

# FACT FILE: CONTINENTS

What is a Country?

- A country is a specific area of land that is controlled by its own government and has its own laws. Countries can be found on continents or on islands in the ocean. What country do you live in?

What is a Continent?

- A continent is a large, continuous piece of land. There are seven continents on Earth: Asia, Africa, North America, South America, Antarctica, Europe, and Australia. Each continent is home to many different countries, people, animals, and plants.



# UNDERSTANDING IT ALL

When we think about our planet, we often talk about the big pieces of land that make it up. These are called continents! There are 7 continents that people usually talk about, and they are:

**Asia - Africa - North America - South America - Antarctica - Europe - Australia**

These continents are home to most of the world's countries, cities, forests, mountains, and deserts. But did you know that some countries are not on any of these continents? Instead, they are found on islands in the ocean! Let's explore this a bit more.

## Understanding Continents and Islands

While most countries are on one of the seven continents, some countries are made up of islands that aren't connected to any continent. These countries are usually part of a region called Oceania. Oceania includes countries like:

- Fiji
- Samoa
- Tonga

These countries are located in the Pacific Ocean, far from any large continuous land masses. So, while continents are home to most of the world's countries, there are also many island nations that are separate from the continents.


## Different Perspectives on Continents

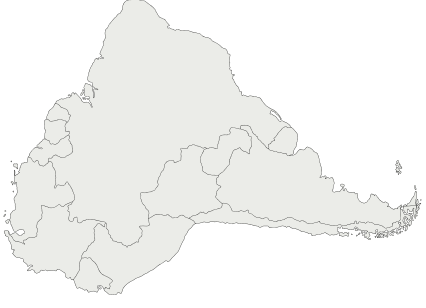
Let's take a closer look at some interesting facts about how people see continents differently:

- **Australia and Oceania:** The continent of Australia is often referred to as Australasia or Oceania. Why? Because there are many islands around Australia in the Pacific Ocean, that are often included when talking about the continent. In many areas of the world, Oceania is considered the continent, while Australia is regarded as an island or a continental landmass contained inside of the larger continent of Oceania
- **Eurasia:** Did you know that Europe and Asia are actually part of one enormous piece of land? This land is called Eurasia. But because the people, languages, and cultures are so different between Europe and Asia, many geographers (people who study Earth) like to split it into two separate continents: Europe and Asia.
- **Islands and Continents:** When we talk about a continent, we often include the nearby islands. For example, Japan is made up of islands, but it is considered part of the continent of Asia. Greenland and the islands in the Caribbean Sea are also islands, but they are part of North America.

# CONTINENTS AND OCEANS

Look at the pictures and circle the correct words

 <input type="text" value="Africa"/> <input type="text" value="South America"/>	 <input type="text" value="North America"/> <input type="text" value="Oceania"/>
 <input type="text" value="North America"/> <input type="text" value="South America"/>	 <input type="text" value="Europe"/> <input type="text" value="Australia"/>
 <input type="text" value="Europe"/> <input type="text" value="Asia"/>	 <input type="text" value="Antarctica"/> <input type="text" value="Australia"/>
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South  
America



Europe



Antarctica



Australia



Africa



North  
America



The 7  
continents



Asia

# EXPLORE OUR WORLD

Here are some fun hands-on activities related to learning about the 7 continents that kids can do:

## 1. Continent Cookie Map

- Materials: Sugar cookie dough, world map template, food coloring, icing, sprinkles, and edible markers.
- Activity: Bake a large cookie shaped like a world map. Once it's cooled, use icing and food coloring to decorate each continent. Kids can label the continents using edible markers or create fun designs with sprinkles to represent different geographical features like mountains or forests.

## 2. Create a 3D Continent Model

- Materials: Clay or playdough, cardboard base, paint, and a world map for reference.
- Activity: Have kids use clay or playdough to sculpt each of the 7 continents on a cardboard base. They can then paint them and add details like mountains, rivers, and cities. This activity helps them understand the physical layout and relative sizes of the continents.

## 3. World Map Puzzle Challenge

- Materials: Large world map printout, scissors, and a laminator (optional).
- Activity: Print out a world map and cut out the continents to create a puzzle. If you laminate the pieces, it can be reused multiple times. Kids can race to see who can assemble the world map the fastest or work together to put it together while learning about each continent.

## 4. Continent in a Box

- Materials: Shoe boxes, craft supplies, printouts of animals, flags, and landmarks.
- Activity: Assign each child or group a continent and provide them with a shoe box. They can create a diorama inside the box that represents the continent, including famous landmarks, animals, and cultural elements. At the end, kids can present their boxes to the group, sharing what they learned.

## 5. "Passport" to the Continents

- Materials: Small notebooks, stickers, stamps, or printouts of flags.
- Activity: Create a "passport" for each child. As they learn about each continent, they can "visit" it by adding a stamp or sticker to their passport. You can make this even more fun by having a "customs checkpoint" where they have to answer questions or complete a small task related to the continent to earn their stamp.

# EXPLORE OUR WORLD

## 6. Build a Floating Continent

- Materials: Recycled materials (bottles, foam, cardboard), tape, and small figures or landmarks.
- Activity: Kids can build a floating model of a continent using recycled materials. The challenge is to make sure their continent can float in water. They can decorate it with small figures or draw famous landmarks. This can lead to discussions about island nations, continents, and oceans.

## 7. Continent-themed Board Game

- Materials: Large poster board, markers, game pieces, and dice.
- Activity: Work together to create a board game where players travel across the continents. Kids can draw a world map on a poster board and create game rules, such as answering questions about a continent before moving forward or performing an action related to a specific continent (e.g., acting like an animal found in Africa).

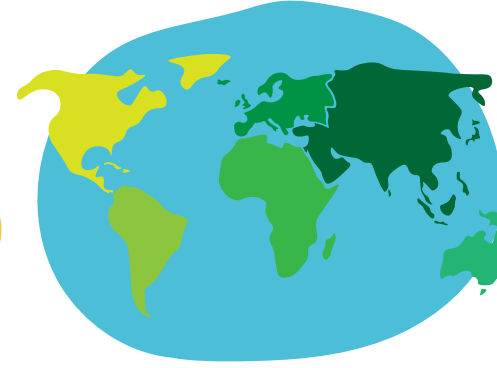
## 8. Virtual Continent Tour

- Materials: Internet access, screen, and world map.
- Activity: Take kids on a virtual tour of the continents using online resources like Google Earth or virtual museum tours. As you "travel" to each continent, have kids mark it on a map and discuss the landmarks or animals they see. They can even take notes or draw what they observe.

## 9. Continent Trivia Game

- Materials: Question cards, world map, and a timer.
- Activity: Create a trivia game with questions about each continent. Kids can take turns answering questions, and the first to get a question correct for each continent wins. You can include categories like geography, animals, landmarks, and cultures.





# EXPLORE OUR WORLD

## Continents and Oceans

Can you find the words hidden in the puzzle?



NORTH AMERICA

INDIAN

ASIA

ATLANTIC

SOUTH AMERICA

EUROPE

ARCTIC

OCEANIA

ANTARCTICA

AFRICA

SOUTHERN

PACIFIC

North

America





South

America



Lurope



Africa



Asia



Australia



Antarctica

