

Sofia's Pyramid™ – Build with me.

Lesson title: "The Pyramid That Taught Me to Fly"

This free magical lesson guides children ages 8-14 through a hands-on pyramid-building adventure that supports STEM, cultural awareness, and self-expression.

The lesson is designed for global participation, welcoming young builders everywhere.

Learning objectives:

- Learn who Sofia is and why her story matters.
- Identify how storytelling connects culture, math, and design.
- Explain who the ancient Maya were and why they built pyramids.
- Count the hidden math in Chichén Itzá
- Build your own mini-pyramid using local materials or digital tools.
- Record and share a 30-second story in your own voice.

Step 1. Meet Sofia

Sofia is a 10-year-old girl who lives in the mountains of Oaxaca, Mexico. One day, she learned about the pyramid Chichén Itzá, and it changed everything. She thought if people long ago could build something so meaningful and incredible then maybe she could too. Sofia went down to the river and built a pyramid out of clay. Building her pyramid made Sofia feel strong and happy, like she could "fly." When she shared her story, something magical happened.

That's how Sofia learned that when you build something with your hands, tell your story, and share it with the world, you help others believe in theirs.

Step 2. Discover the Maya math secret

A long time ago, the Maya people in Mexico built huge pyramids. The most famous one is called El Castillo (which means "The Castle") at a place called Chichén Itzá. The Maya were super smart at math and stars. They hid a secret calendar inside this pyramid! – Learn more

Here's the Maya math secret:

91 steps × 4 sides = 364 + 1 top = 365 days

- Each of the 4 sides has 91 steps.
- $91 \text{ steps} \times 4 \text{ sides} = 364 \text{ steps}$.
- Plus 1 big step at the very top = 365 steps!
- That's exactly the number of days in one year!

Twice a year (in spring and fall), the sun makes a shadow on the stairs that looks like a giant snake sliding down. The Maya called this snake Kukulcán – a feathered serpent that brings knowledge to the world.

That's why Sofia says: "The pyramid that taught me to fly!"

Step 3. Build your own pyramid (guides, templates, challenges)

Sofia Built hers with river clay. What will you use?

Build it or draw it.

It doesn't have to be perfect. It just has to be yours!

All pyramids must:

- Have steps on one side (preferably all 4).
- Be wider at the base and smaller at the top.
- Include between **3 and 9 layers**.
- Place something meaningful on top that represents you. (a flower, flag, anything – even a **Kukulkán** feather, like Sofia used.)

You can use anything to build your pyramid.

Materials (all optional):

- Natural items: sticks, stones, clay, or mud
- Recycled materials: bottles, cardboard, boxes
- Building toys: LEGO® or similar blocks
- Paper and pencil for drawing
- Phone or tablet to watch Sofía's video (download for offline use)
- Any free block-building app

Sofia's Pyramid is more than building, it's about how we treat each other.

- Be kind
- Be patient
- Be thankful
- Be respectful

Step 4. Record and share your story

Tell your 30-second story:

"Hi, I'm ___ from ___.

I built my pyramid using ___.

I put ___ on top because ___.

Now I feel like I can fly."

Share your video, picture, or story: info@sofiaspyramid.com

When you share your story it helps someone else believe in theirs.

Build, record, share! @sofiaspyramid #sofiaspyramid