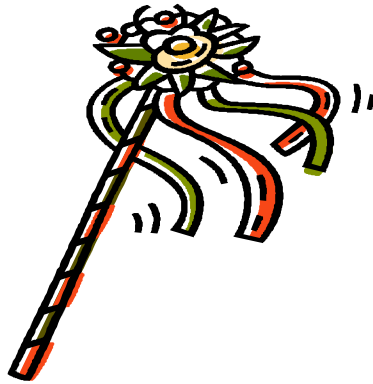


## Activity 1      May Day

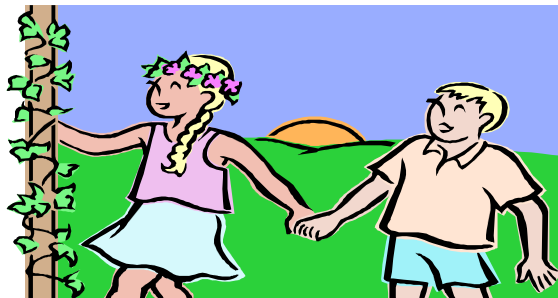


Not widely recognized as a holiday, this day does have a long and notable history as one of the world's principal festivals. The origin of the May Day as a day for celebration dates back to the days, even before the birth of Christ. And like many ancient festivals it too has a Pagan connection. Learn about the history of May Day from the following site.

<http://www.theholidayspot.com/mayday/history.htm>

Celebrate this day by creating your own maypole craft activity. Making your own table top Maypole is a wonderful craft the whole family can participate in. This is a great way share in some May Day fun. You may even want to try some dance moves around the Maypole.

<http://factoidz.com/how-to-make-a-table-top-maypole/>



## Activity 2

## Cinco de Mayo



People of Mexican and Chicano descent, celebrate this significant day by having a parade, mariachi music, folkloric dancing and other types of festive activities. Why not wear red and green clothing to get into the spirit.

Learn a little of the history behind this celebration from the following site.

<http://www.squidoo.com/cincomayoholiday>

Download these songs from your favorite site, and dance together to the beat of the music. These songs will definitely get your feet moving. They can be done in a sitting or standing position, but either way, the idea is to move your body with the music.

**Mexican Hat Dance**

**La Cucaracha**

**Tequila**

**Macarena**

After the dancing, cool down with a non alcoholic margarita beverage.

Several delicious recipes are on this site, including the following:

Frozen Strawberry Virgin Margaritas

Virgin Mango-Lime Margarita



[http://www.ehow.com/way\\_5465858\\_non-alcoholic-margarita-recipes.html](http://www.ehow.com/way_5465858_non-alcoholic-margarita-recipes.html)

## Activity 3

## Poem Reading/Create Your Own Poem

Find a poem from your own resources or use the following websites to find poems. You can read them aloud and discuss their meaning after reading the poem.

Various winter poems are located at

<http://www.canteach.ca/elementry/songspoems7.html>

<http://alongpoetryroad.com/winter.html>

Or you can always create a poem. First try brainstorming some ideas of winter words. Write them down and try to come up with rhyming words. The following site gives information on how to use descriptions to create poems.

[http://teacher.scholastic.com/writewit/poetry/karla\\_your\\_poem.htm](http://teacher.scholastic.com/writewit/poetry/karla_your_poem.htm)



## Activity 4      Mother's Day



Send out an invitation to family members to invite them to a Mother's Day Tea. On the invitation, ask each person to write down some specific sayings that moms or grandmothers have used, and have them bring along those sayings to the tea. An example might be:

- Wait 'til your father gets home!
- You better bundle up or you'll catch a cold.
- Nice girls don't do that.
- If you don't stop crying, I'll give you something to cry about.

Make a list of the sayings to keep, and see if the sayings still apply to the moms and grandmothers of today. This list can be revisited again at future gatherings.

## Activity 5

## Clean Tarnished Silverware



This is one household job that is actually very satisfying to perform because the transformation is lovely. For an easy method, using items you may already have at home, check out this site.

<http://www.weeno.com/art/0699/81.html>

## Activity 6

## Buddha Day



Buddha day celebrates the three most important incidents in the life of the Buddha, his birth, the enlightenment and the death which all occurred on this day. It's a moveable day falling on the first full moon in May the fifth month except in leap year when it falls in June. Learn how many Canadian Buddhists celebrate this day.

<http://www.canada.com/vancouver/news/westcoastnews/story.html?id=19401b7c-e264-4d6d-811f-b652d2e6e4c0&k=10578>

## Activity 7      Victoria Day



Victoria Day is a Canadian statutory holiday which is commemorated on the last Monday, earlier than on the 24<sup>th</sup> of May, in admiration of both Queen Victoria's birthday, and the present reigning Canadian sovereign's birthday; (Queen Elizabeth). To learn more of the history of this holiday, check the following site.

<http://www.altiusdirectory.com/Society/victoria-day.php>

Victoria Day is also known as “Firecracker Day” or as the popular slang term: “May two-four”. This holiday usually represents the beginning of the long weekends of the summer. Why not get into the spirit of the season and enjoy a cold beer. Do you know the difference between lager and ale? What is unique about Bavarian beer? For a thorough breakdown of many diverse types of beer, check the following interesting site.

<http://www.thenibble.com/REVIEWS/MAIN/beer/glossary.asp>



## Activity 8      Play Cards



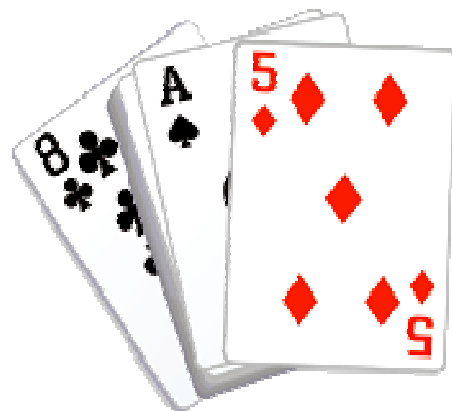
Playing cards is something that many people learn when they are younger, but may not have had the opportunity to utilize the skills in a while. A deck of playing cards can be used in many ways: to encourage counting, color matching, as well as suit matching. Larger size cards might be easier to see.

These old standbys are a great way to share in a family activity.

Old Maid      War      Slap Jack

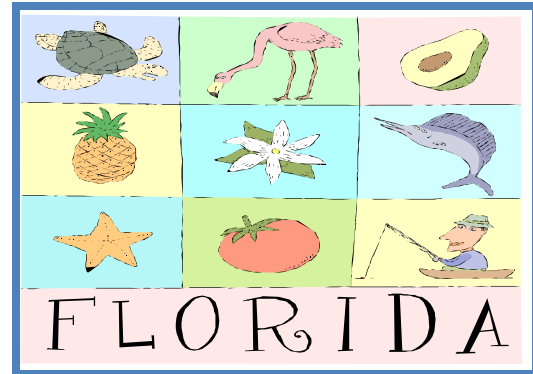
The following site has a selection of family card games.

<http://www.webterrace.com/family/games.htm>



## Activity 9

## Send a Postcard



Usually when people go on a vacation to another country, they send a postcard back to someone at home. Why not send a postcard to a family member, neighbor, church member or even your doctor. This will be one of the most talked about activities by the recipient. Young children love to receive mail as well. Search out a variety of styles of cards, and send a couple. Ask the receiver to send one back to you as well.

## Activity 10 World Biodiversity Day

The United Nations proclaimed May 22 the International Day for Biological Diversity (IDB) to increase understanding and awareness of biodiversity issues. Did you know that forests cover 31 % of total land area? For this activity check the following site to learn about just how important forests are to the life of our planet. Have a discussion about the forested area where you live.

<http://www.un.org/en/events/iyof2011/>



## Activity 11

## Reading Stories Aloud



Many people enjoy reading, but often don't get the opportunity to read out loud. For this activity, simply print off a short story, so each person has their own copy. Make sure the print is large, bold, and spaced far enough apart. Sit at a table and have each person read a paragraph. Discuss what has been read.

A wonderful sample of two short stories can be found on the following site.

<http://www.suddenlysenior.com/grandmasapron.html>

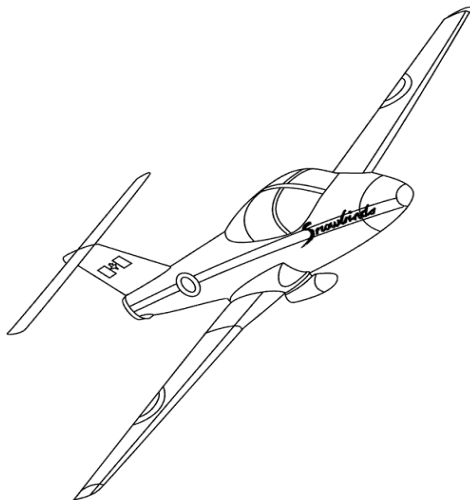
<http://www.suddenlysenior.com/harptIsleRoyale1.html>



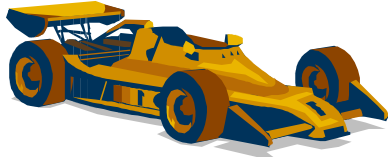
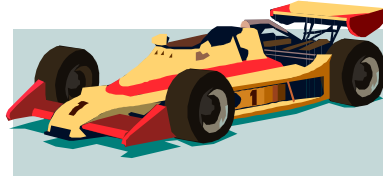
## Activity 12      Canadian Heritage Colouring Book

Many people find colouring very relaxing. It is a great way to exercise the fingers and hands, while creating a colourful picture. This activity can be done with children and older adults at the same time. This site will give you several familiar Canadian black and white outlines that can be coloured in.

<http://www.pch.gc.ca/pgm/ceem-cced/dess/index-eng.cfm>



## Activity 13      The Indy 500



This famous car race has been celebrated by fans for over 100 years. Why not check out the following site to discover more about the history of the race.

<http://www.indianapolismotorspeedway.com/indy500/>

Have a discussion about the types of cars that race, the sponsors, the fans, the costs involved, even some Indy traditions.

