

Four Ways to Involve Your Family with the Nations

Foodie Fix

- Treat your little ones to some ethnic foods! [Kid World Citizen](#) has some great recipes you can make for or with your kids, like these [Moroccan snacks](#). As you say grace, pray for the country your food represents.

Pray over the Globe

- Do you have a globe at home? Spin it and pin your finger on a country. Research online how that country is doing in this current season, and take a minute to pray for them. Don't have a globe? Look up which countries start with the first letter of your kid's name, and pick one from the list!

Discover through Pen Pals

- Help your kids [connect with pen pals](#) in Muslim countries. This is a great way to open up their eyes to other people, religions, cultures, and countries!

Learn a Language

- Now is a perfect time to encourage your kids to learn some phrases in a foreign language. Check out [Omniglot](#), an online encyclopedia of languages, to find everyday phrases in a variety of tongues. The site also features audio clips so you can learn to say the phrases accurately! You could also try putting sticky notes on five household items per day, allowing you to learn 35 new words in a week!

