

CELEBRATING RACIAL & CULTURAL ROOTS: 5 JOYFUL ACTIVITIES FOR CONNECTION

1. Storytelling: Share Family Stories, Folklore & History

- **Example Activity:** Explore and share stories from your family's past, traditional folktales, or significant historical events. Storytelling is a powerful way to connect to cultural heritage.
- **Free/Low-Cost Tip:** Use resources from schools, libraries, or educational websites. Many offer free folklore and historical e-books or online collections.



2. Cook Traditional Dishes Together

Example Activity: Create a recipe book with the child's favorite cultural dishes. Once a month, cook one of these dishes together, sharing memories and learning.

Free/Low-Cost Tip: Use basic ingredients to simplify traditional recipes. Many online blogs and YouTube channels provide easy-to-follow recipes.

3. Join Cultural Community Groups

Example Activity: Connect with local or online cultural groups and events to build a sense of community with others with similar backgrounds.

Free/Low-Cost Tip: Look for free cultural events or join social media groups dedicated to cultural celebrations and gatherings.



4. Explore Art & Music

Example Activity: Dive into traditional music and dance. Listen to cultural songs or learn a dance from your heritage using free online resources.

Free/Low-Cost Tip: YouTube offers a wealth of free cultural music and dance tutorials. Many virtual cultural events are also free to attend.

5. Practice Arts & Crafts

Example Activity: Create crafts that represent your culture, such as mask-making, weaving, or pottery.

Free/Low-Cost Tip: Find free online craft tutorials that use simple household items. Local cultural festivals may also offer free workshops or opportunities to purchase affordable cultural crafts.

