

# Passport to Learning

## Morning

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## Time Plans



Travel  
UNIT

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!"](#)

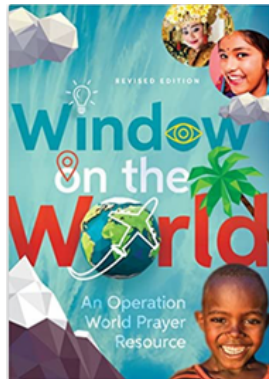
May the Lord bless your homeschooling adventures for His glory,

— 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."](#)

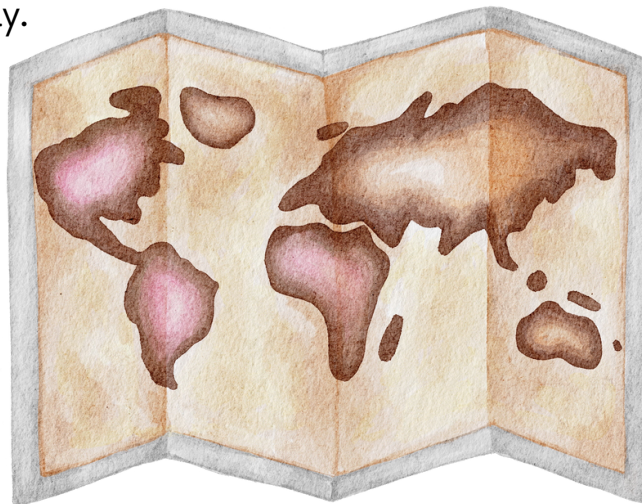
## Music Study

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.



# Summer Morning Time Plans



Travel  
Africa &  
Antarctica

Carrie De Francisco  
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## Scripture

Pray for Egypt, Ethiopia, Zimbabwe, Chad, Madagascar, and Lesotho in the WOW book. Pray for the Pygmy People. Focus on the memory verse: Matthew 28:16-20

## Map Work

Learn and memorize the countries of Africa. Older students should draw and label the countries from memory. Read about Africa (50-59) from CAofGW or visit [Kids World Travel](#) website.

## Poetry

Read, discuss, and memorize "[All Things Bright & Beautiful](#)" by Cecil Frances Alexander.

## Art Study

Study the painting, "[Ramesses the Great and Battle of Dapur](#)" and learn about Egyptian art.

## Music Study

Listen to and learn "[Auntie Bess](#)" a Guyanese Creole folk song.

## Nature Study

Learn about African Savannas and the Antarctica.

## Math Work

Read [Two Ways to Count to Ten: A Liberian Folktale](#) by Dee. Read [Count Your Way Through Africa](#) by Jim Haskins (out of print)

## Read Aloud

Read [Mufaro's Beautiful Daughters](#) by Steptoe, [Anansi the Spider: A Tale from the Ashanti](#) by McDormott, [Why Mosquitoes Buzz in People's Ears: A West African Tale](#) by Aardema, [We All Went on Safari: A Counting Journey through Tanzania](#) by Krebs, [Seeds of Change: Wangari's Gift to the World](#) by Johnson as well as picture books about Africa and Antarctica. Read aloud from one of the following chapter books: [The Boy Who Harnessed the Wind](#) by William Kamkwamba or [Kisses from Katie: A Story of Relentless Love and Redemption](#) by Katie Majors.

## Cultural Connections

In the kitchen, make Ful, (Egypt), Bobotie (South Africa), Peanut Soup (West Africa), Pilau Rice (Kenya), and Akwadu (Equatorial Guinea.) Play [Shisima strategy](#) game (Kenya), Senet (Egypt), [Mancala](#) (Africa), & Dara (Nigeria).





## Cuisine Spotlight: South Africa

Bobotie is a South African dish similar to meatloaf. Ground beef is seasoned with slightly sweet curry, topped with a milk and egg custard, and baked until golden brown. It's delicious!

### Boboties

#### INGREDIENTS:

- 2 tablespoons vegetable oil
- 2 medium onions, minced
- 1 ½ pounds ground beef
- 1 cup milk
- 2 slices thick-sliced bread
- ½ cup raisins
- ½ tablespoon curry powder
- 1 teaspoon apricot jam
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 1 large egg
- 1 pinch salt
- 1 bay leaf



#### DIRECTIONS

1. Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a 9x13-inch baking dish.
2. Cook onions in hot oil until soft, 2 to 3 minutes. Add ground beef into the skillet; cook and stir until brown, 8 to 10 minutes.
3. Pour milk in a shallow dish. Soak bread in milk. Squeeze excess milk from bread and set milk aside.
4. Add bread to beef mixture. Stir in raisins, curry powder, apricot jam, salt, and black pepper. Pour mixture into the prepared baking dish. Bake in the preheated oven for 1 hour.
5. Whisk together reserved milk, egg, and a pinch of salt. Pour over top of beef mixture. Lay bay leaf on top of milk mixture.
6. Continue baking until top is golden brown, 25 to 30 minutes. Remove bay leaf before serving.



## Cuisine Spotlight: West Africa

This West African-inspired peanut soup recipe is a creamy, spicy and vegan soup. Made with a simple combination of peanut butter, tomato paste and collard greens, this soup is perfect for the crock pot.

### Peanut Soup

#### INGREDIENTS:

- 4 cups low-sodium vegetable broth
- 2 cups water
- 1 medium red onion, chopped
- 2 tablespoons peeled and minced fresh ginger
- 4 cloves garlic, minced
- 1 teaspoon salt
- 1 bunch collard greens (or kale), ribs removed and leaves chopped into 1-inch strips
- 3/4 cup unsalted peanut butter (chunky or smooth)
- 1/2 cup tomato paste\*
- Hot sauce, like sriracha (AKA rooster sauce)
- 1/4 cup roughly chopped peanuts, for garnish
- cooked rice (for serving)



#### DIRECTIONS

1. Add one cup of broth and all of the ingredients to the crock pot (except the peanut butter, tomato paste and greens. )
2. Warm a cup of broth or water. Whisk the peanut butter, paste and warm water together until smooth, then pour the peanut mixture into the soup and mix well. Stir in the collard greens and season the soup with hot sauce to taste.
3. Serve over cooked brown rice if you'd like, and top with a sprinkle of chopped peanuts.



# Cuisine Spotlight: Equatorial Guinea

Akwadu is an African Banana Coconut Bake that is traditionally eaten for breakfast in Equatorial Guinea.

## Akwadu

### INGREDIENTS:

- 4 plantains (or bananas)
- 1 cup shredded coconut
- ½ cup orange juice
- ¼ cup sugar
- 3 tablespoons unsalted butter , melted
- Juice of 2 lemons
- Cinnamon
- Honey



### DIRECTIONS

1. Preheat oven to 400F/200C.
2. Cut the bananas into thick slices. Arrange them in a baking dish.
3. Pour the butter. Drizzle the orange and lemon juices.
4. Sprinkle with cinnamon. Sprinkle generously with brown sugar and coconut.
5. Bake for 10 minutes.
6. Remove the bananas from the oven and put a little honey on each.
7. Return to oven in grill position and brown the top (about 2 minutes but watch closely)

\*\*If using plantains, cut the bananas in half lengthwise without removing its skin. Score the flesh of the bananas. Arrange them in a baking dish. Then follow the recipe above.\*\*



## Cuisine Spotlight: Egypt

Ful mudammas is made with hearty, creamy fava beans and loaded with flavor from ground cumin, fresh herbs, and a zippy lemon garlic sauce.

### Ful

#### INGREDIENTS:

- 2 cans plain Fava beans (or cannellini beans)
- ½ cup water
- Kosher salt
- ½ to 1 tsp ground cumin
- 1 to 2 hot peppers, chopped (jalapenos will work here)
- 2 garlic cloves, chopped
- 1 large lemon juice of
- Extra virgin olive oil
- 1 cup chopped parsley
- 1 tomato, diced



#### DIRECTIONS

1. In a cast iron skillet, add the fava beans and ½ cup water. Warm over medium-high heat. Season with kosher salt and cumin. Use a potato masher or fork to mash the fava beans.
2. Smash together the hot peppers and garlic. Add in juice of one lemon and stir to combine.
3. Pour the garlic and hot pepper sauce over the fava beans. Add a generous drizzle of extra virgin olive oil. Top with chopped parsley, diced tomatoes, and a few slices of hot peppers, if you like.
4. Serve with pita bread, sliced veggies and olives.





## Cuisine Spotlight: Kenya

East African Pilau is a traditional, beautiful fragrant rice dish made with many aromatic spices that adds an amazing depth of flavor to the rice.

### Pilau Rice



#### INGREDIENTS:

- 1 teaspoon cloves
- 2 tablespoon cumin seeds
- 1/2 tablespoon black peppercorn seeds
- 12 pods Cardamon
- 1 stick cinnamon
- 2 cups basmati rice
- 5 potatoes medium size [peeled and cut into quarters]
- 1/4 cup vegetable oil
- 2 Red onions medium size [thinly sliced]
- 4 cloves garlic minced
- 2 tablespoons ginger minced
- 1 serrano chile finely chopped
- 1 tablespoon pilau masala
- 2 beef stock cubes
- 1/4 cup fresh cilantro roughly chopped
- 1 lb beef sirloin cubed
- 3 Roma tomatoes diced
- 4 cups water
- 2 Bay leaves
- Salt to taste

#### DIRECTIONS:

1. Make Pilau spice blend. Place the cumin, black peppers, cinnamon, cardamom and cloves in a dry pan. Roast over low heat until warmed through and fragrant. Mix together. Use 1-2 TBS for seasoning.
2. Saute onions in the oil. Add garlic, ginger, and pepper.
3. Add the cubed beef, pilau seasoning, beef stock cubes, bay leaves, cilantro, and salt to taste. Cook till meat is browned.
4. Add the diced tomatoes and cook for 4-5 minutes.
5. Stir in the potatoes and the water. Bring to a boil and cook for 10 minutes.
6. Stir in the rice, and cover tightly. Reduce the heat to low and cook for 20 minutes, until the rice is cooked and the liquid is absorbed.

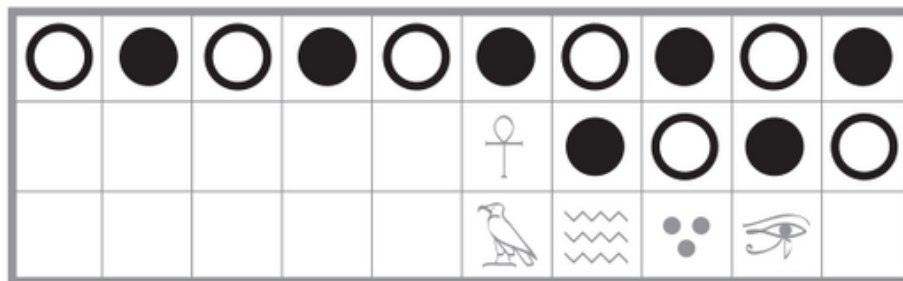


## Senet

Senet is an ancient Egyptian board game. Its full ancient name was senet net hab, which means 'game of passing through'; this is because the aim of the game is to get from one end of the board to the other.

### MATERIALS:

- Two players
- A game board
- 7 counters for each player (14 in total) Pennies and dimes work well
- One dice



### DIRECTIONS

1. Place the pieces on the top row (squares 1 –15) of the board alternating between counters. See diagram above.
2. Roll the dice to move one of your pieces. One square can only have one piece on it at a time.
3. Pieces can jump over other pieces and can swap places with the opponent's piece if it lands on its square.
4. A row of three or more of the same pieces can form a "blockade." This cannot be jumped or swapped by an opponent. You can jump over your own blockade.
5. You must make a move if it is possible. If no move is possible, you pass your turn.
6. The first player to get all their pieces off the board wins.

# Senet

## Special Squares



**Square 15:** House of Rebirth, starting square and the return square for the pawns reaching square number 27.



**Square 26:** House of Happiness, a mandatory square for all the pawns.



**Square 27:** House of Water, a square that can be reached by the pawns located on squares 28 to 30 which moved back when their throws did not allow them to exit the board. They have to restart from square 15.

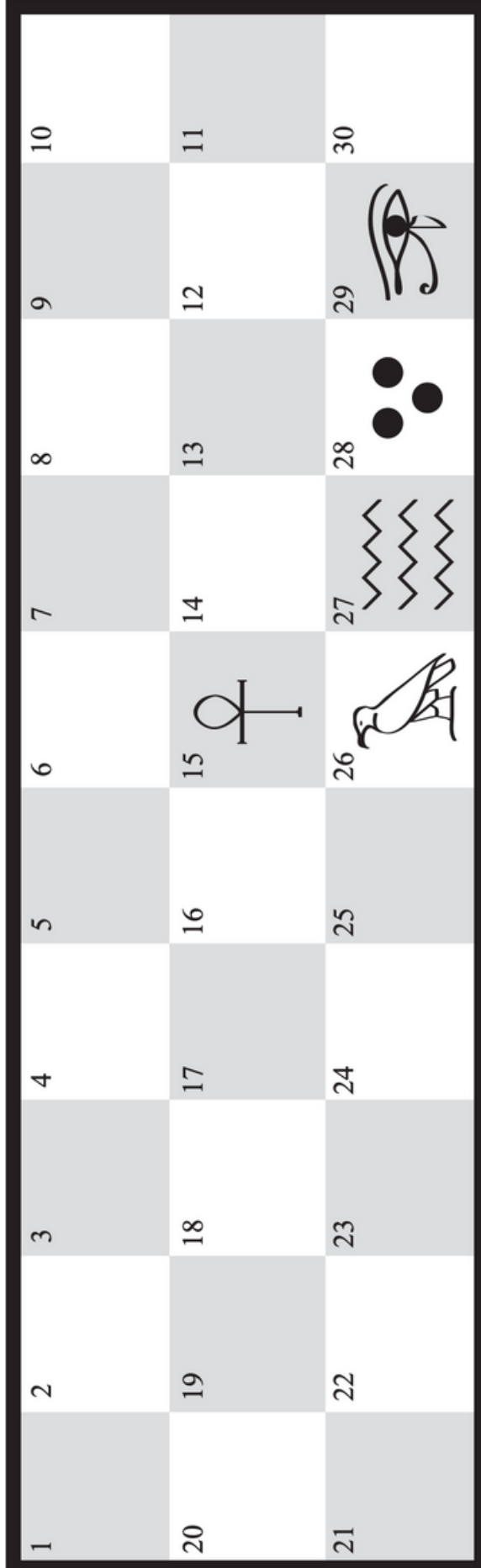


**Square 28:** House of the Three Truths, a pawn may only leave when a 3 is thrown.



**Square 29:** House of the Re-Atoum, a pawn may only leave when a 2 is thrown.





# Dara

Dara, a game played in Nigeria by the Dakakari people, as well as in Mali, does not end with the first 3 in a row. The object of the game is to capture your opponents tokens so that he can no longer make three in a row. (In other words, until he has only 2 tokens left.)

## MATERIALS:

- 12 tokens, in two colors
- Game board (6x5 grid)

## DIRECTIONS

1. There are two phases. The "drop phase" and the "move phase".
2. In the Drop Phase, players alternate placing their tokens on the game board. Once all tokens have been placed, the move phase begins.
3. Players take turns moving their tokens, one at a time, in an attempt to make 3 in a row. Once a player has made three in a row, he can remove one of his opponent's tokens from the board.
4. You may not have more than 3 tokens in a row, and you are not allowed to make 3 in a row during the drop phase. You may not capture an opponent's token when it is part of a 3 in a row he made.
5. No diagonal moves are allowed.



# Dara






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DECEMBER: Europe

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APRIL: Asia and Middle East

MAY: Australia, New Zealand & Oceania

SUMMER: Africa & Antarctica



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