Discovering your Heritage

During this difficult time one of the few silver linings is that many of us have more time to connect with the members of our extended families. Technology has given us a chance to have more meaningful conversations with our extended families. In the activity below we suggest taking time to interview the older generations of your family to learn about your heritage.

**What You Need:**
- Plain paper

**What to do:**
- Find a time when you can talk with a member of your extended family uninterrupted.
- Prepare a set of questions, you might like to ask about what countries your family came from, what stories your descendants used to share about that country, did they have a favorite food or place to visit.
- Together decide upon a way to record your heritage, you could make a book, draw a picture or record a video.
- Consider sharing what you discover with other members of your family so you can all have a better sense of your heritage,

**Bonus Activity:** Continue to research online about the countries from which you are descended, why not try making a traditional dish for dinner one day.