tabbal-Gardner © 2011

*linked below for printing*

### Group Tour:

Teach your friend one of the words and practice together using the word in a sentence.

### Extend the Journey:

Watch this video that translates common Puerto Rican sayings to English: <https://www.youtube.com/watch?v=SNqHXsdcwo8>

**Learn New Vocabulary:** boricua, borikén, "el que no tiene dinga, tiene mandinga", al garete, chavos, wepa, corillo, janguear, Juracán, phonology, colloquialisms

**Resources and Visual Aids:** Comic Strip handout:

<https://artsphere.org/blog/create-a-comic-strip-using-puerto-rican-slang/>

**Access Our Instructional Video:** <https://www.youtube.com/watch?v=GNJlcl95eeM&t=109s>



## Your Destination:

**Lola Rodríguez de Tió** (1843-1924) is a revered figure in both Cuban and Puerto Rican history. She is considered to be Puerto Rico's premier nineteenth century lyric poet and one of Latin America's most important early feminists.

Lola Rodríguez de Tio was born in San Germán where she received her primary education. She was the daughter of Don Sebastian Rodríguez de Astudillo, Dean of the Magistracy of Puerto Rico, and Doña Carmen Ponce de León, a descendant of Ponce de León, the explorer and first governor of the colony.

Her education in religious schools and by private tutors was guided by her mother, who was described in the Enciclopedia Puertorriqueña Ilustrada as "an educated, well-read woman with a fine spirit and the wide-awake intelligence of a child." It was rare for women to be educated in Puerto Rico; most women, especially poor women, were illiterate. It was rarer still for a woman to be an intellectual, but Rodríguez de Tío was supported and encouraged in her progress as a poet by poet Ursula Cardona de Quinones. Her understanding of the disparity of opportunity for women made her one of Latin America's most influential early feminists.

Inspired by El Grito de Lares, Lola Rodríguez de Tio wrote the lyric song La Borinqueña, that became a revolutionary anthem for nationalist patriots.



[wikipedia.org](https://en.wikipedia.org/wiki/Lola_Rodríguez_de_Tió)

*[Continued on next page]*





**On the Path:** Learn about what inspires young poets.  
 Draw something inspired by Lola Rodriguez de Tió's  
 "Rayo de Luna."

**Step 1** Read or hear Lola Rodriguez de Tío's poem,  
 "Rayo de Luna."

**Step 2** Draw what you imagine while reading it.

**Group Tour:**

Explain your drawing and read the poem to a friend or family member.

**Poetic Inspiration: Lola Rodriguez de Tio**

Lola Rodriguez de Tio is considered to be Puerto Rico's premier nineteenth century lyric poet and one of Latin America's most important early feminists. She wrote the revolutionary anthem, La Borinqueña. Read Lola Rodriguez de Tio's poem, Rayo de Luna, and draw what you imagine while reading it.



*linked below for printing*

**Extend the Journey:**

Draw/decorate in response to another poem written by Lola Rodriguez de Tió. Two poems for which you could create art are linked below.

Las Horas: <https://allpoetry.com/Las-Horas>

La Borinqueña:  
<https://johnjay.digication.com/lola-rodriguez-de-tio-latinx-literature/analysis-of-text>

**Learn New Vocabulary:** feminism

**Resources and Visual Aids:** "Rayo de Luna":  
<https://lyricstranslate.com/en/rayo-de-luna-streak-moon.html>

"Rayo de Luna" handout: <https://artsphere.org/blog/poetic-inspiration-lola-rodriguez-de-tio/>

**Access Our Instructional Video:** <https://www.youtube.com/watch?v=GNJlcl95eeM&t=109s>



## Your Destination:

Family is an essential part of any society, the values and lessons taught will go a long way in forming a member's perception on different things. From cultural views to political views to everyday life, family plays a big role in how members of the society are raised. Different societies have different cultures and these cultures can influence many things. For instance, in the Puerto Rican culture, family influences marriage, child bearing and rearing, and even business interactions. It may sound cliché, but family is the foundation for any functioning society. In this section, we will be looking at how family influences different aspects of the Puerto Rican culture.



[family.lovetoknow.com](http://family.lovetoknow.com)

**Large Families** In the Puerto Rican culture, it is more common to see large families as opposed to the American culture. Extended families consisting of aunts, uncles, cousins and grandparents is something that would be seen in a typical Puerto Rican household. These members also play important roles in the raising of children of the family. There is a saying that goes, "it takes a village to raise a child," in the case of a Puerto Rican household it might not take a village to raise a child, but it surely takes a family. Usually a man takes the role as the head of the house, but there are families where women pick up leadership roles, which has become more common since the 1900's. In the case where a family has both a working father and mother, the responsibility of raising the children falls on the grandparents and other members of the extended family.



[aldianews.com](http://aldianews.com)

Family is so important to Puerto Ricans that they typically do not send their elderly to nursing homes. Instead, elderly Puerto Ricans live with their grown children and possibly help with the upbringing of younger members of the household. The opinions of the elderly are also sought after and respected. Most cultures equate wisdom with age and the Puerto Rican culture might be one of such.



[latintimes.com](http://latintimes.com)

*[Continued on next page]*



**The Modern Puerto Rican Family** Traditional families where the power structure and leadership usually favors men still exist; however, the affiliation with America has led to a gradual change in how the family concept is perceived. Higher divorce rates have led to increase in the number of single parent households. Family culture and honor is still significant, but it is important to acknowledge that the family dynamic is changing. No matter how family changes, it will always be an important part of society especially in a society/culture like the Puerto Ricans.

**Sources:** <https://bit.ly/3ycn5GH>  
<https://sites.psu.edu/intercommpuertoRico/family12/>

**On the Path:** Find out where you draw your cultural influences from! Create a project representing your major cultural influences.

**Step 1** Start by collecting information: names of individuals in your family (friends or role models can be included too), where they come from, and one cultural influence that you have observed or have been told about.

**Step 2** Organize this information and how you would like to present it.

**Step 3** Make a design that holds the spaces for you and your list of individuals. (For example, it can be a flower with you in the center, or be like a family tree or a simple outline.)

**Step 4** Put the information in and pictures or drawings that remind you of observed cultural influence.



[linked below for printing](#)

**Group Tour:**

Ask your family where they draw their cultural influences from. Ask what traditions they have in place that have been passed down to them by their ancestors.

**Extend the Journey:**

Investigate online some of these traditions to see how other people celebrate them.

**Learn New Vocabulary:** culture

**Resources and Visual Aids:** The Importance of Family handout:  
<https://artsphere.org/blog/the-importance-of-family/>

**Our Video Series:** <https://artsphere.org/interactive-programs/classes/a-walk-around-puerto-rico/>





# 13. THE KITCHEN IS THE HEART OF THE HOME

**Travel Kit:**  
see below for ingredients

**Your Destination:** *Cook a Puerto Rican dessert!\**

Tembleque, or coconut pudding, is a traditional Puerto Rican dessert made with coconut milk, cornstarch, sugar, and cinnamon. For Puerto Ricans who have migrated from the island, this traditional dessert reminds them of their abuelas at Christmas time.



[salimaskitchen.com](http://salimaskitchen.com)

**Ingredients & Prep:** Make sure you have an adult to help you. Assemble your ingredients:

- Full-fat coconut milk – 2 cans (13.5 oz each),
- Cornstarch – ½ cup (this is a pretty firm tembleque, half the amount for a creamier texture),
- Sugar – 2/3 cup sugar (adjust to taste)
- Salt – A pinch
- Ground cinnamon – ¼ tsp
- Vanilla extract - 1 ½ tsp

Garnish with sweetened and toasted coconut flakes - ½ cup and ground cinnamon.



**On the Path:** *Think about the importance of the kitchen in your household.*

**Step 1** Whisk together dry ingredients.

**Step 2** Gradually add the coconut milk.

**Step 3** Cook the tembleque 5-10 mins in a saucepan on the stovetop at medium heat. Bring to a simmer and stir steadily and continuously until it thickens to leave a ribbon when lifted from the pot. Let cool 5 minutes off the stove.

**Step 4** Rinse the molds with cold water.

**Step 5** Fill your molds.

**Step 6** Gently tap the molds on the counter to release any air bubbles.



[simplyrecipes.com](http://simplyrecipes.com)

[Continued on next page]



**Step 7** Chill the tembleque.

**Step 8** Carefully unmold.

**Step 9** Garnish and serve!

### Group Tour:

Serve your dessert after having dinner with your family.

### Extend the Journey:

Check out these recipes for other delicious Puerto Rican dishes:

Sorullitos de Maíz: <https://bit.ly/3RrP4ZO>

Mofongo: <https://www.foodfidelity.com/mofongo-relleno/>

Learn the real history of barbeque or barbicú by watching this short documentary on Barbacoa Taina:

<https://www.youtube.com/watch?v=8liokkx6cGo>

**Learn New Vocabulary:** *tembleque, mofongo, alcapurrias, bacalaitos, barbacoa*

**Resources and Visual Aids:** Tembleque Recipe handout:

<https://artsphere.org/blog/tembleque-coloring-sheet-recipe/>

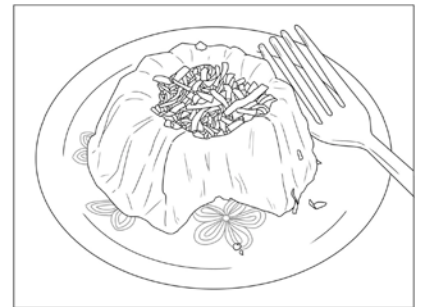
**Access Our Instructional Video:**

[https://www.youtube.com/watch?v=uq\\_zJXLYO9c](https://www.youtube.com/watch?v=uq_zJXLYO9c)

**Food Disclaimer:** We hope you enjoy the inspired and fun recipe featured in our workbook. Art Sphere Inc. is not responsible for the outcome of any recipe you try from the website or any website linked to or from this site. You may not achieve desired results due to variations in elements such as ingredients, cooking temperatures, typos, errors, omissions, or individual cooking ability. Recipes may not have been formally tested by us or for us and we do not provide any assurances nor accept any responsibility or liability with regard to their originality, quality, nutritional value, or safety. Please review all ingredients prior to trying a recipe in order to be fully aware of the presence of substances that might cause an adverse reaction in some users.

### Cooking Tembleque Handout

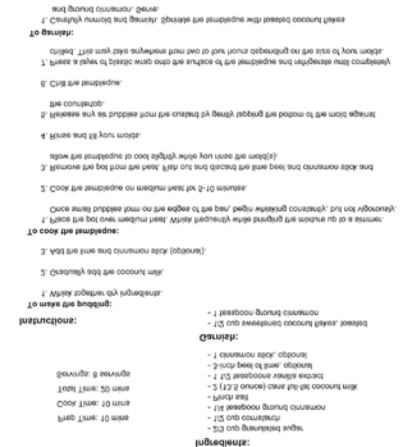
Tembleque, or coconut pudding, is a traditional Puerto Rican dessert made with coconut milk, cornstarch, sugar, and cinnamon. For Puerto Ricans who have migrated from the island, this traditional dessert reminds them of their abuelas in Christmas time. Color and decorate your own tembleque below! See the "Tembleque Recipe" handout for a full recipe on how to make tembleque.



Design by Garry Tobin-Sanders © 2021

[linked below for printing](#)

Design by Garry Tobin-Sanders © 2021



Recipe (Puerto Rican Coconut Pudding) Tembleque

[linked below for printing](#)





**Your Destination:** *Learn about the island to plan an ideal trip!*

Metro Area (San Juan), South (La Parguera), West (Mayagüez), middle of the island (Utuaado)

Living on a Caribbean island, especially one as small as Puerto Rico. comes with many perks. Sandy beaches make up the entire coastline, and they are never too far away. There is a big sense of community because the people are so close together. There is always something to do or somewhere to be. People share stories over food, nature, music, and dance.

The Metro Area, this including the capital San Juan and neighboring municipalities, can be considered the most developed are of the island. Here is the government, the financial district, the airport, and where the island is most densely populated. Life in the Metro Area can be fast paced but there is still time on the weekends to go to the beaches and out to eat.

A community like La Parguera, in the southern municipality of Lajas, has a very different lifestyle than that of San Juan. La Parguera is known for the boat houses in the shoreline. People in this municipality are very much oriented towards boating, fishing, and water sports. For another coastal experience, on the eastern end of the island is Bioluminescent Bay (also called Puerto Mosquito after a pirate ship) where plankton glows at night when touched.

On the west side, Mayagüez, “The Sultanness of the West” is the unofficial capital of Puerto Rico’s west coast. This municipality has become a college town built around the Universidad de Puerto Rico’s Mayagüez campus. Here, nightlife is bustling with youthful energy.

On the center of the island, there is a big mountain range called La Cordillera Central. Here, the municipality of Utuado lies. Utuado is home to one of the most important archeological sites, the Caguana Indigenous Ceremonial Park.

[Continued on next page]



A street in San Juan  
[istockphoto.com](https://www.istockphoto.com)



La Parguera  
[theculturetrip.com](https://www.theculturetrip.com)



Bioluminescent Bay  
[islandjourneys.com](https://www.islandjourneys.com)



La Cordillera Central  
[cntraveler.com](https://www.cntraveler.com)





## 14. WHAT ISLAND LIFE LOOKS LIKE

Being high up in the mountain and close to the Tanamá River, locals go on hikes and day trips to bathe in the river. After Hurricane Maria in 2017, Utuado took a long time to recover. People live in humble wooden homes with zinc roofs that often flew away with the high speed winds of the hurricane. Poverty is rampant, but there is a sense of community found in helping your neighbors.

**On the Path:** *Think of your ideal trip to the island and plan it out!*

**Step 1** Choose your favorite area in Puerto Rico and create a picture of what you would like to do there.

**Step 2** With the help of an adult, find a landmark of that area to add in your drawing.

**Step 3** Fill in the space around the landmark and don't forget to draw yourself in the picture.

### What Does Island Life Look Like To You?

Island life can look very different depending on the geography and location of Puerto Rico. Draw and color what island life looks like to you on this map of the island.



*linked below for printing*

### Group Tour:

Share with your friends where you want to visit and what you'd like to do there!

### Extend the Journey:

Check out what fun stuff you can do around the island!: <https://www.discoverpuertorico.com/>

**Resources and Visual Aids:** Island Life handout: <https://artsphere.org/blog/island-life-handout/>

**Access Our Instructional Video:** <https://www.youtube.com/watch?v=pp5Dh6FaJRU>



## Your Destination:

Federally protected, El Yunque is the only tropical rain forest in the U.S. national forest system. It has a year round tropical climate and tons of biodiversity. Most of the land of the forest is made up of the Luquillo Mountains that are 3,533 above sea level that can get over 200 inches of rain a year. The average temperature here is 73 degrees F, which is perfect for tropical vegetation. The rainforest is home to over 150 fern species and 240 tree species; over thousands of plant types in total (nybg.org). According to the US Forest Service, the forest is also home to 17 species of mammals (many non-native or bats), 97 species of birds, and around 100 reptiles and amphibians (fs.usda.gov). It is home to 5 endangered species and one threatened species, with much conservation work being done to save them.

According to the Discover Puerto Rico website, Playuela in Aguadilla, Puerto Rico, covers 4,000 feet of coastline and five ecosystems. Tourism resorts have impacted these areas, with 137 acres of land being designated for hotel and apartment buildings by the sea. These developments have moved forward despite protest. The organization Save Playuela created a list of 550 species that inhabit the area, including 12 endemic species and eight in danger of extinction.

**On the Path:** *Think of your ideal trip to the island and plan it out!*

**Step 1** Think of a place in nature or an animal species that you love.

**Step 2** Create a posterboard with a slogan to promote its protection.

## Group Tour:

Talk with your friends and family about why this place is so important and what would happen if it was destroyed.

[Continued on next page]



El Yunque National Forest  
[lacgeo.com](http://lacgeo.com)



Puerto Rican Emerald  
[fs.usda.gov](http://fs.usda.gov)



La Cordillera Central  
[cntraveler.com](http://cntraveler.com)



### Extend the Journey:

Video with more information about Playuela:

<https://www.youtube.com/watch?v=yNtyg1V1Hf4>

Learn New Vocabulary: privatization, endemic species

Resources and Visual Aids: Save Paradise! handout:

<https://artsphere.org/blog/save-paradise-handout/>

Access Our Instructional Video: <https://www.youtube.com/watch?v=s54loJJ6-vk>

## Save Paradise! PUERTO RICO

Puerto Rico has many natural wonders and is the habitat to many endangered species, like the hawksbill sea turtle. In the posterboard below, write your own sign about conserving the island's nature. Color in the surroundings!

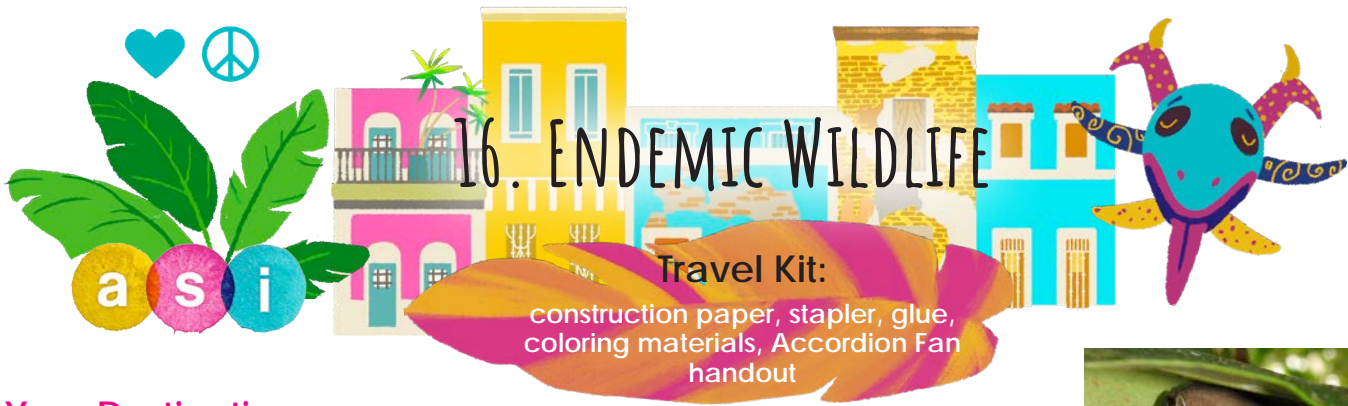


[www.artsphere.org](http://www.artsphere.org) #loveartsphereinc

design by Ginger Mellott 2021

*linked above for printing*





## Your Destination:

Fun fact, the only native mammal in Puerto Rico is the bat! There are 13 native species. ([fs.usda.gov](https://fs.usda.gov))

The hawksbill turtle and leatherback sea turtle are native to Puerto Rico. Both species are in danger of becoming extinct.

The Puerto Rican parrot (La cotorra Puertorriqueña) has lived in the forest for over a thousand years. Although the population has shrunk as forest land turned to cities and farms, the population was revived. It is one of the rarest birds in the world, as it is only found here. They use their green coloring for camouflage in the trees, and eat seeds, flowers, leaves, and bark. They typically fly around in pairs, and are social birds.

The Coqui frog is a tiny one to two inch frog, but despite their tiny size are one of the most widely found frogs in Puerto Rico. It is brown yellow or green and consists of 16 species. Its scientific name means 'free toes' because they don't have webbed feet, unlike many other frogs! They have discs or toe pads that let them climb vertically and stick to trees and leaves. The name refers to the sound they make as they sing from dusk till dawn all through Puerto Rico. They don't have a tadpole stage; rather, frogs with short tails come out of the eggs. "During the time of the Taíno Indians trillions of coquíes serenaded our ancestral home. Many Taíno Indian myths surround the coquí. When you look at Puerto Rican Taíno art you can see that the coquí meant a lot to them. Coquíes are found in much of the Taíno art, like pictographs and pottery." ([ElBoricua.com](http://ElBoricua.com))

**On the Path:** *Think about why it is important to take care of our animals. Make a wildlife hand fan.*

**Step 1** Choose your favorite area in Puerto Rico and create a picture of what you would like to do there.

**Step 2** With the help of an adult, find a landmark of that area to add in your drawing.

[Continued on next page]



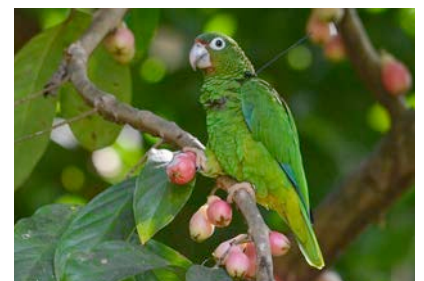
Leaf-nosed bat  
[kaieteurnewsonline.com](http://kaieteurnewsonline.com)



Hawksbill  
[media.fisheries.noaa.gov](http://media.fisheries.noaa.gov)



Common coquí  
[wildlife.ca.gov](http://wildlife.ca.gov)



La Cordillera Central  
[cntraveler.com](http://cntraveler.com)



**Step 3** Make tiny folds going inwards and outwards on each piece of paper.

**Step 4** Fold in half.

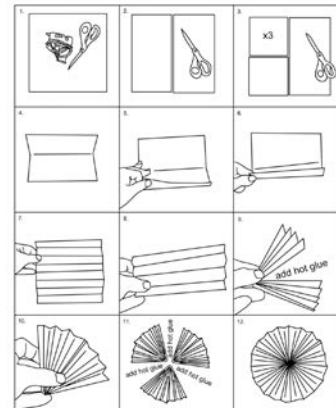
**Step 5** Add glue to each end and glue together!



Baby leatherback turtle  
[fisheries.noaa.gov](https://www.fisheries.noaa.gov)

**Endemic Wildlife**  
 On a piece of paper, draw nature and wildlife that inspires you. Then, follow the instructions below to build your accordion fan!

1. With scissors, cut your piece of paper into 3 parts
2. Make tiny folds going inwards and outwards on each piece of paper
3. Fold in half
4. Add glue to each end and glue together!



CCO www.artsphere.org @artsphereinc Design by Casey Tuben-Sanderson © 2021

*linked below for printing*

### Group Tour:

Ask your friends what their favorite animals are.

### Extend the Journey:

Listen to this little coqui frog singing: <https://www.youtube.com/watch?v=LZUOiZG84c0>

**Learn New Vocabulary:** endangered species, endemic species, threatened species

**Resources and Visual Aids:** Accordion Fan handout:  
<https://artsphere.org/blog/build-an-accordion-fan/>

**Access Our Instructional Video:** <https://www.youtube.com/watch?v=s54loJJ6-vk>





**Your Destination:** *Design your own album cover.*

Reggaetón is the music genre that originated in the barrios of Puerto Rico. Its deepest roots are from Jamaican reggae and dancehall music. This music migrated to the Panama Canal, where Jamaican and Hispanic workers blended their music together to make Spanish reggae. Once this sound landed in Puerto Rico, it was transformed by adding sounds of bomba and hip hop. In 1991 the urban rapper, Vico C, released "Bomba para afincar" which is considered the first reggaetón song.

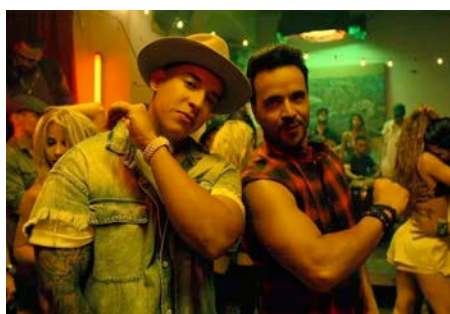


Caribbean workers at Panama  
[bbc.co.uk](http://bbc.co.uk)

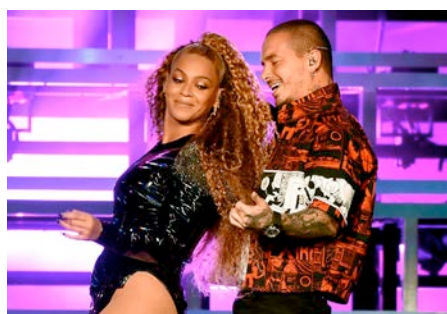
Vico C was the precursor for a number of artists that rose to fame in the 90's including Daddy Yankee, Ivy Queen, Tego Calderón, Calle 13 and Wisin y Yandel. For more than a decade, this music genre was stigmatized by politicians and people in the higher classes for the use of explicit lyrics about living in the hood. However, since then, the genre has evolved a lot. In 2017, Despacito by Luis Fonsi and Daddy Yankee made #1 in the world's top hits. This song's lyrics are more romantic, but the dembow beat, that defines the genre, is still the same. Nowadays, Reggaetón is one of the most listened to genres in the world. Bad Bunny, a Puerto Rican artist started by creating beats in his room and posting them on SoundCloud in 2017, and is now consistently on the top charts of music. He has used this platform and power to create awareness of social and political issues on the island.



Bomba dancer  
[medium.com](http://medium.com)



"Despacito" music video  
[forbes.com](http://forbes.com)



Beyoncé and J Balvin  
[etonline.com](http://etonline.com)



Vico C  
[billboard.com](http://billboard.com)

[Continued on next page]





**On the Path:** Think about what your song would be called and what it would be about. Design your own album cover.

**Step 1** Make a sketch of how you would like your album cover to be, who it would be featuring, and what materials you would like to use.



Bad Bunny album cover



*linked below for printing*



"Tusa" by Karol G and Nicki Minaj single cover

### Group Tour:

Share with your friends what your song name is and what it is about.

### Extend the Journey:

Listen to YHLQMDLG by Bad Bunny:

<https://www.youtube.com/playlist?list=PLvjzcNAktiLlcax-4z0OWzEqWi3K5iwr>

**Learn New Vocabulary:** rap cosnciente or conscious rap, dembow, reggaetón, Jamaican Dancehall, *música urbana*

**Resources and Visual Aids:** Create Your Own Album handout:

<https://artsphere.org/blog/create-your-own-music-album/>

**Access Our Instructional Video:** [https://www.youtube.com/watch?v=0pksoBo\\_My4](https://www.youtube.com/watch?v=0pksoBo_My4)



**Your Destination:**

Art in Santurce is an effort to address social issues in the area, and the increasing economic difficulties (shopping malls that forced local shops to shut down, gentrification, and displacement). Artists try to re-invigorate the neighborhood. There are festivals such as Santurce Es Ley, and Los Muros Hablan, they show how art like graffiti can make a positive difference, and feature local as well as international artists.

Murals address issues and concerns of Puerto Rico and serve as a way to revitalize the area.



San Juan street  
[istockphoto.com](https://www.istockphoto.com)



La Parguera  
[theculturetrip.com](https://www.theculturetrip.com)



Bioluminescent Bay  
[islandjourneys.com](https://www.islandjourneys.com)

**On the Path:** *Think about what message you would want your mural to convey. Create your own mural or graffiti art.*

**Step 1** Lay out your paper. If you wish for it to have a solid background, you can paint it a color, or leave it blank. Lay down any stencils or shapes you have over the paper, or create your own.

**Step 2** Put a few drops of paint and some water in a squirt bottle. Adding more water will make the color lighter and easier to squirt. Spray over the paper and remove the stencils when satisfied.

**Step 3** Once it is dry, you can trace over the shapes left on the paper, or use paint to add anything else you wish to the piece.

*[Continued on next page]*

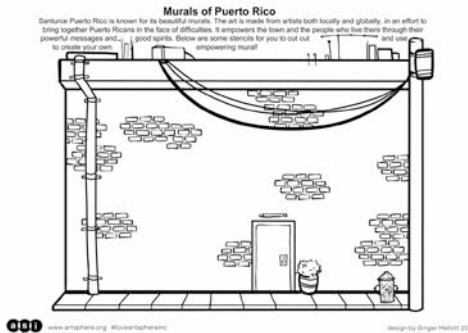


## Group Tour:

Share what inspired your graffiti/mural piece.



Santurce mural  
[discoverpuertorico.com](http://discoverpuertorico.com)



[linked below for printing](#)



Timelapse shot of mural creation  
[linked below](#)

## Extend the Journey:

Lin Manuel Miranda talks about public art all around Puerto Rico:  
[https://www.youtube.com/watch?v=gPCd1elhXug&feature=emb\\_title](https://www.youtube.com/watch?v=gPCd1elhXug&feature=emb_title)

Timelapse video of creating a mural: <https://vimeo.com/83109644>

Learn New Vocabulary: mural

Resources and Visual Aids: Mural Making handout:  
<https://artsphere.org/blog/mural-designing/>

Access Our Instructional Video: <https://www.youtube.com/watch?v=ygPnNfsTL0U>





## Your Destination:

After World War II Puerto Rico's economy shifted from being plantation-based to being industrial. A lot of people lost their jobs and in hopes of higher wages and better opportunities, they left for New York. Puerto Ricans settled in the Bronx, Harlem, Queens and Washington Heights. Here they created communities, helping each other and celebrating their traditions.

The term Nuyorican originated in the 1960's and is associated with an artistic and literary movement that talked about the experience of leaving the island for the big city. The movement was institutionalized in 1973 with the creation of the Nuyorican Poets Café.

Mariposa Fernández coined the term "DiaspoRican" in her poem "Ode to DiaspoRicans (pa' mi gente)." The poem questions the basis on which people judge her for not being a real Boricua. She points out that there are differences between growing up in the Bronx and growing up in the island. However, she points out that being Boricua is a state of heart, mind, and soul. It is so much more than the place, even though there is a yearning to be there.

"Ode to the DiaspoRican (pa' mi gente)"

**Mariposa (Maria Teresa Fernandez):**

<https://genius.com/artists/Mariposa-maria-teresa-fernandez>

**View All Credits:** <https://bit.ly/3fEBLrz>

**On the Path:** *Think about what message you would want your mural to convey. Create your own mural or graffiti art.*

**Step 1** Write a short poem on the lines provided in the handout (alternatively: find a poem you really like online).

[Continued on next page]



Ali Rosa-Salas and Gabriella Torres  
creators of Nuyorican Mag  
[thecut.com](http://thecut.com)



Factory in San Juan 1942  
[lcw.lehman.edu](http://lcw.lehman.edu)



Mariposa Fernández  
[gandydancer.org](http://gandydancer.org)



Step 2 Draw yourself reciting the poem.

Step 3 Color in your picture.



Outdoor area in Downtown Brooklyn set aside for PR diaspora culture 1967  
[thecut.com](http://thecut.com)



[linked below for printing](#)



Locals by LOVE mural painted by Puerto Rican Village volunteers  
[thecut.com](http://thecut.com)

### Group Tour:

Perform and/or read this poem to your friends and family (or just one person).

### Extend the Journey:

Watch *Mariposa* (Maria Teresa Fernandez) perform "*Ode to the DiaspoRican (pa' mi gente)*"  
<https://www.youtube.com/watch?v=UFX3pOLuosw>

Learn about the **Puerto Rican Village** in NYC in the late 60's and see its community organizer, Pablo Avilés's poem at the bottom of the page:  
<https://nuyoricanmag.org/pages/puerto-rican-village>

Learn New Vocabulary: *rap cosnciente* or conscious rap, dembow, reggaetón, Jamaican Dancehall, *música urbana*

Resources and Visual Aids: NuyoRican Poet's Café Handout:  
<https://artsphere.org/blog/nuyoRican-poets-cafe-handout/>

Access Our Instructional Video: [https://www.youtube.com/watch?v=aG8SGe\\_Nn3s&t=1s](https://www.youtube.com/watch?v=aG8SGe_Nn3s&t=1s)



## Your Destination:

Through this course we have learned about the history, arts, and culture of Puerto Rico. From la Bomba y Plena to the Taínos myths to the delicious food that is prepared. Now, how can we take this to the rest of the world? There are 195 countries in this world that have their own history, cultural background, and way of being. Investigate 3 to 5 countries that you would like to visit. Read up on their history! What are some prevalent traditions? What is their best dish? What type of music have they created?

**On the Path:** *Learn about each country's culture. Create a travel book of three to five countries you would like to visit.*

**Step 1** Trace a small bowl to make six to ten circles on a piece of paper.

**Step 2** Cut paper circles.

**Step 3** Fold paper circles in half.

**Step 4** Glue the back of the right half of one circle to the back of the left half of another circle. Repeat.

**Step 5** Decorate the front page and the back page.

**Step 6** Fill with information you found most interesting from your research on the chosen countries.



[dreamstime.com](https://www.dreamstime.com/)

## Group Tour:

Share this information with your friends and family (or just one person).

## Extend the Journey:

Watch this video that explains 10 interesting traditions from around the world!:

<https://www.youtube.com/watch?v=j5da1f7NT4Q>

**Learn New Vocabulary:** vision board, collage

**Resources and Visual Aids:** Book of Inspirations handout:

<https://artsphere.org/blog/book-of-inspirations/>

**Our Video Series:** <https://artsphere.org/interactive-programs/classes/a-walk-around-puerto-rico/>





ABOUT US

Art Sphere Inc. (ASI), founded in 1998, provides meaningful free arts programs for underserved populations in an effort to engage the creativity in communities, empower neighborhoods, explore the positives in peoples' lives, and heal the mind, body, and spirit through the arts.

Working with hundreds of volunteers every year and partnering with numerous civic, academic and governmental organizations, our grassroots events help support inner-city neighborhoods. ASI's in-school, after-school, in-person and online workshops lay the framework for the arts to nourish the character and development of youth, open up a new world of social engagement and reinforce the school curriculum.

We appreciate the generous support of Penn Treaty Special Services District and other foundations and institutions who among our other supporters have paved the way for Art Sphere Inc. to continue to serve the public through on-site and online education programs.



GENESIS INSPIRATION FOUNDATION

Art Sphere Inc. receives state arts funding support through a grant from the Pennsylvania Council on the Arts, a state agency funded by the Commonwealth of Pennsylvania and the National Endowment for the Arts, a federal agency.

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