



Asia Adventure Day

the complete parent guide — every minute, explained

1 / 10

Never run an adventure day before? Perfect — this guide assumes exactly that. Nine pages: every station in steps, every supply linked, and three printables at the back (the Chinese alphabet, the quiz, and the answer key). You've got this.

The Day at a Glance *≈ 4½ hours · suggested clock times*

9:00	Boarding call — passports & takeoff	p. 2
9:05	Mini-documentary (first!) — 5 minutes across Asia	p. 2
9:15	Station 1 · Origami	p. 3
9:55	Station 2 · Calligraphy — names in characters	p. 3
10:35	Station 3 · Sushi rolling	p. 4
11:30	The feast — eat what you rolled + the quiz	p. 4
12:30	The movie (last!) — Kung Fu Panda	p. 5

The Night Before *15 quiet minutes of prep = a smooth morning*

- ☐ Shop everything below (one Amazon cart + one grocery run).
- ☐ Print the printables at the back: 1 alphabet sheet per artist, the quiz, the answer key, the stamps.
- ☐ Cook the sushi rice tonight and refrigerate — or plan 30 min for it in the morning.
- ☐ Hang the lanterns over the table after bedtime. Walking into a transformed room is half the adventure.
- ☐ Queue the mini-documentary on the TV; stack paper + stapler for passports.

Shop It All *tap the gold links — one cart, done*

ORIGAMI — [Amazing Origami Kit \(144 papers + 17 projects\)](#) — the exact kit we used; the whole station in one box.

SUSHI — [bamboo sushi kit \(2 mats, paddle, spreader, 5 chopstick pairs\)](#) · groceries on page 4. CALLIGRAPHY — black tempera or acrylic paint, round brushes, plain paper (craft aisle).

DECOR — [red paper lanterns \(16-pack\)](#) · bamboo placemats if you have them. WATCH — [“Asia — Destination World” \(Nat Geo Kids\)](#) free on YouTube · Kung Fu Panda (streaming).

THE GOLDEN RULE

You don't have to do it all. One station done with your full attention beats three done in a rush — pick what sparks joy, skip the rest, and let the movie carry the afternoon.



Takeoff @ The Mini-Doc

five minutes of film, then hands get busy

2 / 10

Boarding Call *9:00 • 5 minutes*

1 Grab the passports

Your explorer's official passport booklet arrived by mail from the school — the little blue one with gold letters, ready and waiting. Extra explorers joining? Fold 2 sheets of paper, staple the fold: instant passport.

2 You're the captain

Best captain voice: "Flight 2 to Asia — the LARGEST continent on Earth — now boarding!" Passports checked, imaginary seatbelts on.

3 Land @ stamp

On touchdown, stamp every passport — cut-out ASIA stamps are on page 6 of this guide.

The Mini-Documentary *9:05 • 5 min • the MORNING film — the movie comes at the end!*

1 Press play

"Asia — Destination World" by Nat Geo Kids. Short, punchy, perfect for wiggly explorers.

□ Watch it free on YouTube: [Asia — Destination World \(Nat Geo Kids\)](#)

2 Ask two questions after

"Which country would YOU visit?" and "What surprised you?" That's the whole discussion — save the energy for the stations.

How the Stations Work *the engine of the whole day*

1 Three small tables (or one, three times)

Origami table, calligraphy table, sushi table. With several kids, rotate groups every 40 minutes. With one or two, just do the stations in order — same magic.

2 Set each station the night before

Everything laid out and COVERED with a cloth. The unveiling of each station is its own little ceremony.

3 You float

You're not teaching three classes — each station mostly runs itself (steps on the next pages). You wander, admire, and refill paint.

IF YOU ONLY REMEMBER ONE THING

Ring a bell (or bang a pot) at each rotation. Kids will sprint to the next station like it's Christmas morning.



Origami & Calligraphy

paper two ways — folded and painted

3 / 10

Station 1 • Origami *9:15 • 40 minutes*

- 1 **Open the kit**
Papers fanned out by pattern, booklet propped open. Let everyone pick their paper first — choosing is half the joy.
- 2 **Warm up with the cup**
Triangle fold, wrap the corners, open the top — a working paper cup in four folds. Instant win, instant confidence.
- 3 **Crease like you mean it**
Every fold gets a fingernail swipe. Crisp creases are the entire secret of origami.
- 4 **Choose your adventure**
The booklet goes project by project with pictures — flowers, boxes, cranes. Older kids read it themselves; that's the design.
- 5 **Mistakes are models**
A “failed” crane is a very good abstract bird. Name it, display it on the windowsill gallery, keep folding.

Station 2 • Calligraphy *9:55 • 40 minutes • uses the printable on page 7*

- 1 **Set the ink**
A coin of black paint in each palette well, one round brush per artist, plain paper stacked, alphabet sheets (page 7) and a name card (page 8) at every seat.
- 2 **Find your letters**
Each artist finds the letters of their name on the sheet and its matching Chinese character.
- 3 **Pencil first, then brush**
Copy the characters lightly in pencil into the name-card boxes, then paint them big and bold on a fresh sheet. Brush upright; strokes top-to-bottom, left-to-right.
- 4 **Read the box together**
The sheet's “Did you know?” box explains that real Chinese names use whole characters with meanings — worth thirty seconds out loud.
- 5 **Hang the gallery**
Names dry on a line above the origami windowsill. By lunch your house is an art museum.

MESS MATH

Origami cleanup: zero. Calligraphy cleanup: rinse brushes, recycle scraps — 4 minutes. The gallery stays up for a week.



The Sushi Feast

roll it at the station — eat it for lunch

4 / 10

Groceries *serves 4–6*

- ☐ 2 cups short-grain sushi rice
- ☐ rice vinegar, sugar, salt
- ☐ 1 pack nori sheets
- ☐ smoked salmon
- ☐ 2 avocados
- ☐ 1 cucumber
- ☐ 2 carrots
- ☐ cream cheese
- ☐ instant miso soup packets
- ☐ edamame (optional)
- ☐ soy sauce for dipping

The Rice (do first!)

Rinse 2 cups rice until the water runs clear; cook with 2½ cups water. While warm, fold in 3 tbsp rice vinegar + 1 tbsp sugar + 1 tsp salt. Kids fan it while you fold — official job.

Passport stamps: page 6 · Quiz for lunch: pages 8–9.

Roll It Together

- 1 **KIDS · build the filling bar**
Salmon strips, avocado slices, cucumber and carrot sticks, cream cheese — in little bowls down the table. Everyone designs their own combination.
- 2 **TOGETHER · load the mat**
Nori shiny-side down on the bamboo mat. Wet fingers, thin layer of rice, leave a bare strip at the top edge.
- 3 **KIDS · lay the line**
Fillings in one neat line near the bottom edge. Less is more — overstuffed rolls burst (which is also funny).
- 4 **GROWN-UP · the roll & slice**
Lift the mat edge and roll away from you, squeezing gently as you go. Sharp wet knife, 6 slices per roll.
- 5 **TOGETHER · the feast**
Miso soup in cups (just add hot water), soy for dipping, and the great chopstick challenge: finish with chopsticks and you pick the movie snack.

KID-FRIENDLY RULE

Every explorer rolls at least one roll start-to-finish with their own hands. Lopsided is delicious.



Movie Time

the mini-doc opened the day — Kung Fu Panda closes it

5 / 10



Kung Fu Panda



92 MIN · STREAMING · THE CLOSING FILM

How to Land the Ending *the day's reward — savor it*

- 1 **Build the den**
Blankets, pillows, the lanterns still glowing overhead. The origami gallery watches from the windowsill.
- 2 **Snacks**
Leftover sushi (it happens!), edamame, popcorn. Chopstick champions choose first.
- 3 **One quiet minute**
Lights out. One minute of silence under the lanterns before pressing play. Then: Po.
- 4 **The whisper**
When Po fumbles his chopsticks, lean over: "you did that better than a kung fu master today."
- 5 **While the credits roll**
Passports out — check today's stamp, and ask which station they'd teach a friend. (Teaching it back is how it sticks.)

WHY THE ORDER MATTERS

The mini-doc plants the real Asia in their heads at 9:05 — so at 12:30, the movie's world feels familiar. Facts in the morning, wonder at night.



Passport Stamp Sheet

one stamp per explorer, glued in on touchdown

6 / 10

Print this page (plain paper is perfect), cut along the dotted circles, and glue a stamp into your explorer's official passport booklet when the plane lands. Then write the date of YOUR adventure on the stamp's little line — every family's stamp gets its own date. One per explorer; print again if the expedition grows.



Grown-up tip: cutting these is a great quiet job for an early riser while you make coffee.

The Chinese "Alphabet"

Chinese doesn't use an alphabet — it uses characters! Each letter below is paired with the Chinese character that sounds like that letter. Find the letters in your name and copy the characters onto your name card.

A 诶 ēi	B 比 bǐ	C 西 xī	D 迪 dí	E 伊 yī	F 艾弗 ài fú
G 吉 jí	H 艾尺 ài chǐ	I 艾 ài	J 杰 jié	K 开 kāi	L 艾勒 ài lè
M 艾马 ài mǎ	N 艾娜 ài nà	O 哦 ó	P 皮 pí	Q 吉吾 jí wú	R 艾儿 ài ér
S 艾丝 ài sī	T 提 tí	U 伊吾 yī wú	V 维 wéi	W 豆贝尔维 dòu bèi ěr wéi	X 艾克斯 ài kè sī
Y 吾艾 wú ài	Z 泽德 zé dé	<p>Did you know? Real Chinese names aren't spelled letter by letter — each person's name is made of one to three whole characters, and every character has its own meaning, like "bright," "river," or "brave."</p>			

My Name in Chinese

我的中文名字

• one letter per box, explorer



My English name: _____

Find each letter of your name on the alphabet sheet, write the letter on the small orange line, then draw its matching character inside the box — pencil first, brush after!

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

short names leave boxes empty — long names keep going on the next row!

How to say it (pinyin): _____



Asia Explorer Quiz

show what you carried home, explorer!



Explorer's name: _____

- 1 Asia is the _____ continent on Earth.
- 2 Chinese writing uses _____, not letters.
- 3 Sushi comes from which country? _____
- 4 The seaweed wrap around sushi is called _____.
- 5 "Origami" means folding _____.
- 6 Which warm soup did we sip at lunch? _____
- 7 Our three stations came from which two countries? _____ & _____
- 8 Draw the Chinese character you liked best:



Quiz Answer Key

grade generously — enthusiasm counts double

10 / 10

1 the **LARGEST** continent

Also home to about 6 of every 10 people on Earth — worth mentioning.

2 **CHARACTERS**

Thousands of them — and each carries a meaning, unlike letters.

3 **JAPAN**

Bonus nod if they mention rice, nori, or the bamboo mat.

4 **NORI**

Dried seaweed — the shiny side goes **DOWN** on the mat.

5 **PAPER**

Ori = fold, kami = paper. And paper itself was invented in China!

6 **MISO** soup

Made from fermented soybeans — savory, salty, cozy.

7 **CHINA & JAPAN**

Calligraphy from China; origami and sushi from Japan.

8 **Any character!**

Full marks for effort — extra applause if they can say whose name it's from.

MAKE IT A CEREMONY

Read the answers out loud over the last of the sushi. Every correct answer earns a chopstick drumroll on the table; a perfect score earns the front-row blanket for Kung Fu Panda.