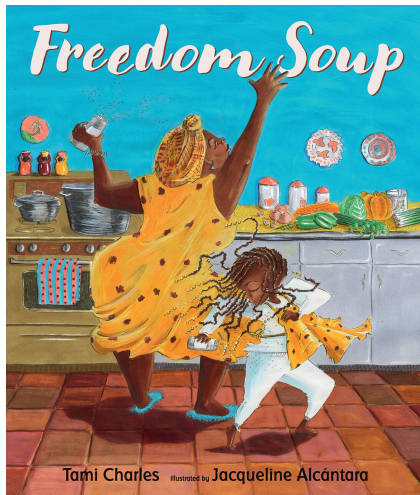




Story Time:

Family Activity Sheet

Celebrate Caribbean Heritage Month with a virtual reading of **Freedom Soup** with author Tami Charles.



Synopsis: Join the celebration in the kitchen as a family makes their traditional New Year's soup - and shares the story of how Haitian independence came to be. This year, Ti Gran is teaching Belle how to make the soup - Freedom Soup - just like she was taught when she was a little girl. Together, they dance and clap as they prepare the holiday feast, and Ti Gran tells Belle about the history of the soup, the history of Belle's family, and the history of Haiti, where Belle's family is from.

[Click here to purchase the book](#)

Discussion

After Reading the Book:

- What are some ingredients that are included in making Freedom Soup?
- What island is Ti Gran originally from?
- Why is the dish called Freedom Soup?
- Why do Ti Gran, Belle, and other Haitians eat Freedom Soup?
- Name a meal that your family eats as part of a family tradition.

Reginald F. Lewis Museum Connection

Mother Mary Lange helped found a black religious community in Baltimore called the Oblate Sisters of Providence in 1828. The child of Haitian parents who fled Haiti during the Revolution, she was born in a Haitian community in Cuba. Lange settled in Baltimore in 1813 among a large community of French-speaking Caribbeans. St. Frances Academy, the school founded by the Oblate Sisters of Providence, is the oldest continuously operating school for black Catholic children in the United States and is still educating children in Baltimore today.



Family Activities

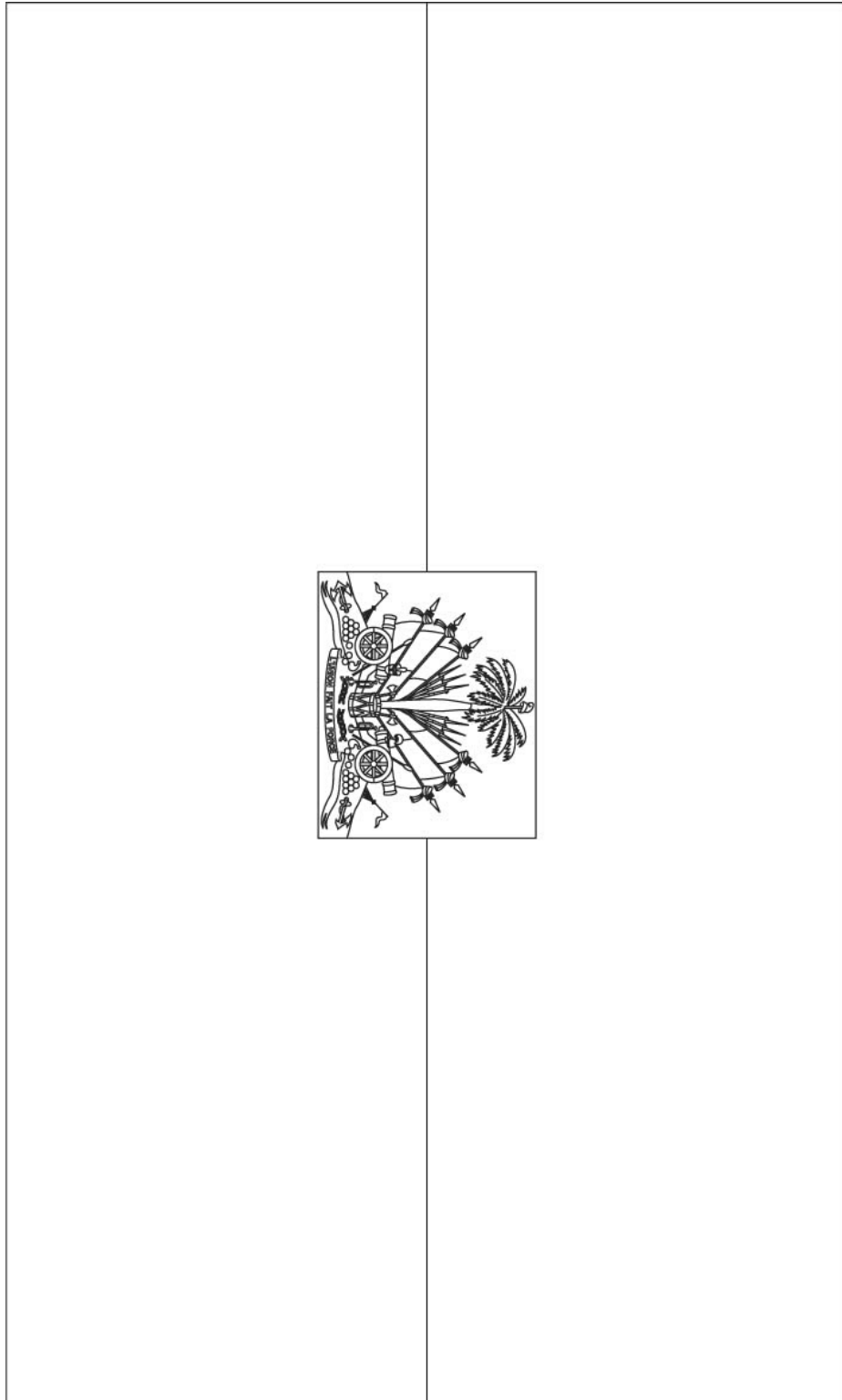
Freedom Soup: Write down or draw what "freedom" means to you or your family in the soup pot below.



Family Activities

Recreate the flag of Haiti

Celebrate Caribbean Heritage Month by decorating the uncolored flag of Haiti below. On the next page is the color version of the Haitian flag.



Republic of Haiti

Capital: Port-au-Prince

Population: 11,722,038 people

Official Languages: French, Creole

Haiti is in the western one-third of the island of Hispaniola. The other side of the island is occupied by the Dominican Republic. The island is mountainous with peaks reaching over 8,000 feet. It is also in a hurricane belt and experiences severe storms from June to October. Haiti is about 27, 750 sq km, slightly smaller than Maryland.



The **official flag of Haiti** was adopted on February 25, 1987. As a former French colony, the blue and red colors are modeled after the French flag. The national coat of arms depicts a trophy of weapons ready to defend freedom, and a royal palm for independence. On the ribbon under the coat of arms is the national motto, "L'Union Fait La Force" which means "Union Makes Strength".

