



HELLO PARENTS,

Family Day is an event that is intended to allow loved ones to take a respite from their daily lives and spend quality time together. It was scheduled to fall between New Year's Day and Good Friday in order to grant another day off between these celebrations. This year, we are in a different situation and all events are cancelled because of the COVID-19 pandemic. This newsletter will provide you with information and activities to celebrate Family Day holiday at home.

FAMILY DAY ORIGINS

Family Day started in Alberta when Helen Hunley, the Lieutenant Governor of Alberta, passed the Family Day Act in 1990. This officially established the third Monday of every February as Alberta Family Day. Other provinces adopted the holiday over the next two decades. Saskatchewan founded Family Day in 2007. Ontario followed suit in 2008 and British Columbia in 2013. British Columbia is the only province that celebrates the event on the second Monday of the month instead of the third. New Brunswick and Manitoba have similar events, along with Islander Day in Prince Edward Island and Louis Riel Day in Manitoba. Yukon and Nova Scotia celebrate Heritage Day. All of these celebrations are held on the third Monday of February. Although the remaining provinces do not celebrate this holiday, it is widely acknowledged in Canada.

FAMILY DAY ACTIVITIES

FAMILY TALENT SHOW

When it comes to developing a strong bond with family, being supportive of one another's talents and passions play a huge role. Not only does this mean acknowledging your child's personal endeavours, but also encouraging them to grow and develop their skills.

DIRECTIONS:

- Start by creating an official event program and schedule for the event.
- Give your child a fixed deadline for when they need to have their acts ready.
- Here are a few ideas to get you started:
 - Sing a song
 - Do a theatrical reading
 - Recite a poem from memory
 - Perform a skit with one or more family members
 - Juggle
 - Play an instrument
 - Do a dance (individual or with a partner), etc.
- This activity is not about winning, but about learning new skills and partaking in fun experiences together.

[Click here](#) to read "All Are Family" a children's book celebrating the diversity of our global family, by Melissa Bloom.

[Click here](#) for more activities.

FAMILY MEMORY TIME CAPSULE

MATERIALS:

- A shoebox or a coffee tin
- Pencil
- Paper
- Scissors
- Craft materials, string, ribbon
- Family memorabilia (photographs, favourite toys, special drawings)

DIRECTIONS:

- Choose your container depending on how long you are planning on keeping it hidden. This is a great opportunity for your child to get involved.
- Have your child decorate the box before it is filled.
- Encourage your child to write a note to their future selves.
- Write a message to your child. You can write things that you love about them, the hopes you have for them and the values you hope they possess.
- Have your child write down their favourite events of the year and things that they love, such as their favourite colour, book etc.
- Have your child write down their goals for the year ahead. Depending on when they open their time capsule, they can see how much they have accomplished.
- Fill up the box with all the notes and your family memorabilia.
- One year or many years from now, your child will open their time capsule and glimpse a frozen moment of good times with loved ones. This personally designed time capsule preserves a moment in time, with special memories, dreams and aspirations for your child's future.

[Click here](#) to listen "We Are a Family" song.

[Click here](#) for more activities.

SAY "I LOVE YOU" IN A NEW WAY

A special object left around the house can be a unique and unexpected way to say "I love you."

DIRECTIONS:

- As a family, pick out an easily recognizable object, for example an oddly shaped rock, small stuffed animal, painted pinecone or even an old baby shoe.
- This object will symbolize a message of love and encouragement.
- When your child is having a tough day or when you want to remind them that they are loved, place the object in their shoe, on their pillow, next to their toothbrush or anywhere they will be sure to discover it.
- Take turns leaving the object in unexpected places, and when it is not being used, make sure you keep it in a place where everyone can find it.

[Click here](#) for more family time activities.