

Morning Time Plans



Travel
UNIT

Carrie De Francisco
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A NOTE TO THE PARENT

Welcome,



Pour yourself a cup of coffee, put your feet up, and take a little coffee break with me. Let's talk about Family Style Learning using simple Morning Time plans. Our family found the simplest way to homeschool was to learn as much as we could together as a family. We found the easiest way to do this was by setting time aside each morning to do our Bible, memory work, and humanities together. In our home, we called it family time; you may call it Morning Time, Circle Time, Table Time, Basket Time, or something similar.

Each morning, our family would gather at the table for breakfast and devotions. Then we would congregate on the couch and floor in our family room for our family-style lessons. I would read aloud to the kids while they drew something, built something, or created something with their hands. After discussing the book or chapter we read, we would work on memory work, read some poetry, learn a folk song or hymn, write in our journals, play a game (usually math-related), learn about an artist or composer, draw in our nature journals, discuss current or historical events, do some map work, maybe do a science experiment, and from time to time, read a little Shakespeare.

Did we cover all of these things each day? No way! After family devotions and read-aloud, we would do 2 or 3 of the things mentioned as a family before taking a break and moving on to independent work. In this resource, I have compiled for you our Morning Time Plans we did over the years. Each monthly plan suggests topics to read, discuss, memorize, learn, teach, observe, and do.

Use what you like and what appeals to your family. Skip the rest. Each month is "grab and go." Scripture, memory work, poetry, map work, and art prints are printer ready. Links are provided for geography, art, science, and music studies. All you need to do is collect picture books and chapter books to read (I share some of my favorites), print what you need, and start. For more ideas on how to use Morning Time Plans, listen to Coffee With Carrie Homeschool Podcast [Episode #130, "Simple Homeschool Solutions: Let's Get Loopy!"](#)

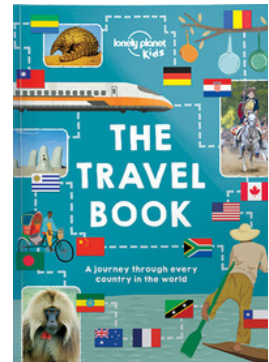
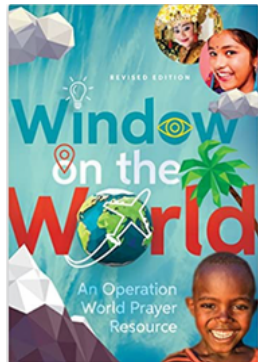
May the Lord bless your homeschooling adventures for His glory,

— Carrie —
DE FRANCISCO



Family Devotions

Start each day in prayer and worship. In this year's Morning Time Plans, you and your family will be "traveling the world." As you "travel," spend each week praying for missionaries around the world. Pray for the people and cultures around the world that do not know the saving grace of Jesus Christ. Learn about different world religions and compare them to the Gospel of Jesus Christ. I recommend using the book, Window on the World: An Operation World Prayer Resource (WOW) by Operation World Resources and edited by Molly Wall and Jason Mandryk. From, October through May, I will suggest countries and cultures to read about from this book during your family devotional time.



Map Work

Create a Map Work Binder for each child (or add these pages to their Memory Work Binder). Each month, print the maps to be learned and memorized. Print one blank map and one labeled map for each child. Place the blank map and labeled map back to back inside a sheet protector. Then place each sheet protector into the Map Work Binder. Another alternative is to purchase Transparent Menu Covers. For younger students, print extra copies of the labeled maps to use as coloring sheets. Each day, trace with a dry-erase marker the labeled map. Once or twice a week, try to label the blank map. Once the country or continent is memorized, try drawing and labeling it from memory. Each week, pick a country to read about in Children's Atlas of God's World (CAofGW) by Froman or in The Travel Book Atlas (TB) by Lonely Planet. For example, if the monthly continent focus is South America, then pick 3-4 countries to read about that are located in South America. For more ideas on how to "travel the world" and do simple map work, listen to Coffee With Carrie Homeschool Podcast Episode #69, "Passport to Learning."



Read Aloud

This is the heart and soul of your family-style learning and morning time. It doesn't really matter which classics or picture books you read; the idea is to spend at least 20 minutes a day reading aloud to your children. However, it is a time (and sanity) saver to read to the entire family books that are related to the topics you are studying in history, science, art, and music. Each month, I suggest a few classics to read as well as give links for recommended picture books. Don't let my recommendations add extra stress to your planning. I often found I could go to the library at the beginning of the month with only a list of topics I wanted to cover, and I could find an abundance of picture books to check out. I personally made more work for myself trying to find the exact books recommended in teacher guides and packed curriculum. Start with the suggested books in each month's Morning Time Plans and then check out or purchase any other treasures you find along the way.

Math Morning Time

Math and games were a consistent part of our morning time routine. While math was usually what my children did during their independent work or one-on-one with me later in the day, I did incorporate math during our morning time through picture books and/or games. Each month, recommended math picture books will be given to read aloud during your morning time. Over the years, I collected quality math picture books to include in our home library. There is an abundance of picture books that teach counting, shapes, and adding skills so I only purchased the ones my kids loved to read over and over again. Then each month, I would get from the library a ton more. New ones come out every year. Surprisingly, there are a ton of math picture books that teach higher-level math skills such as fractions, multiplication, division, probability, decimals, measurement, ratio and proportions, geometry, and even algebraic concepts. This year while "traveling the world" during Morning Time, I highly recommend using the [Count Your Way Through Country Series](#) by James Haskins. Listen to Coffee With Carrie Homeschool Podcast [Episode #19 "Math Morning Time: Tame Those Math Tears and Fears."](#) Check out my [Math Games PlayList](#) at my Coffee With Carrie Homeschool Help YouTube Channel. I share over a dozen simple math games you can play with a deck of cards or a pair of dice. There are games for all math levels, including algebra.



Memory Work

Create a Memory Work Binder for each child. Each month, print the scripture memory verse, poem, song, maps, and/or passages suggested for memorization. Print one of each for each child. Place the memory work pages inside sheet protectors. Then place each sheet into the Memory Work Binder.

Another alternative is to purchase [Transparent Menu Covers](#). When you read, recite, or memorize verses, poems, or passages, they are easy to find and use.

You can also use dry-erase markers to highlight or underline keywords. For more ideas on how to incorporate memory work into your days, listen to Coffee With Carrie Homeschool Podcast [Episode #116, Memory Work: A Podcast To Remember](#).

Poetry

My kids did not enjoy poetry so I had to be intentional about including it. I did this by including at least one poem and one poet in our Morning Time Plans each month. Because this was not an area of interest for my children, I made sure I kept poetry time light and enjoyable. Keep it simple. Read the poem with your family and simply enjoy it. It's really that easy! If you want, ask your children to close their eyes while you are reading the poem. Then after, they can narrate what they pictured in their minds, or they can draw an illustration that goes with the poem. Ask what they liked about the poem and what they didn't like. Focus on a new vocabulary word heard in the poem. If you have time, print the poem and place it in your child's Memory Work Binder. Each day or each week, recite the poem and memorize it line by line. For fun, read the poem with different accents. With older kids, you can analyze the rhyming pattern (if there is one). Teens can look for literary devices in the poem such as personification, alliteration, similes, and onomatopoeia. If your child loves to write, then try creating a few original poems about the same topic or using the same rhyming scheme. I honestly think poetry should be read for enjoyment; it doesn't need to be over-analyzed. For more ideas on how to have fun with poetry, listen to Coffee With Carrie Homeschool Podcast [Episode #93, "Poetry Tea Time."](#)



Nature Study

At the beginning of the year, let each child pick out a new drawing journal.

This will be his/her nature journal for the year. Each week, nature study suggestions and activities are given in the Monthly Morning Time Plans. Feel free to do some, all, or none of them. You can use the activities to supplement whatever you are already doing in science, or they can be your sole science "curriculum" for the year. In the Nature Study section of the Morning Time Plans, drawing, painting, and watercolor instructions, videos, and links are given. The primary objective of doing nature studies is to appreciate God's handiwork in creation, to improve observation skills, to inspire curiosity, and to get outside.

After spending time in nature and drawing something that piqued your child's interest, you can stop there. However, if you want to include more, give your child a verse, poem, or inspirational quote to copy next to his/her drawing. If your child is older, he/she can research the item drawn and write facts about it next to his/her drawing or they can spend time labeling the parts of their drawing. The goal is to observe and enjoy nature. For simple ways to incorporate Nature Studies in your week, listen to past Coffee With Carrie Homeschool Podcast episode.

Art Study

Print in color the masterpiece for the month. In our morning time plans, we scheduled two weeks for our art and artist study. If you would like to learn about the artist and his/her work once a week during the entire month, then search the internet for 2-3 other masterpieces by the artist to use. The first week, start with the masterpiece given in the Morning Time Plans. Then each of the following weeks, focus on a different masterpiece by the same artist. Use the same procedure described in the Morning Time Plans on the Art Study pages. Since we purposefully chose famous artists, it will be easy to research the artist on the internet and to find quality picture books at your local library about each artist to dig deeper into his/her life and works. I highly recommend building your own home library of artist picture books. Check out some of our favorite artist picture book series: [The Katie Books](#) by James Mayhew, [Anholt's Artists Books For Children](#) by Laurence Anholt, [Getting to Know the World's Greatest Artists](#) by Mike Venezia, and [Smart About Art books](#). We also invested in many art and artist card games and board games to play during our Morning Time. It was a great way to review artists we have learned about and to introduce new artists not yet covered. For more information on how to do simple art studies, listen to Coffee With Carrie Homeschool Podcast [Episode #15: "Let's Talk Art Studies: What Are They and How To Start."](#)

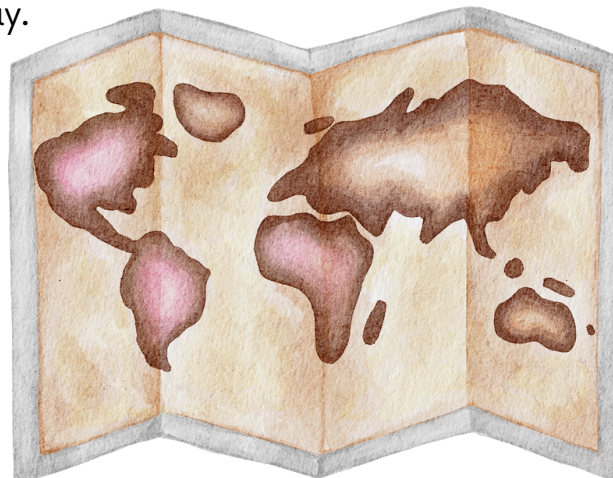
Music Study

In this year's Morning Time Plans, I combined Composer Studies with Folk and Hymn Studies. You can learn a lot about a culture or time period by singing, listening to, and learning American folk songs and folk songs from around the world. In addition, traditional church hymns are full of biblical truths, doctrine, and bible verses. While listening to, singing, and discussing lyrics of traditional hymns, your family will be learning about God and the Gospel of Jesus Christ.

In September and December, I include a composer study. During the remaining months, your family will learn a new folk song or hymn related to the places and cultures discussed that month.

For a composer study, create a playlist of the composer of the month. Start with the musical piece or symphony listed in the Monthly Morning Time Plan. Spend one week learning about the composer, his or her life, the musical era of his/her work, and one or two musical pieces suggested in the plans. Use your playlist throughout the month. Use it as background music when playing, drawing, cooking, eating, driving, cleaning, and resting. The idea is to infuse your family's day with beautiful music. Just listen and enjoy. Eventually, your children will begin to recognize the composer's style or the style of a particular musical era.

For a folk song or hymn study, print the folk song or hymn for each child and place it in his/her Memory Work Binder. Each morning, start with family devotions and worship by singing the hymn together. For fun, listen to and sing the suggested folk song from another country during Morning Time or throughout the day.



November Morning

Time Plans



Travel
South America

Carrie De Francisco
www.coffeewithcarrie.org

Simple Homeschooling 

Scripture

Focus on the memory verse: Matthew 6: 9-13. Throughout the month, learn about Catholicism, which is the prominent religion in South America. Pray for Venezuela, Colombia, & Uruguay from the WOW book.

Map Work

Learn and memorize South America's 12 Countries & Capitals. Older students should draw and label South America from memory. Read about South America (pg 20-219) from CAofGW or by visiting [Travel Guide for Kids](#) website.

Poetry

Read, discuss, and memorize "[Jabberwocky](#)" by Lewis Carroll.

Art Study

Study "Exotic Landscape" and learn about the artist, [Henri Rousseau](#).

Music Study

Listen to "[Bambo de Bambu](#)" which is a Traditional Brazilian song.

Nature Study

Learn about the Rainforest biome and the plants and animals of the Amazon.

Math Work

Recommended math poetry picture books to read this month: [Math Talk](#) by Theoni Pappas, [Math Poetry](#) by Betsy Franco, [Edgar Allan Poe's Pie: Math Puzzlers in Classic Poems](#) by J. Patrick Lewis, and [Marvelous Math: A Book of Poems](#) by Lee Bennett Hopkins. If you can borrow from the library, read [Count Your Way Through Brazil](#) by Jim Haskins. It is out of print but worth the read.

Read Aloud

Read [The Great Kapok Tree: A Tale of the Amazon Rain Forest](#) by Lynne Cherry, "[Slowly, Slowly, Slowly,](#)" [Said the Sloth](#) by Eric Carle, [The Umbrella](#) by Jan Brett, [Over and Under the Rainforest](#) by Kate Messener, [Zonia's Rain Forest](#) by Martinez-Neal, and other picture books about the Amazon people and animals and/or read the chapter book, [Just So Stories](#) by Kipling, [The Secret of the Andes](#) by Clark, or [Jim Elliot](#) by Janet & Geoff Benge

Cultural Connections

In the kitchen, make South American classics such as Brazilian Feijoada, Ceviche, Empanadas, and Dulce de leche. Then play, Trique, a Colombian strategy game similar to Picaura.



Cuisine Spotlight: Brazil

The national dish of Brazil is Feijoada. It is a hearty black bean stew recipe made with meat, black beans, garlic, and tomatoes.

Brazilian Feijoada

INGREDIENTS:

- 2 cans of black beans
- 4 tablespoons extra virgin olive oil
- 1 pound (450g) pork shoulder
- 2 large onions, sliced
- 1 head garlic, peeled and chopped
- 1 pound (450g) corned beef, cut into chunks
- 1/2 pound (225g) fresh sausages, such as chorizo or Italian sausage
- 1 pound (450g) smoked sausage,
- 1 smoked ham hock or shank
- 3 to 4 bay leaves
- Water
- 1 14.5 ounce can (411g) crushed tomatoes



DIRECTIONS

1. Heat the olive oil in a large pot over medium-high heat and brown the pork shoulder. Remove the meat from the pot, and set aside.
2. Brown the onions and add garlic, scraping up any browned bits from the bottom of the pot.
3. Add back the pork shoulder and the other meats. Add enough water to cover all ingredients. Add the black beans (and liquid). Add the bay leaves and cover.
4. Bring to a simmer. Cook gently for 1 hour.
5. Add the tomatoes. Simmer uncovered for 2 to 3 hours.
6. Serve with white rice.



Cuisine Spotlight: Peru

Ceviche is a classic Peruvian dish. It is a traditional Latin American method to prepare and "cook" fresh fish.

Ceviche

INGREDIENTS:

- 2 pounds fresh, deboned red snapper (or other firm-fleshed fish) fillets, cut into 1/2-inch pieces (You can replace with raw shrimp.)
- 1/2 cup freshly squeezed lime juice
- 1/2 cup freshly squeezed lemon juice
- 1/2 red onion, finely diced
- 1 cup chopped seeded fresh tomatoes
- 1 serrano chili, seeded and finely diced
- 2 teaspoons kosher salt
- Pinch ground oregano
- Dash Tabasco



DIRECTIONS

1. In a glass or ceramic casserole dish, place the fish, onion, tomatoes, chili, salt, Tabasco, and oregano. Cover with lime and lemon juice.
2. Cover the casserole dish with plastic wrap.
3. Let sit covered in the refrigerator for an hour, then stir. Make sure the fish gets exposed to the acidic lime and lemon juices. Return to the refrigerator for several more hours, giving time for the flavors to blend.
4. Serve with chopped cilantro and slices of avocado with heated tortillas for ceviche tacos or with tortilla chips.



Cuisine Spotlight: Argentina

Empanadas are hand-sized savory pies that can be found all over South America. In Argentina, every province has its own variety.

Empanadas

INGREDIENTS:

- one package of GOYA® Empanada Dough-Puff Pastry for Baking
- 3 Tbsp. extra-virgin olive oil, divided
- 2 lb. ground beef (20% fat)
- 2 medium onions, chopped
- 2 small red bell peppers, seeded, chopped
- Kosher salt, freshly ground pepper
- 3 Tbsp. ground cumin
- 2 Tbsp. sweet paprika
- 1 Tbsp. dried oregano



DIRECTIONS

1. Brown the meat. Then sautee all of the vegetables and season in the leftover fat.
2. When the mixture cools down, stuff each empanada shell with about 2 Tbsp of filling in the center of each round.
3. Fold round over filling and pinch edges to seal. Using a fork, crimp edges. For a shine, brush with egg whites.
4. Bake at 375 degrees until golden brown and slightly darker around the edges, 25–35 minutes. For added crunch and flavor, deep fry instead of bake..
5. Serve warm.

*Unbaked empanadas can be made 3 months ahead; freeze on a sheet tray, then transfer to freezer bags and keep frozen.**

Cuisine Spotlight: South America

Dulce de leche—Spanish for “sweet [made] of milk”—is a caramel-like sauce popular in Latin American desserts.

Dulce de Leche

INGREDIENTS:

- 1 (14-ounce) can of sweetened condensed milk
- glass pie dish and large rectangle glass dish
- water



DIRECTIONS

1. Preheat the oven to 425 degrees F.
2. Pour the sweetened condensed milk in a pie plate and cover it tightly with foil.
3. Place the covered dish in a larger pan and pour hot water into the larger pan until it comes about 1 inch up the sides.
4. Bake in the oven for about 2 hours (checking every so often to refill with water if needed), or until the desired color and thickness* are achieved.
5. Whisk the dulce de leche to smooth out any lumps.

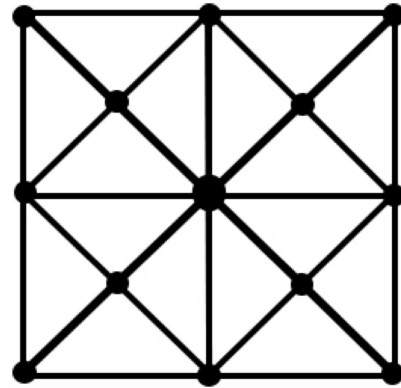
****Dulce de leche can be used in so many different ways. Drizzled over ice cream. Use as a dip for churros, fruit, or cookies or as a filling for cakes, cupcakes, cookies, or macarons. It can also be swirled into your favorite brownies or blondies!****



Trique: Colombian Strategy Game

MATERIALS:

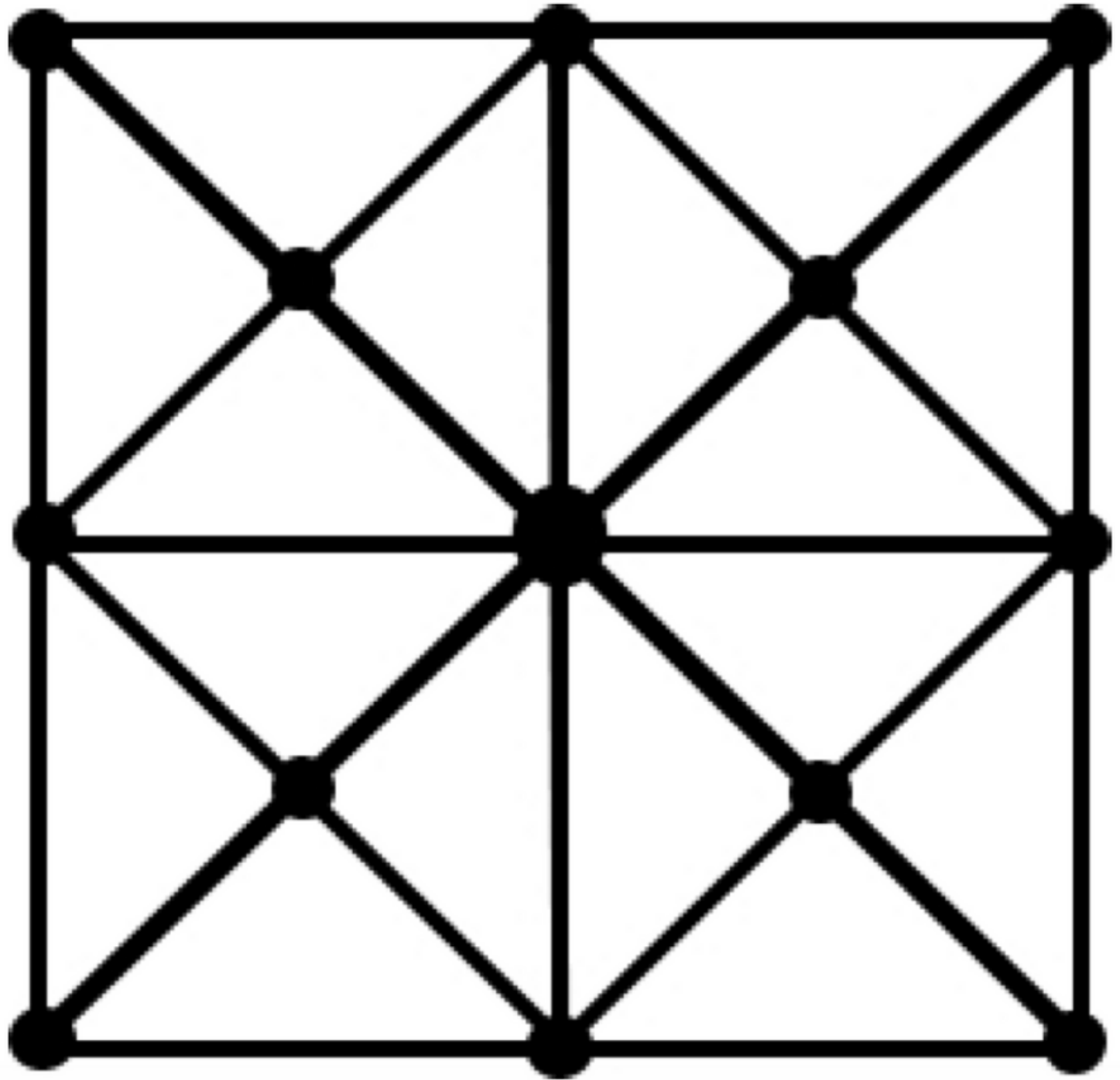
- Board (see next page)
- Two sets of markers with three in each set. You can use two types of dried beans or even checker pieces.



INSTRUCTIONS

1. Start with an empty board.
2. Players choose which color marker each will use and who will go first.
3. Each player takes turns placing one marker on the board until all of the markers have been placed.
4. They cannot place a marker in the very center intersection of the board during this phase of the game.
5. Once all 6 markers have been placed on the board, players take turns moving one piece along a line to a different intersection on the board. During this phase of the game, they can move their markers to the center intersection.
6. Players win by getting all three markers in a row, either in a straight line or diagonally.







Don't forget to
check out other
Coffee With Carrie
RESOURCES



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BOOK



[Just Breathe \(and Take a Sip of Coffee\):
Homeschool in Step with God](#)



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SEPTEMBER: The United States

OCTOBER: North America & Canada

NOVEMBER: South America

DECEMBER: Europe

JANUARY: Australia, New Zealand & Oceania

FEBRUARY: Asia

MARCH: Asia and India

APRIL: Asia and Middle East

MAY: Central America & Mexico

SUMMER: Africa & Antarctica



— Carrie —
DE FRANCISCO

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