

WORLD MAP

DOWNLOADABLE ACTIVITY BOOK



MINDFUL & CO

...
KIDS

CONTENTS

Introduction	3	Memory Game	14
Why Is It Important To Be Mindful Of The World?	4	Capital Cities	15
Name Your Continents	5	Extinct Animals in the 21st Century	16
Name Your Oceans	6	Animals Near Extinction Now!	17
Landmarks Around The World	7	Endangered Animals	18
Rivers, Lakes and Waterfalls	7	Maze Puzzle	19
Quick Quiz	8	Spot the Difference	20
Animal Word Finder	9	Colouring In	21
Word Maker	10	Colouring In	22
Fun Facts	11	Answers	23
Word Scramble	12	Notes	24
Circle It	13	Thank You	25

WELCOME TO THE MINDFUL AND CO KIDS WORLD MAP PUZZLE AND ACTIVITY BOOK!

We know that a global mindset is best taught by parents at home and supported by teachers at school. This knowledge is what sparked the idea to create the World Map Floor Puzzle and Activity Book that you hold in your hands.

Building your puzzle together will spark conversation. Spend time with your little one discussing the places you see, the animals that reside there, the special traditions of each country and continent, and the wonderful people that make these places so unique.

Throughout this book, we've done the heavy lifting – you can use your World Map Activity Book to support and guide these discussions whilst building your World Map Floor Puzzle together.

Beyond the Book and Puzzle, there are so many other ways to harness a global mindset within and around the four walls of your home. As important for parents as it is for children, here are some ideas to expand the global mindset of your little person.

- Visit your local restaurants with a focus on international cuisine. Try new dishes together and talk about the clothing, ornaments or customs you may notice around you.
- Bring a diversity of food, music, art and film into your home to transport your family to faraway places!

- Head to the local library to discover inspiring books and open little minds up to the world around them.
- Bring a new language into your home. Chances are you already know a thing or two about another language – why not pass it on? Your child will be more willing to learn than you realise.
- Invite your children to listen to global stories from friends or family members who have travelled or lived in different countries.
- Share photos with your children from your past adventures.
- Spend time with a culturally diverse group of people.
- Explore your own backyard. Local travel alone will do wonders for the growth mindset of children.

As we enter into this new era together, we are excited and open to learning how the world will be connected. It's never been more important to have a global mindset than it is now, and we can't wait to show your little one the world around them, because it really is so utterly beautiful.

Come with me and let's explore!

Jacqueline Yeats

Founder of Mindful & Co Kids

WHY IS IT IMPORTANT TO BE MINDFUL OF THE WORLD?

Today, our children are global citizens. While providing them with the understanding of the world around them not only expands their mind beyond their own little world, it also gives them a deeper understanding of their place within it. When they begin to learn about the planet, its people and its places, their mindset shifts and grows.

A knowledge of foreign cultures and languages is important for many reasons. Opening up the world to our sons and daughters, especially at a time when borders are closed, begins at home.

Instilling a global awareness in our children is a critical component of education, one that should be fostered and nurtured as much as English or Maths.

So, why does a global mindset matter?

- It supports emotional strength and stability.
- It increases open-mindedness, resilience and flexibility when faced with new and difficult tasks.
- It fosters mindfulness and self-awareness.
- It encourages empathy and the ability to listen to others.
- It develops curiosity and creativity; traits that can never be replaced by artificial intelligence.

- It sets children up to thrive in a world without borders, through business, work, relationships and life.
- It allows children to problem solve, work collaboratively and tackle challenges head on.

These life skills are important to establish at an early age, as they become more difficult to teach later in life. Raising global citizens is not an option, it's a necessity. The collective challenges of our future, particularly climate change, require a future generation that is open-minded, flexible and collaborative. If we are to tackle problems that we face as a global society, we need to learn to listen to one another and understand how other cultures live.

Children of this mindset will not only thrive on a business and career stage, but they will also uphold the kind of emotional intelligence that comes with a global mindset; the kind that creates good and effectual change.

It's time to open your doors and invite the world inside. Let's begin our global adventure!

Name Your Continents

Write each continent of the world on the map:

- Europe
- Asia
- Africa
- Oceania
- North America
- South America
- Antarctica



Name Your Oceans

Write each ocean of the world on the map:

- Pacific Ocean
- Atlantic Ocean
- Arctic Ocean
- Indian Ocean
- Southern Ocean

You can also google the seas of the world and find out where they are too...



Landmarks Around The World

How many landmarks can you guess?

Put the corresponding country or city letter next to each one:

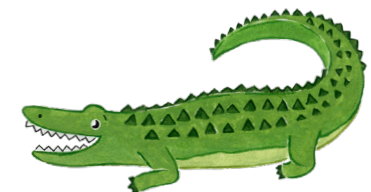
- ___ 1. Eiffel Tower
- ___ 2. Buckingham Palace
- ___ 3. Statue of Liberty
- ___ 4. Sphinx
- ___ 5. Ha Long Bay
- ___ 6. Leaning Tower of Pizza
- ___ 7. Victoria Falls
- ___ 8. Acropolis of Athens
- ___ 9. Uluru
- ___ 10. Mount Fuji
- ___ 11. Grand Palace
- ___ 12. Machu Picchu

- | | |
|--------------|-------------|
| A. Egypt | G. London |
| B. Italy | H. Zimbabwe |
| C. France | I. Greece |
| D. Japan | J. Vietnam |
| E. Peru | K. New York |
| F. Australia | L. Thailand |

Rivers, Lakes & Waterfalls

Match the continent to these iconic rivers, lakes and waterfalls by drawing a line to match up.

- | | |
|---------------|---------------|
| South America | Mekong River |
| Europe | Nile River |
| Asia | Waikato River |
| North America | Iguaza Falls |
| Oceania | Loch Ness |
| Africa | Niagra Falls |

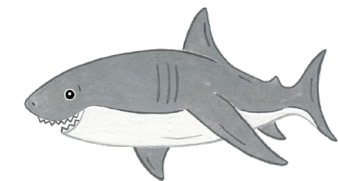
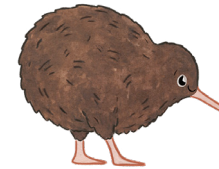
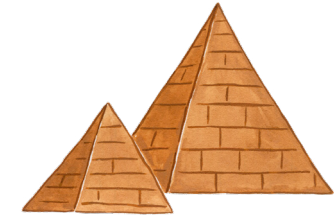


Quick Quiz

How many questions can you answer correctly?

1. Where are the pyramids?
2. The longest river in the world is?
3. The earth could not survive without which star?
4. Australia's biggest red rock is called?
5. Another name for America?
6. Bear found in China?
7. How many planets in our Solar System?
8. Name the tallest mountain in the world?
9. Where is the longest wall in the world?
10. Which ocean is the largest on our planet?
11. Where is the tallest building in the world?
12. Which country is the Kiwi Bird native to?
13. What was the name of then Iconic Australia Man known as 'The Crocodile Hunter'?
14. Is a great White Shark a fish or a mammal?

Find the correct answers on the answers page....



Animal Word Finder

LLAMA

TIGER

FALLOW DEER

DOLPHIN

KILLER WHALE

ALBATROSS

FLAMINGO

KANGAROO

GIANT PANDA

MOOSE

ALLIGATOR

BLACK BEAR

RED FOX

ELEPHANT

SQUIRREL

KIWI BIRD

POLAR BEAR

EAGLE

ORANGUTAN

KING COBRA

R	A	E	B	R	A	L	O	P	M	O	F	X	N
O	O	R	A	N	G	U	T	A	N	G	A	O	A
L	G	A	L	L	I	G	A	T	O	R	L	F	I
B	L	A	C	K	B	E	A	R	E	E	L	D	I
R	H	A	O	G	N	I	M	A	L	F	O	E	D
T	L	D	M	O	O	S	E	E	N	R	W	R	O
N	A	D	N	A	P	T	N	A	I	G	D	A	L
A	K	A	N	G	A	R	O	O	D	E	E	I	P
H	K	I	L	L	E	R	W	H	A	L	E	A	H
P	R	K	T	I	G	E	R	E	O	G	R	M	I
E	D	R	I	B	I	W	I	K	R	A	L	A	N
L	K	I	N	G	C	O	B	R	A	E	S	L	A
E	S	Q	U	I	R	R	E	L	G	B	L	L	N
S	S	S	O	R	T	A	B	L	A	E	B	D	T

Word Maker

How many words of three letters or more can you make from the letters here – each word must contain the centre letter 'E'.

Also can you guess the one 9 letter word
(hint – They roam in Africa & India)

Score:

15-25 words – Very Clever!

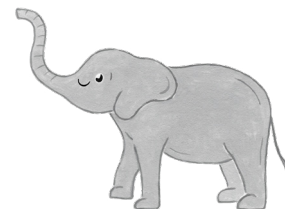
25 – 35 Words – Amazing!!

35 or more - Brainiac!!!

E	A	T
H	E	S
N	L	P

FUN FACTS

- Olympus Mons is on Mars and is the tallest mountain on any planet in our Solar System. It stands at 21.9 Kilometre's high (about 2 ½ times taller than Mount Everest).
- A snail can sleep for 3 years at a time!!!
- Sharks kill fewer than 10 people a year but humans kill 100 million sharks per year 😞
- If all the blood vessels in one adult human were laid out in a line it would be 100 thousand kilometres long and could circle the world globe 2 ½ times!! Our bodies are AMAZING 😊
- Jupiter is massive and the largest planet. Imagine if you gathered all the other planets together – Jupiter would still be 2 ½ times bigger. WOW!
- A dog sense of smell is about 40 times stronger than a human.
- The Lion Mane Jellyfish is the largest Jellyfish with a recorded specimen having a bell diameter of 2.1 metres and tentacles up to 36.6 metres long! Imagine having those wrapped around you 😞
- There are approximately 23 Billion Chickens in the world – that's a lot of eggs!
- The world's oldest living Cat was 31 Years Old in June 2019.
- When a baby Koala (a joey) is born it is only 2cm long!
- Builders on the Great Wall of China used sticky rice to glue the bricks and stones together. Hungry anyone?
- The longest Tandem Bike ever built had 35 seats. That's Pedal Power!!!
- Elephants create about 1 tonne of poo a week! That's about the size of an average car!



Word Scramble

Unscramble the letters to find the countries that belong to each continent.

AFRICA

YNAKE _ _ _ _ A
TOHSU CFARIA S _ _ _ _ _ _ _ _ A
YIALB _ _ B _ _
GALAREI A _ G _ _ _ A
WAAMIL M _ _ _ W I

SOUTH AMERICA

ZRLBAI _ _ A _ _ _
UERP _ _ _ U
EIHCL _ _ _ _ E
TGANRAIEN A _ _ _ _ _ _ A
EELZVAUN V _ _ _ _ _ _ I _

NORTH AMERICA

ABCU _ _ B _
NAAADC _ A _ _ _ _
ETDUNI TTEASS _ _ _ _ _ D _ _ _ _ _ S
XCIOME _ _ _ _ I _ _
CAIAMJA _ _ _ _ _ C A

EUROPE

CEFNA R _ _ _ _ C _
EGECER _ _ E _ _ _
YILAT _ _ _ I _
SAIUSR R _ _ _ _ _
LTAW EZNSRID _ _ _ _ _ _ R _ _ _ _

ASIA

PAAJN _ _ _ A _
IHACN _ _ I _ _
NAIID _ N _ _ _
GGNOONHK _ O _ _ _ _ _ _
PRISGNEAO S _ _ _ _ _ _ _

OCEANIC

AMSAO _ _ M _ _
WEN ENDLZAA _ E _ _ _ _ _ _ _ _
JIIF _ I _ _
RTLASUAAI _ _ _ T _ _ _ _ _
NGOAT _ _ _ _ A

Circle It

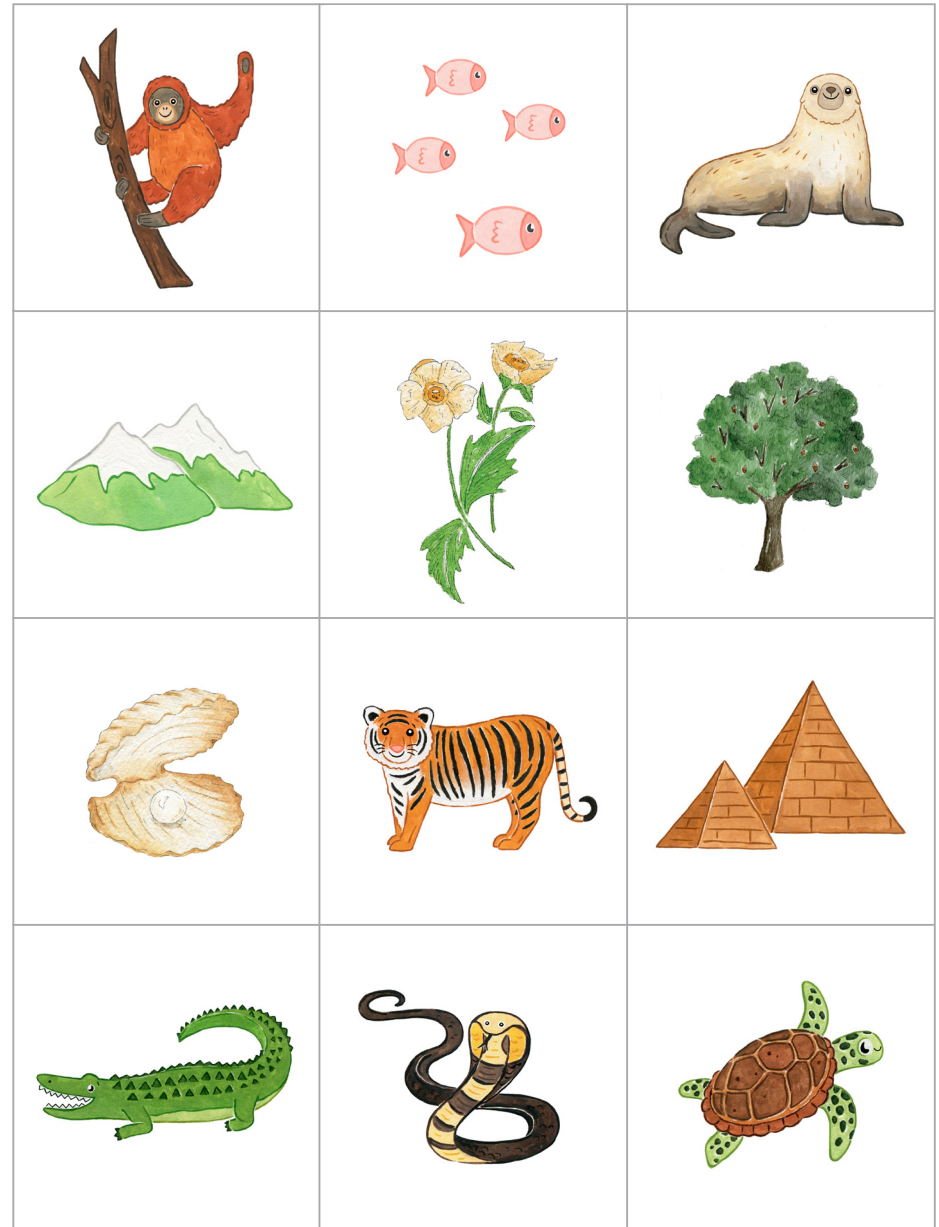
Circle the correct answer from the three options:

1. What country has the largest population? Russia China India
2. What is the tallest mountain in the world? K2 Everest Matterhorn
3. How many Camels are in Australia? 100,000 200,000 300,000
4. How many Countries are in Europe? 23 24 44
5. How many oceans are in the world? 3 5 7
6. What is the largest Sea Creature? Blue Whale Sperm Whale Whale Shark
7. Which is the highest waterfall in the world? Tugela Falls Angel Falls Niagara Falls
8. How many billion people live on earth? 5.6 7.8 9.3
9. How old is the Daintree Rainforest? 50 million years 130 million years 180 million years
10. How many years did it take to build the Sydney Opera House? 4 10 14

Memory Game

How good is your memory?

Study the pictures below for one minute then hide them and write down each one you remember.. No cheating now!



Score:

1-6

Keep Practicing

7-9

Well Done

10-12

Fantastic Memory

Capital Cities

Match the Capital Cities to the country it belongs to by drawing a line to match up.

RUSSIA

FRANCE

SWEDEN

CHINA

INDIA

JAPAN

UNITED ARAB EMIRATES

LIBYA

KENYA

AUSTRALIA

CANADA

MEXICO

NEW ZEALAND

USA

BRAZIL

CHILE

GERMANY

ARGENTINA

PERU

ENGLAND

Canberra

Buenos Aires

Nairobi

Lima

London

Ottawa

Moscow

Tokyo

Berlin

Paris

Mexico City

Brasilia

Tripoli

Stockholm

Wellington

Beijing

Santiago

Washington DC

New Delhi

Abu Dhabi

EXTINCT ANIMALS IN THE 21ST CENTURY

Here are some animals that have gone extinct from each continent in just the past 20 years.

AFRICA

Western Black Rhino

- Due to human poaching for their horns
- Lived 7-8 million years

OCEANIA

The Bramble Cay Melonys (QLD, Australia)

- Due to climate change

EUROPE

The Pyrenean Ibex (Spain)

ASIA

Yangtze River Dolphin (Baiji Dolphin) (China)

- Due to over fishing & pollution of their habitat in the last 50 years
- Lived for over 20,000,000 years

NORTH AMERICA

Eastern Cougar (USA/CANADA)

- European immigrants killed cougars to protect themselves and their livestock plus the destruction of their habitat in later years

SOUTH AMERICA

Alaotra Grebe (Madagascar)

- Due to habitat destruction, water pollution and introduction of carnivorous fish that depleted the Grebe's food supply.



ANIMALS NEAR EXTINCTION NOW!

Northern White Rhino (Africa)

Only two northern white Rhinoceros remain in the world. Both are female and live under constant protection from poaches in Kenya's Ol Pejeta Conservatory.

Javan Rhinoceros (Indonesia)

There are three species of Javan Rhinos – two species are already extinct! The last group live in the western end of Java and only around 60 adults remain. Excessive poaching for their horns and their food source being taken over by Palm Plantations (Palm Oil) Plantations is the reason they are vulnerable.

Vaquitas (USA) World's Rarest Marine Mammal

This tiny Porpoise only lives in the Gulf of California. Due to local fishing they are often caught and drown in nets or they are killed by boats.

It is estimated that only around 10-20 remain alive.

Ivory Billed Woodpecker (South Eastern USA & Cuba)

Thought to be extinct for the previous go years, in 2004 World Wildlife Fund reported that the Ivory Billed Woodpecker had been found in Arkansas. Due to complete loss of habitat being the cause of their demise, WWF are now buying land parcels wherever sightings are reported to try and help keep the species alive.

New Zealand Fairy Tern (North Island)

This dainty little tern is the most endangered of New Zealand's endemic birds. Due to predators and human disturbance only 40 or so birds are left and less than 12 breeding pairs.

Amur Leopard (Northern Russia, Korea, China)

The Amur Leopard is threatened by poaching for its beautiful skin, habitat loss and deforestation. It is estimated that only 30 individuals are left living in the wild. Zoos around the world have a combined collection of approximately 300 Amur Leopards and are crucial in maintaining the species.



ENDANGERED ANIMALS

Just a quick point on one of our favourite species which need our help – Bornean and Sumatran Orangutans (Asia). Approximately 2,000-3,000 Bornean Orangutans were killed every year in the past 40 years alone. Mostly by human activity such as logging, illegal animal trade, deforestation for Palm Oil Plantations etc. This is a loss of more than 50% of their population! At this rate of killing, Orangutans could be extinct within the next 50 years.

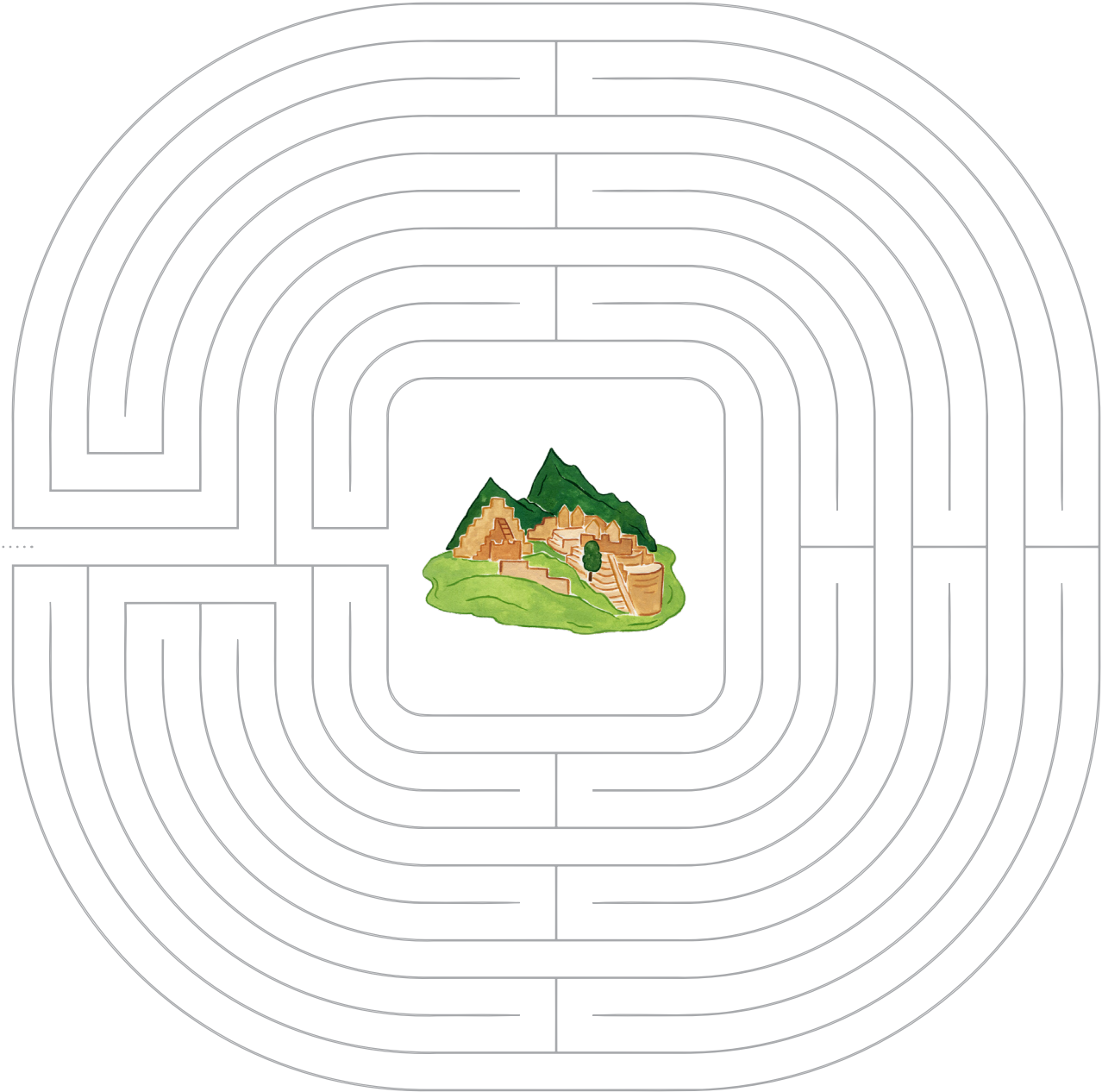
How you can help –

- Shop Palm Oil Free
 - Go to the OFI (Orangutan Foundation International) website and get their Palm Oil Awareness Toolkit and spread the word to family, friends and school friends (Makes a great project).
 - Raise money and donate to OFI for Rambutans Fruit for the Orangutans or you can even foster an Orangutan for a year! (Talk to your teacher, this could be an excellent class project).
 - Go to Wildlife websites and learn about as many endangered species as you can and keep telling people how important they are (try www.earthkids.com for some great information).
 - Visit a Wildlife Refuge and if one is near your home offer to volunteer.
- Be mindful of your local environment. Never Litter and if you walk past some trash, pick it up and put it in the bin. Contact your local council and see when the next beach or creek clean-up is scheduled and volunteer.
 - Turn your backyard or school yard into a wildlife habitat.
 - Tell family to buy eggs, dairy and meat from farms that practice 'free-range' techniques.
 - Plant and grow a vegetable garden without using pesticides and artificial fertilizers. Don't forget to include some flowers for the Honey Bees too 😊



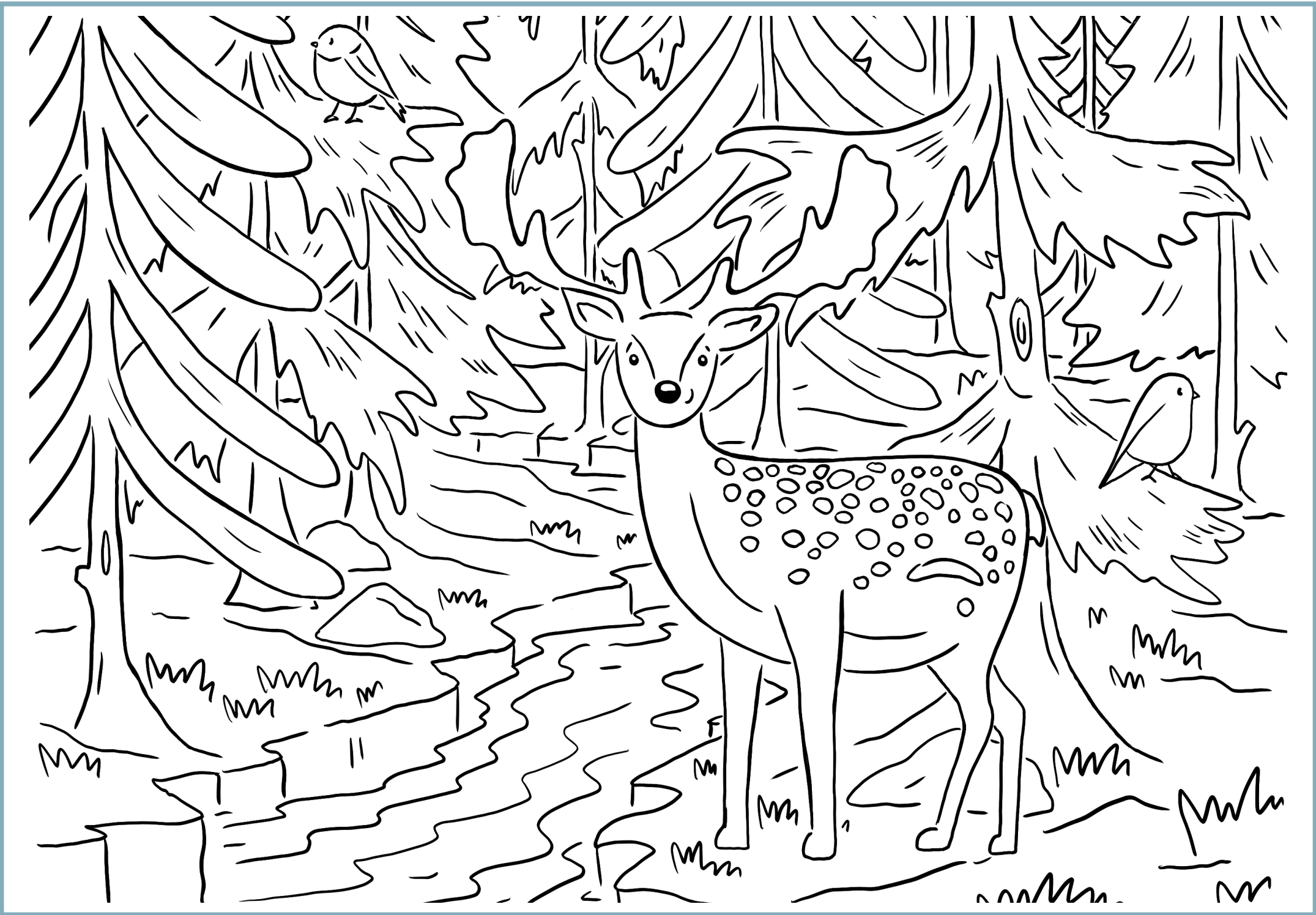
Maze Puzzle

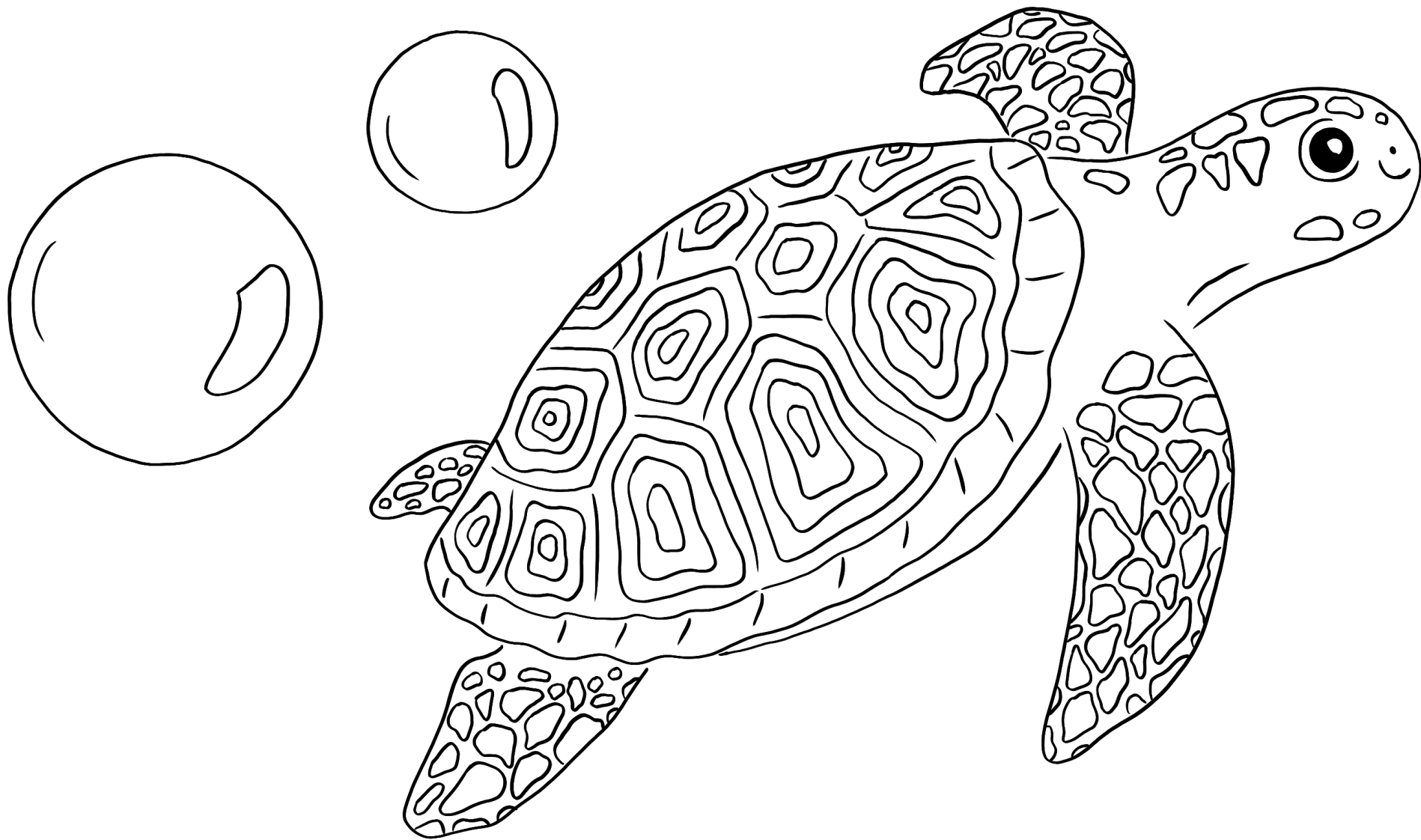
Make your way through the maze
to Machu Picchu!



Spot the Difference







ANSWERS

Word Scramble

Europe

1. France 2. Greece 3. Italy 4. Russia 5. Switzerland

Asia

1. Japan 2. China 3. India 4. Hong Kong 5. Singapore

Oceania

1. Samoa 2. New Zealand 3. Fiji 4. Australia 5. Tonga

Africa

1. Kenya 2. South Africa 3. Libya 4. Algeria 5. Melawi

South America

1. Brazil 2. Peru 3. Chile 4. Argentina 5. Venezuela

North America

1. Cuba 2. Canada 3. United States 4. Mexico 5. Jamaica

Circle it

1. China
2. Everest
3. 300,000
4. 44
5. 5
6. Blue Whale
7. Angel Falls
8. 7.8 Billion
9. 180 Million Years
10. 14 Years

Spot The Difference

1. Dolphin replaced by turtle
2. Missing fish (top left corner)
3. Added fish (left side)
4. Llama's missing tail
5. Different colour antlers
6. Squirrel replaced by penguins
7. Missing tree trunk
8. Second mountain missing
9. 2 waves replaced by 3 waves (left side)
10. Bear's nose
11. Blue fish
12. Pink tree
13. Missing island
14. Missing door on Chichen Itza
15. Eagle's closed eye
16. Missing tree
17. Crocodile's missing spikes

NOTES

Thank You!

YOGA | MINDFULNESS | PLAY

We would love to see pictures of all the places that you take time out for a pause with your activity book. Tag us on social media [**@mindfulandcokids**](https://www.instagram.com/mindfulandcokids)