THE FAMILY TREE THRIVES WHEN YOU WATER ITS ROOTS!

LIFE SKILL
understanding yourself and others

Why should we care about our roots?
In this activity, your family will learn about its racial, ethnic, and religious background. People of different races, ethnic backgrounds, and religious beliefs deserve to be treated with dignity and respect. Learning to respect and appreciate your own family's roots should help you appreciate people and families who have different cultural backgrounds.

What do we need?
a map of the world or a globe; paper and pencils

How long will it take?
30 to 45 minutes

What do we do?
• At a family meeting, discuss your family history. Talk about the country or part of the world your family members' ancestors came from, what religions they belonged to, and what else they believed in.
• Find the countries or regions on the world map.

Choose one or more of the following activities:
1. Create a miniature flag of your ancestors' country.
1. Listen to a tape of the language of that country.
1. Visit a museum that has displays about immigrants or minorities.
1. Visit a travel agent to learn more about your country of origin. Ask for posters and brochures to take home and share with the rest of your family.
1. Design a family crest based on your heritage.
1. Go to the library and find a book(s) about your family's country of origin. Libraries have many children's books and folk stories about the people of other countries. Read one of the folk stories and discuss it.
1. Plan a family reunion. For help with your plans, try to obtain the book Family Reunions and Clan Gatherings: How to Assemble a Memorable Event for Clan Gatherings by Shari L. Flock.
What happened?

- Which activities did you choose?
- How did you feel about them?

What did you learn?

- What did you learn about your family's history?
- How has your family's past made you different from other families? How are you similar to other families?
- Can you think of someone you know who has very different origins (race, religion, or country)? How has their family's experience made them what they are?

Why was this activity important?

- Do you have a different feeling about your family now that you've examined your roots? Can you describe the feeling?
- Are you more interested in other people's family backgrounds?

What's next?

- Think of ways to celebrate your family's heritage in everyday life and on holidays.
- Think of ways your family could get to know a person or family from a very different background.