

Celebrating Family Traditions

Families have many different ways of passing on their traditions and unique qualities. These include stories, games, recipes, memories of things family members have done, photographs, mementos and keepsakes, and many others. Think of some special traditions and customs in your family for the following categories, or add some of your own .

Traditions and Customs in Our Family [TK]

Stories:

Songs:

Special words or sayings:

Games:

Celebrations/anniversaries:

Foods/recipes:

Memories of the past:

Add some of your own categories:

Ways to Preserve Family Customs and Traditions

Try some of the following activities with your family:

- Write down special family stories or sayings and keep them in a book.
- Start a family scrapbook with mementos from special occasions, e.g., ticket stubs, menus, and so on.
- Start or update a book of photographs.
- Begin a collection of digital recordings of special family occasions or celebrations.
- Record family members saying what's special about the family and remembering special family stories and times together.
- Keep a file of favorite family recipes.
- Add ideas of your own.