

Theme of the Day: **CONNECT**



Home Resources-

Activity 1: My Heritage

Activity Description:

Call a relative who knows about your family history. Ask them questions about your families past. Explore where your family came from and what events shaped your history. Some suggested topics and questions include:

Tell us about your life growing up.

What was the newest technology?

What did you like to do with your family?

Where did you live, work, go to school, play, etc.?

Tell us about your parents, grandparents, great grandparents?

Where are they from? Interesting stories?

What do you know about them?

Can you share some stories about your past relatives?

Things you did with them, stories they told you, etc.

What do you know about where they lived?

You can discover, preserve and share your family history with companies like MyHeritage. www.myheritage.com

Activity 2: At the Dinner Table

Activity Description:

Spend some time at dinner talking about the importance of connecting with other people. Tell your family how you like to connect with your friends.

Explain that there are many ways to connect. Active listening, spending quality time, sharing experiences, and empathizing are all ways to become closer. Ask your kids to tell you how they like to connect with their friends.

Then, come up with some ideas about how your family can increase their connection to family and friends. Some suggestions include:

Setting up play dates with other kids.

Setting up coffee dates with friends.

Going on walks with family and friends.

Share your photos and experiences @givevendays on Facebook, Twitter and Instagram using the hashtag #givevendays. To share more detailed events, email info@givevendays.org with your school name.

Writing letters or cards to family or friends.
Ask questions and *listen* to what your friends and family say and feel.

Share your photos and experiences @givesevendays on Facebook, Twitter and Instagram using the hashtag #givesevendays. To share more detailed events, email info@givesevendays.org with your school name.