



## Activity 1      Create Your Personal Storybook

What a wonderful way to recall how unique we are, by documenting the story of one's life. A sample of topics could be: The Beginnings, In Your Neighborhood, School Days, Off to Work, Romance and Marriage, War and Peace, Triumphs and Tragedies, Words of Wisdom, Humor, and Words of Gratitude. This activity can be done with various family members at different times.

For tips and suggestions on how to set up this activity, check the following website.

<http://ezinearticles.com/?Writing-Your-Life-Story---Tips-And-Techniques-For-Success&id=779779>



## Activity 2

## A History of Canada

The history of Canada is very important to who we are as citizens. Travel through the eras of history and the development of the various nations that make up Canada today. For as much as we think we know about this country, there is always something interesting to learn.

<http://www.canadahistory.com/>



## Activity 3      Clean Air Day

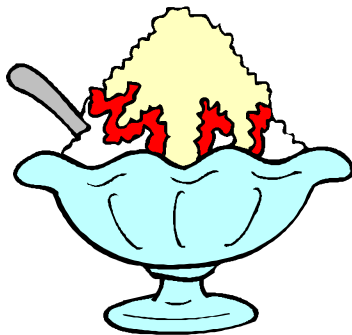
Clean Air Day is a celebration of environmentally-friendly activities that promote clean air and good health across Canada. It is a great opportunity to make environmentally-friendly lifestyle choices, for you, your family and your community. One thing you can do today is learn more about greenhouse gases, and the effect they have on our environment. Why not go for a walk today. Another household activity you can do is to change the furnace filter.

For some simple ways you can reduce Green House Gas emissions, check out this website.

<http://www.cleanairday.com/html/whatyoucando.php>



## Activity 4      Ice Cream Sundae Treats



What a perfect way to spend some time together. Try putting your ice cream inside a fancy teacup. Let everyone put their own toppings on; even jam works great. Share your memories about ice cream flavors. Write down as many different flavors as you can think of. The Italians eat Gelato as a treat. Do you know the difference between ice cream and gelato?

[http://www.worldoficecream.com/icecream\\_vs\\_gelato.htm](http://www.worldoficecream.com/icecream_vs_gelato.htm)

## Activity 5

## Backyard Baseball



Baseball in the summer is as much a cultural activity as it is a favorite pastime. From any dollar store you will find large plastic bats and larger balls that would enhance the success of this activity. If you don't have a baseball glove, just toss the balls back and forth to each other. If you are on a patio, try bouncing the ball on the ground, back and forth to each other. Talk about your favorite baseball team.

The following site offers a history on the sport of baseball.

<http://www.factmonster.com/ipka/A0875086.html>

There is only one major league baseball team in Canada, but there are many other minor, independent, semi-pro, and college summer leagues.

See if you know where they are, if not, check the following site for the answers.

[http://en.wikipedia.org/wiki/List\\_of\\_baseball\\_teams\\_in\\_Canada](http://en.wikipedia.org/wiki/List_of_baseball_teams_in_Canada)

## Activity 6

## Father's Day Journal



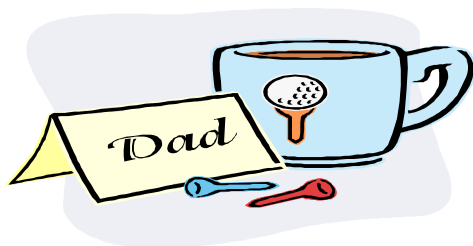
Father's day is all about honoring Dads and Granddads. Why not spend time today doing just that. What is his favorite activity? What is his favorite food or song, tool, job, tie, or car? Have each member of the family answer one of these questions, and record their memory of Dad or Granddad. At each subsequent visit, the journal can be updated and reviewed with great fondness and reminiscence.

An example might be:

Nancy:

Dad's favorite activity is: golfing.

My memory of Dad golfing is: when he took me to the "Eat and Putt" mini golf centre and I tried the water wheel hole, and got the ball in the first time. He was so proud of me; he lifted me up on his shoulders, and bought me and ice cream cone. It was a great day!



## Activity 7

## National Aboriginal Day



June 21, the first day of summer, has been chosen as National Aboriginal Day. It's an opportunity for everyone to celebrate the cultural richness and contributions of Aboriginal people. Did you know that not all Aboriginal people are the same? There are three groups: First Nations, Inuit and Métis.

The following site will guide you through a number of activities to do at home, while learning about Canada's indigenous people. One example is the following: A cruncher – instructions for folding the cruncher, follows the game.

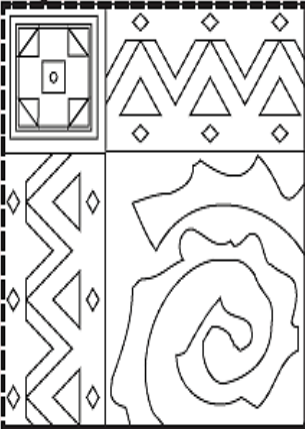
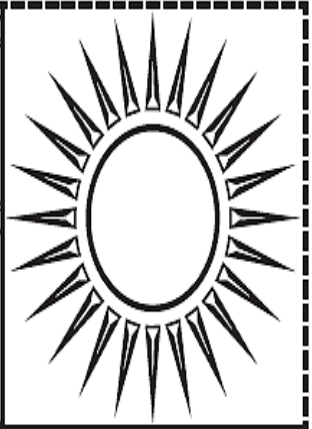
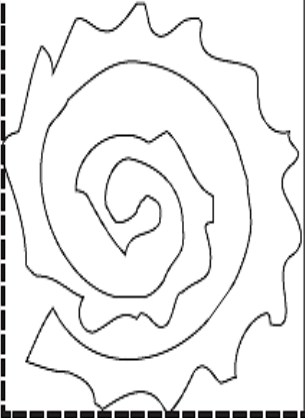

Directions on how to play the following game are also on the website.

<http://www.ainc-inac.gc.ca/ach/ev/nad/prod/lrag-eng.asp#cel>



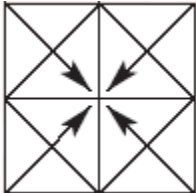
"My name is **OOKIE!** I'm a snowy owl or *ookpik*. This is going to be a **HOOT!**"

**Medicine Wheel**

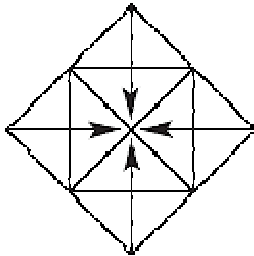
 <p>8 True or False? Totem poles are carved by all First Nations peoples in Canada.</p> <p>For answer go to 4</p>	<p>1 The word "toboggan" comes from an Algonquian word that means:</p> <p>a) a slippery fish b) a sled made of skins c) a windy day</p> <p>For answer go to number 7</p>	<p>2 National Aboriginal Day is a celebration:</p> <p>a) only for Aboriginal people b) for all Canadians to enjoy c) only for kids</p> <p>For answer go to number 6</p>	
<p>8 True or False? The plural of "inuksuk" is "inuksuit".</p> <p>For answer go to 1</p>	<p>1 answer to question 1 b) a sled made of skins</p> <p>For answer go to 1</p>	<p>2 answer to question 6 c) 9</p> <p>3 answer to question 5 False. There are over 501</p>	<p>3 True or False? The word "Aboriginal" is used to describe Inuit, Métis and First Nations people.</p> <p>For answer go to number 5</p>
<p>7 True or False? The plural of "inuksuk" is "inuksuit".</p> <p>For answer go to 1</p>	<p>1 answer to question 1 b) a sled made of skins</p> <p>For answer go to 1</p>	<p>4 answer to question 8 False. Only 6 west coast First Nations carve totem poles.</p> <p>5 answer to question 3 True</p>	<p>4 The "Red River" jig is:</p> <p>a) a swimming competition b) a famous Métis dance c) a large boat</p> <p>For answer go to number 8</p>
	<p>6 How many different First Nations live in the area we now know as Alberta before Europeans arrived?</p> <p>a) 1 b) 57 c) 9</p> <p>For answer go to 2</p>	<p>5 True or False? There are 23 different Aboriginal languages spoken in Canada.</p> <p>For answer go to 3</p>	 <p style="text-align: center;">Journée Nationale des Aboriginal Autochtones Day <b>June 21</b></p>

## Instructions for folding a Cruncher:

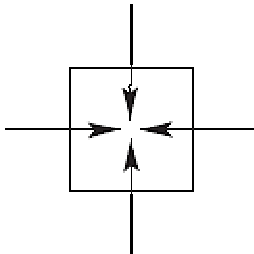
1. **ILLUSTRATIONS FACING DOWN** – Fold all four corners together so that they meet in the middle of the paper, crease firmly and leave them there.



2. **FLIP OVER** – Again fold all four corners together so that they meet in the centre of the paper, give a good crease and leave them there.



3. Fold in half in one direction, then in half in the other direction.



4. **FINISH** – Stick your thumbs and first two fingers into the four pockets on the bottom of the cruncher and start crunching.

## Activity 8      First Day of Summer



Summer solstice is the longest day of the year. This means we have more sunlight than any other day. Why not celebrate by filling some balloons with water, and take turns throwing them into a pail. If they break, that's half the fun. Any age will enjoy this activity. Share some memories of other summertime outdoor games that you enjoyed.

## Activity 9      Saint-Jean-Baptiste Day

All across Canada, French Canadians express their cultural pride and rich heritage through colorful parades and lively parties on June 24 marking Saint-Jean-Baptiste Day. These festivities combine the ancient rites of the summer solstice - a period of light and hope - with the traditional celebration in honor of the Patron Saint of French Canadians. Learn about how French Canadians celebrate this statutory holiday.

<http://www.timeanddate.com/holidays/canada/st-jean-baptiste-day>



## Activity 10

## Flags, Flags and More Flags



From sporting events, to cultural activities, to politics, a National flag is a great source of pride. What a flag symbolizes represents a great deal to each country. Learn the flags of the world along with many interesting facts about hundreds of places around the globe.

<http://www.chevroncars.com/games/world-flags/>

## Activity 11

## Wash the Car



Get out a sponge, pail, some soap and an extra pair of hands for this activity. How satisfying to get your hands into the soapy water and wash the car. This is how it was done before expensive car washes. Talk about the memories you have about this rewarding experience.

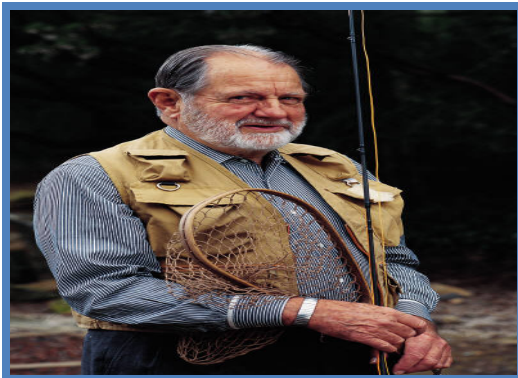
## Activity 12      Kentucky Fried Chicken

There are so many fast food chains now, where many years ago, there were none. KFC has had a loyal following for generations, and is one of the most popular brands for people over the age of 65. Learn about how KFC got its start, and how popular it is around the world. Why not enjoy some chicken for lunch or dinner.

<http://en.wikipedia.org/wiki/KFC>



## Activity 13      Lets Go Fishing



For a real life adventure, pack a fishing rod, bait, a net and explore the great outdoors. A license is required to fish for certain species at specific times of the year. To try a simulated version, a variety of online fishing games is available from the following site. Here's your chance to swap fish stories. These are a lot easier to clean as well.

<http://www.onlinefishinggames.net/>