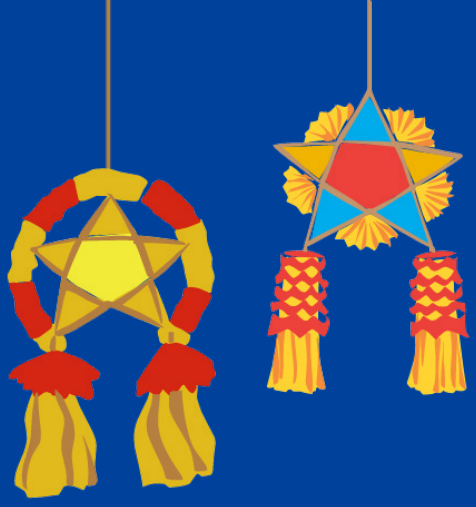

AAPI NEW JERSEY

Celebrate Filipino American History Month in the Classroom

A resource for families and teachers

Enrich your family's or classroom's Filipino American History Month explorations with these thoughtful and engaging recommendations from the members of AAPI New Jersey.

General Activity Ideas

Learn about important moments and people

Learn Filipino words from singing Bahay Kubo

Learn about the Baybayin alphabet

- **An ancient Filipino writing system** used before Spanish colonization. Each symbol represents a syllable, not just a single letter. Once nearly lost, Baybayin is now celebrated as a symbol of Filipino identity and cultural pride.

Food: bring pancit, lumpia, turon, pandesal

Try native fruit like mangosteen & rambutan

Bring traditional clothing like the barong tagalog or terno

Buy coloring sheets

Visit local Filipino businesses

Make a Parol (Star Lantern)

- Tutorial

Dance Tinikling

- A traditional Filipino bamboo dance where two people rhythmically clap bamboo poles on the ground while dancers step in and out of the poles. Often performed to lively music
- **How to Video:** https://www.youtube.com/watch?v=puwpGbxW1g0

Play Tumbang Preso

- **A traditional Filipino street game** where players use a slipper to knock down a can placed at the center. One player guards the can while others try to retrieve their slippers without being tagged.
- **How to Play:** https://asiasociety.org/sites/default/files/inline-files/Day04_Philippines%20Tumbang%20Preso.pdf

Play Sungka

- **A traditional Filipino board game** played with shells, stones, or seeds placed in carved wooden pits. Each turn, a participant distributes pieces around the board, aiming to collect the most in their "home" pit.
- **How to Play:** https://www.beafunmum.com/2017/02/diy-mancala-sungka-game/

Books

Cora Cooks Pancit by Dorina Lazo Gilmore

- Cora finally gets to help her mom cook pancit, a beloved Filipino noodle dish! With warm storytelling and tasty traditions, this book celebrates family, food, and passing recipes from one generation to the next.

When Lola Visits by Michelle Sterling

- A young girl's summer is transformed when her Lola (grandmother) comes to visit from the Philippines. Filled with food, laughter, and love, this story captures the joy of family and cultural traditions.

Pan de Sal Saves the Day by Norma Olizon-Chikiamco

- Pan de Sal feels different from her classmates until her kindness and courage help her shine. A heartwarming story about identity, self-acceptance, and celebrating what makes us unique.

We Belong by Cookie Hiponia Everman

- Two sisters weave together poetry and myth as they uncover their Filipino heritage. A lyrical middle-grade novel about family, migration, and belonging that blends folklore with real-life struggles.

Filipino Celebrations: A Treasury of Feasts and Festivals by Liana Romulo

- From fiestas to parades, this colorful book introduces children to the Philippines' vibrant traditions. Packed with tales, crafts, and activities, it's a joyful guide to Filipino culture.

Holding On by Sophia N. Lee

- A girl and her *Lola* share love through music, even as memory begins to fade. A touching story of family bonds, intergenerational connection, and holding on to what matters most.

Journey for Justice: The Life of Larry Itliong by Dawn Bohulano Mabalon & Gayle Romasanta

- The true story of Larry Itliong, the Filipino American labor leader who helped organize farmworkers in California. A powerful biography for young readers about justice, courage, and community.

Any Day with You by Mae Respicio

- A girl and her *Lola* share love through music, even as memory begins to fade. A touching story of family bonds, intergenerational connection, and holding on to what matters most.

Hello, Universe by Erin Entrada Kelly

- When shy Virgil gets trapped in a well, his unlikely group of friends must work together to rescue him. This Newbery Medal–winning novel celebrates friendship, bravery, and Filipino American identity.

Multimedia

Educational Videos

- PBS Kids Jelly, Ben and Pogo: https://pbskids.org/jellybenandpogo
- Who Were the FIRST 'PINOYS'?: https://youtu.be/vF9gVxdmSFE?si=ETMKJpnqHu2Bfns1
- The Filipino Story Studio: https://www.youtube.com/@thefilipinostorystudio
- For Middle and High School Students:
    - Why the U.S. Has So Many Filipino Nurses: https://youtu.be/yw8a8n7ZAZg?si=d_wVUa2K6bTixTbE
    - A Filipino American Story Since 1587: https://www.youtube.com/watch?v=7JlbyP3irNY
    - Filipino American Farmworkers: https://thinktv.pbslearningmedia.org/resource/filipino-american-farmworkers/asian-americans-video/