



Activity book



Explore and learn about your heritage.
Celebrate what you've found and
share your culture with others.



Find more fun family learning activities at:
FamilyLiteracyDay.ca



10 Tips to Celebrate your Heritage

Learn about your family, together as a family, with these 10 activity ideas!



1. Research your family's place of origin

Go online together and research where your parents, grandparents and other relatives were born. What interesting information can you find out?



2. Interview a family member

Speak to them about where they grew up and what it was like. Do they have any interesting facts about your family? Write a story about them.



3. Learn a new language

Check out books from the library or use free online tools to learn new words in another language. Be sure to practice every day!



4. Listen to traditional music

Many cultures have traditional music. Do some research and listen to different types of traditional music. What style do you like the best?



5. Look at a map

Whether it be a map of Canada or another place your relatives once lived, you can learn a lot about geography by looking at a map.



6. Make a photo collage

Take out the family photo album or old magazines and newspapers to create a collage about what your family and heritage means to you.



7. Make a craft of traditional designs

Research traditional designs of your culture and replicate them in the form of a craft. Be as creative as possible!



8. Read a story

There are lots of books about different places and cultures. Visit your local library and ask the librarian for books about your heritage.



9. Learn about where you live

Do you know about the history of where you live? Together as a family, learn about the culture and heritage of the place you call home.

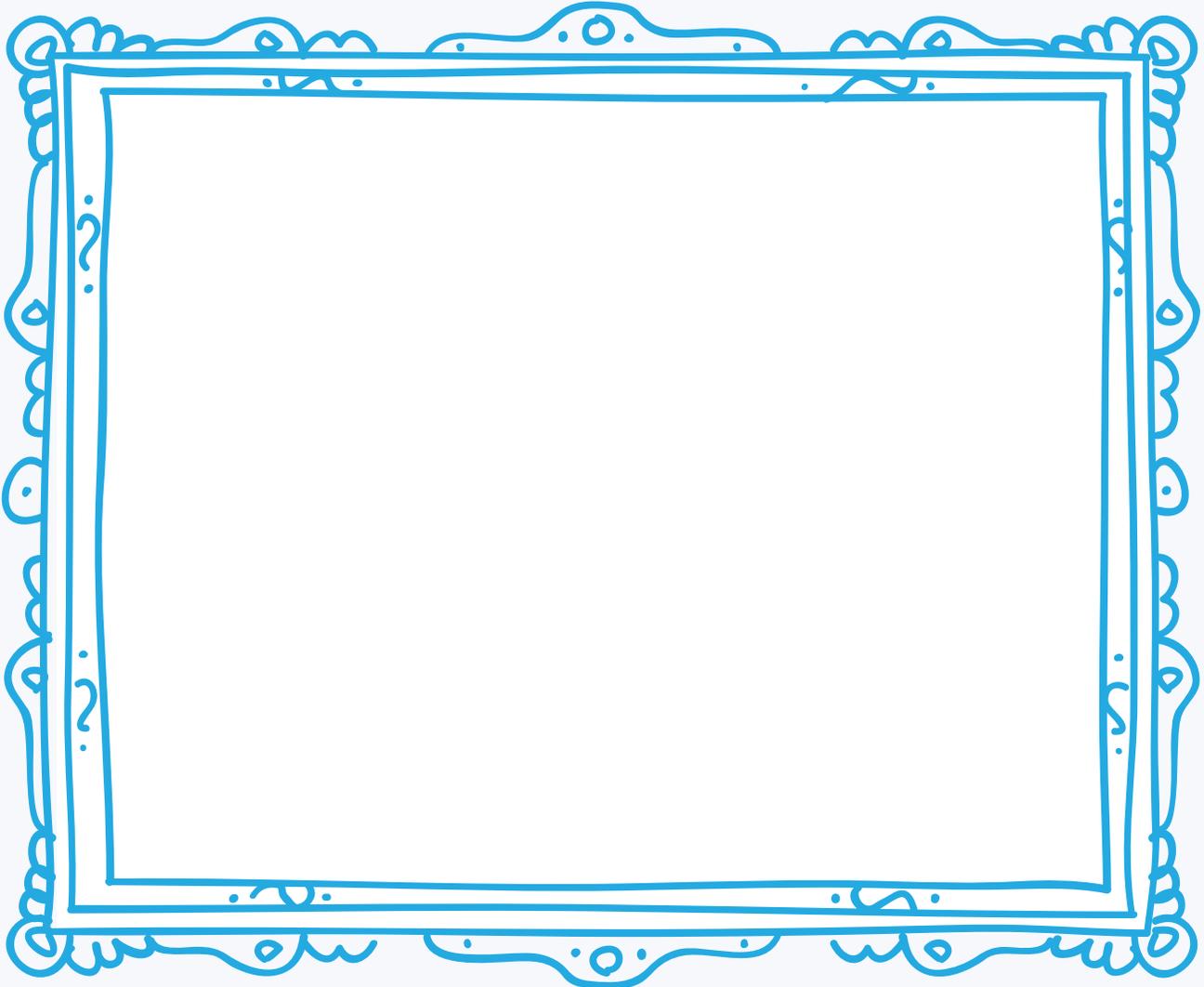


10. Cook a traditional recipe.

Learn how to make your family's signature dish or look up a recipe for a famous meal from your culture. Yum!

Your Family Tradition

Draw a picture of a family tradition below. It could be any kind of tradition, such as a special holiday, a meal that your family eats or special places you visit together.



What is your special family tradition?

What is your favourite part about the tradition?

How long has your family been doing this tradition?

What kinds of new traditions would you like to start with your family?

Learn about where you live

Do you know about the history of where you live? Together as a family, learn about the culture and heritage of the place you call home.



What famous people are from the place that you live?

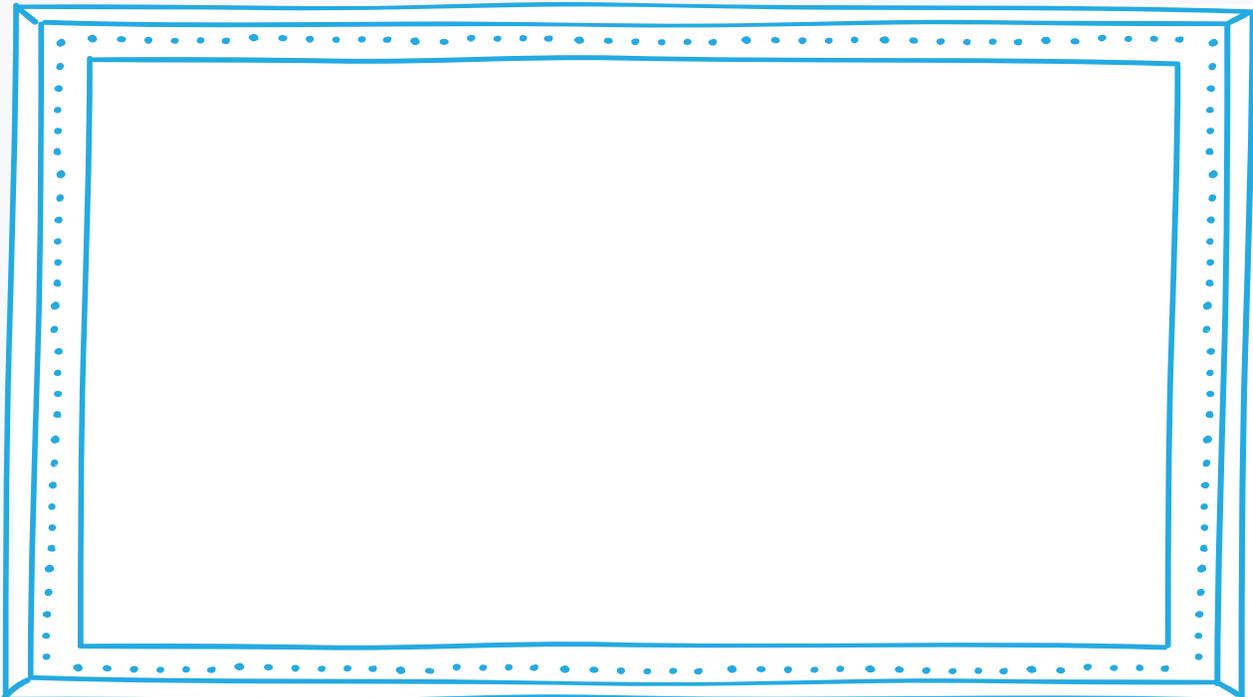
What historical events happened there?

Does your city/town/county have important cultural festivals or traditions?

What foods is the place you live known for?

What sports or games are important to the culture of your place?

Draw a picture of a famous event or a person from your place.



Take it further: Try a few fun activities with your family

- participate in a local cultural event
- learn a local song
- try out a local game
- eat a local food specialty
- visit a local historic site

Make Traditional Bannock Bread

Traditional breads are important in many cultures. Bannock is a traditional bread Indigenous People within Canada have made for centuries. Make the recipe below with your family and continue the tradition!



Ingredients

- 6 cups of flour
- 6 tablespoons of baking powder
- 3 ½ cups of warmed milk
- ¼ cup of vegetable oil

Enjoy your bannock with butter, jam, maple syrup, or another of your favourite toppings!



Directions

1. Preheat your oven to 400°F.
2. Get a large bowl and add all of the ingredients: flour, baking powder, milk, and oil.
3. Stir the mixture with a large spoon until the dough becomes a ball. The dough will be sticky.
4. Shape the dough into a circle or oval shape, with your hands.
5. Place the dough on a baking sheet that has parchment paper on it.
6. Bake your bannock for 35-45 minutes or until it is golden brown. To test if it is ready, insert a toothpick into the middle of the bannock, and if it comes out clean, it is ready!

Take it further:

Look up a recipe of a famous dish from your culture. Make it together as a family and invite others to join you for the meal!

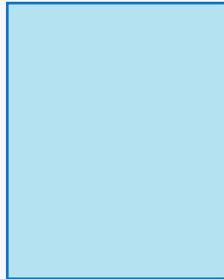
Make a Paper Airplane

Airplanes are a fast way to travel around the world, whether it be for a vacation or to visit family out of town. With your family, try to build the airplane model below using the instructions and airplane template on the following page.



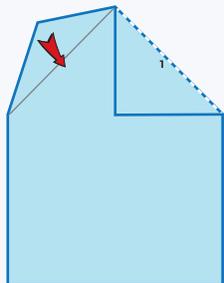
Get Ready

- Place the paper with "Up" arrow at top facedown. You won't see the lines until you start folding.



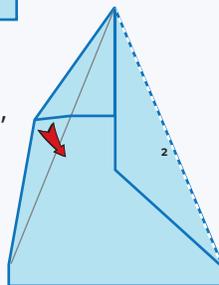
Step 1

- Fold the top right corner down and towards the middle, along the "1" fold line.
- Repeat with the top left corner.



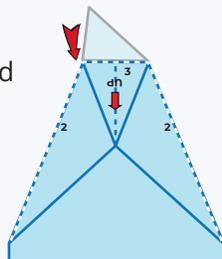
Step 2

- Fold the right side over again, along the "2" fold line.
- Repeat with the left side.



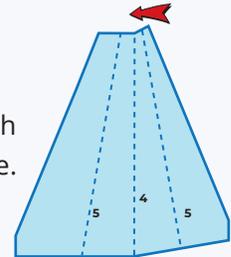
Step 3

- Fold the tip down and toward you, along the "3" line.



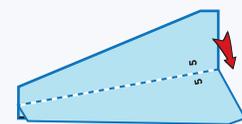
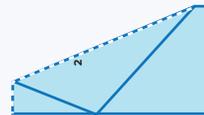
Step 4

- Flip the paper over so lines are face up.
- Fold sides towards each other, along the "4" line. You are folding the shape in half.



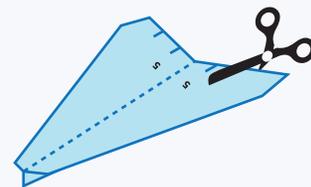
Step 5

- Fold the top side down (left wing) along the "5" line so the wing sticks out sideways from the rest of plane.
- Repeat with right wing.



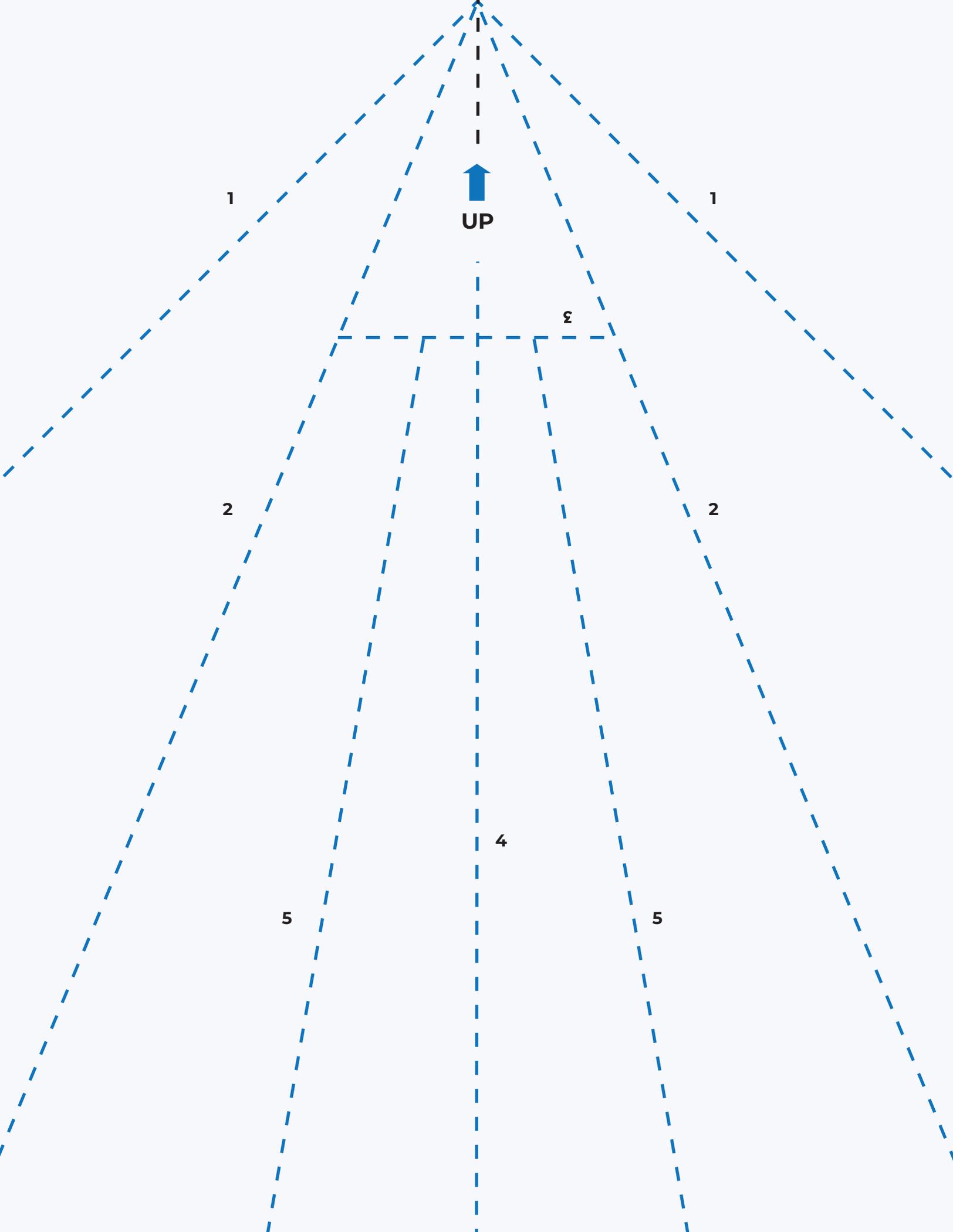
Step 6

- Fly your plane!
- Change how it flies by moving its wings up and down or adding "elevators" (make 2 cuts on each wing about 2cm apart and fold them up or down).



Take it further:

Check out many more airplanes online and build a whole fleet with your family!



Word Scramble

How many words can you make with the letters HERITAGE?
Write them all below.



HERITAGE

1. AGE _____

6. _____

2. THEIR _____

7. _____

3. _____

8. _____

4. _____

9. _____

5. _____

10. _____



What I see...

Look at the photo below and answer the questions based on what you see.



1. What is the name of the tall landmark you see in Canada? _____
2. How many penguins do you see in Antarctica? _____
3. Which ocean can you find the shark in? _____
4. Sporting equipment can be found in Australia.
What sport is that equipment for? _____
5. On what continent can you find a panda bear? _____
6. How many pyramids can you find? _____



Answers: 1. CN Tower, 2. Ten, 3. Indian Ocean, 4. Cricket, 5. Asia, 6. Three

Make your own Family Crest

Create your own family crest by including drawings of the things that are important to you and your family. Here are a few things to think about to get you started:



What three things are important to your family?

1. _____ 2. _____ 3. _____

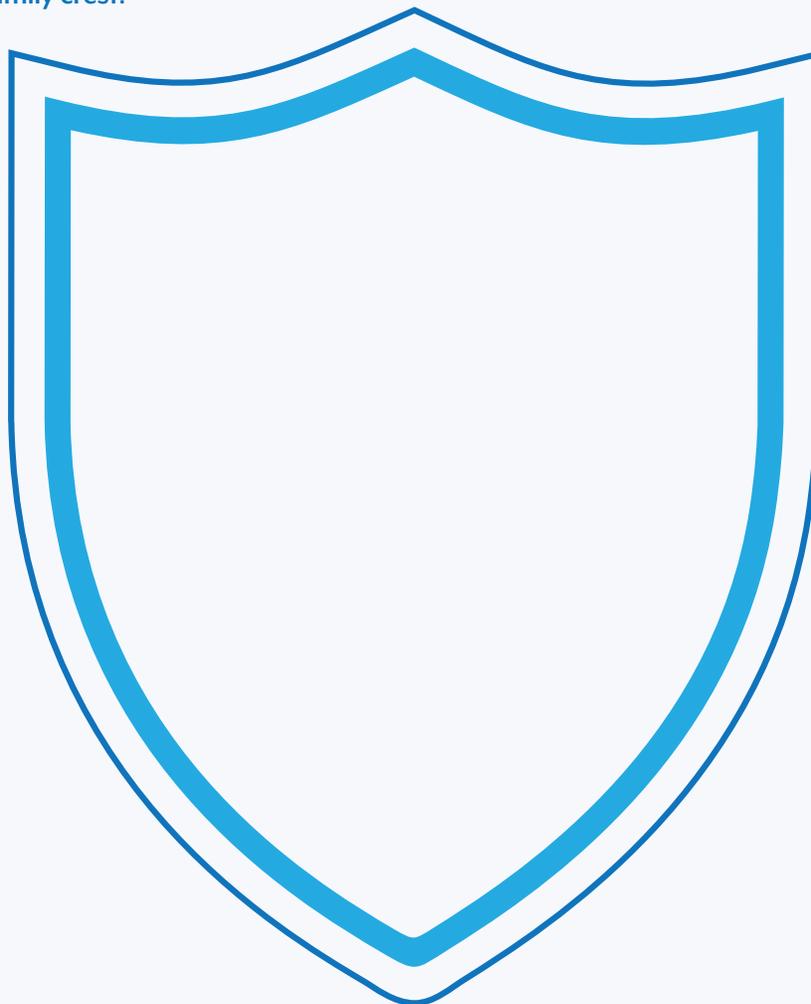
What are the letters in your family's names? _____

What does your name mean? _____

What are your favourite colours? _____

What is your favourite family activity? _____

Now draw your family crest!



Hello Word Search

Find the words below in the word search and learn how to say hello in different languages.



O	N	N	Q	A	I	C	I	A	O	B	D
X	H	A	K	A	M	U	S	T	A	O	P
N	U	M	V	L	L	K	Q	E	W	N	Q
I	M	A	R	H	A	B	A	A	N	J	L
H	Y	S	A	H	O	L	A	J	A	O	P
A	Y	T	X	M	T	V	X	M	X	U	P
O	N	E	C	C	T	J	M	H	M	R	H
S	E	K	O	H	E	R	E	S	E	J	T

BONJOUR

HOLA

MARHABAAN

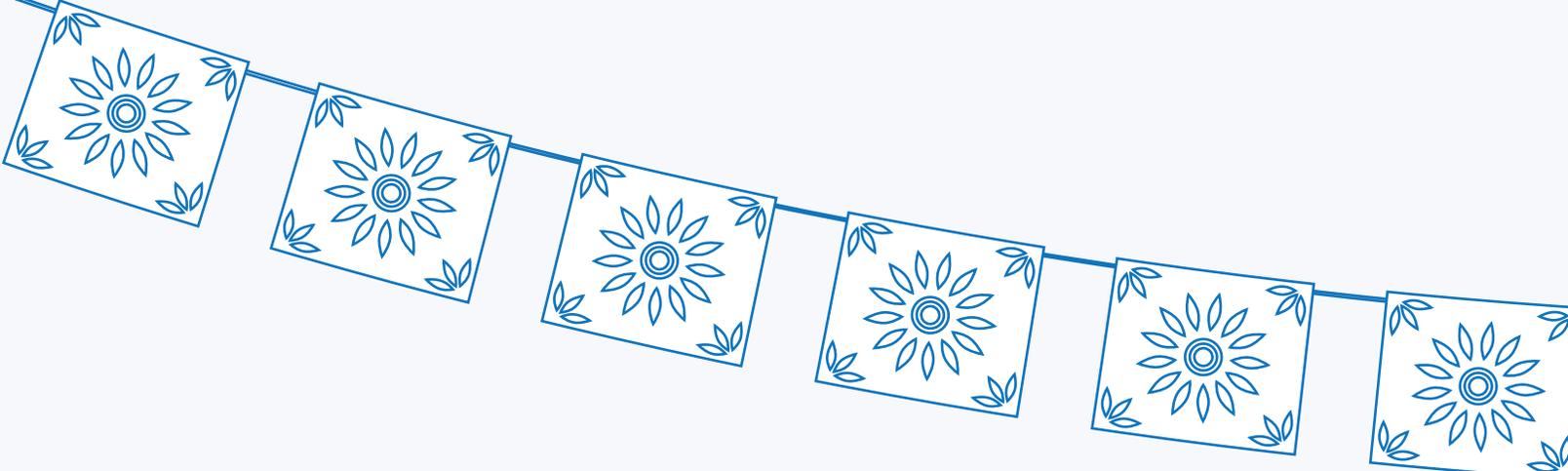
NI HAO

CIAO

KAMUSTA

NAMASTE

SEKOH



Celebrate



Your Heritage



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