

SOFIA

AND LOS CAMINANTES

GROWN-UP'S GUIDE



WONDERBOOKS





Some helpful things to know

Why are families leaving Venezuela?

Venezuela was once considered the richest country in Latin America. This was because it has a lot of oil in the ground, and oil is something a lot of people want to buy. But a few years ago, oil became less valuable, so Venezuela suddenly made a lot less money.

Now there are food shortages which mean most Venezuelans don't eat regularly. Basic medicine is very hard to buy and many diseases which were once eradicated are now spreading. People started committing a lot of crimes, like robbery. For all these reasons and more, lots of Venezuelans (about five million) have decided they need to live somewhere safer.

"We were sleeping and they came in through the window," says 15-year-old Rossi. "They took everything – even the food we'd prepared. That's when we decided we should get out of here because all we have left is four walls."*

Why is it so hard to make a home in a new country?

Life can be hard for migrants for a lot of reasons. Bullying is a big one. Mum Valeria* tells us what school is

like for her daughter Isabella*
"At school sometimes her friends don't want to be with her because she's Venezuelan, or because she speaks different, or that she looks different."

Finding a job, getting a school place for children, or finding health care can also be very difficult for migrants. It can make parents feel very sad. *"You have all these dreams for your children, and they have dreams, but they've all gone."* says dad Alejandro*.

How is Save the Children helping kids like Sofia?

In Peru's capital city, Lima, Save the Children is giving families money to spend on what they most need. We're also making sure children and families who have been through so much can get expert psychological care so they can feel happy again.

"I learn dances to show my mum

– as a gift."



Making arepas

Note: Make sure you have a grown-up with you!

An arepa is a grilled cornflour or cornbread 'bun'. They are a much-loved Venezuelan food. Classic fillings include: reina pepiada (chicken with avocado), mayonnaise and red onion, shredded beef, cheese, and even a bit of butter! Yum.

Ingredients

300g pre-cooked white maize flour
600ml water
1 teaspoon vegetable oil
1 teaspoon salt
2 teaspoons butter

Step one

Mix the maize flour, water, and salt until it forms a dough. Your dough should be nice and smooth. Take a small amount of dough and flatten it between your palms. If the edges crack, add more water a little at a time until the dough is smooth (but not sticky).

Step two

Divide into six equal-sized pieces and roll into balls.

Step three

Melt the butter in your frying pan. With your hands, flatten the dough balls into disks about 2cm thick and then place on the pan over medium heat for 3-5 minutes on each side. Your arepas are ready when both sides have some charred spots and a dry crust.

Step four

Remove from pan and rest for a few minutes. Fill with the things you love!

Step five

Share a picture of your beautiful arepas with us on social media, or at wonderbooks@savethechildren.org.uk

To find out more about children who inspire stories like Wonderbooks, visit savethechildren.org.uk

Recipe credit: Sous Chef
Photo credit: Hanna Adcock/Save the Children
*Names changed to protect children and families



Tips for reading this book with your child

Before you read

Have a look at the cover together, and ask *'What do you think this book might be about?'*

While you read

Start each page by asking *'What can you see?'* to give the reader space to respond freely.

After reading

Reflect on the book together. Here are some questions to start a conversation with your little reader:

How would you feel if all we could buy at the supermarket was milk?

Do you think it would be a good idea to move to a place with more food in the supermarket?

What is the longest walk you can remember?

What do you think walking for seven days in a row would be like?

How did you feel when the girls were mean to Sofia?

Have people ever been mean to you?

Why do you think Sofia's new friends gave her a guitar?

Let's make some music

Younger children

Clap or tap out your favourite nursery rhymes or songs. See if you can guess what the song is! Everyone can take turns tapping and guessing.

Older children

Fill some glasses, jars or jugs with different levels of water.

Line them up in order from least to most full. Tap on each glass with a wooden spoon to hear the different sounds it makes.

Now you're ready to compose your song!

If you have any questions about Wonderbooks, email us at wonderbooks@savethechildren.org.uk

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