



HELLO PARENTS,

Memories are powerful. Think back to your own childhood, whether positive or negative you have some very defining memories that most likely bonded you and another family member or helped define who you are today. If you want your children to be able to look back on their own childhood and recall all the special moments you had together, create memorable moments for them to cherish and even share with their own children. In this newsletter, we provide you with activities to create meaningful memories.

ACTIVITIES

INFANTS (3 – 18 MONTHS)

FRAMED MEMORIES

MATERIALS:

- White construction paper
- Paintbrush
- Washable paint
- Picture frame

DIRECTIONS:

- Gather your supplies, and paint the inside of your child's hand.
- Press down on the white paper and make a handprint.
- Wipe the paint off your child's hand.
- Repeat with your child's foot, and let the prints dry.
- Frame the prints to create a lasting memory of your child.

[Click here](#) for more activities.

TODDLERS (19 MONTHS – 2.5 YEARS)

WATCH ME GROW

MATERIALS:

- Photographs
- Album
- Art materials

DIRECTIONS:

- Collect and print photographs of your child.
- Use milestone photos as a chance to create lasting memories and bond with your child.
- Let your child decorate each album page the way they like it.
- You can create pages for the first smile, the first Mother's Day, etc.
- You and your child will appreciate being able to look back at how much they have changed.

[Click here](#) for more activities.

PRESCHOOLERS (2.5 – 5 YEARS)

LEARN ABOUT YOUR FAMILY HISTORY

MATERIALS:

- Paper
- Pencils

DIRECTIONS:

- Ask your child which family member they want to interview.
- Help your child to make a list of questions they want to ask and are curious about. For example: "What is your favourite food, book, ice cream, song, etc."
- Decide how to record the interview. Your child can draw the answers that their relatives give, while you do an audio recording.
- Invite your friends and relatives and let your child share what they have learned about their family history.

[Click here](#) for more activities.

JK/SK (4 – 6 YEARS)

FAMILY ART GALLERY

MATERIALS:

- Art materials

DIRECTIONS:

- Invite your family for a fun activity day.
- Ask each member of your family to choose their favourite memory.
- Gather art materials and let your family express their memory in drawings.
- When you are all finished display your art, take pictures and create another great memory.

[Click here](#) for more activities.

SCHOOL-AGERS (6 – 12 YEARS)

WRITE A LETTER TO YOUR FUTURE SELF

MATERIALS:

- Paper
- Pen

DIRECTIONS:

- Let your family know that you would like to write a letter to yourself as a celebration of your cherished past memories, and wonderful future moments.
- Choose from the following topics and then write about them in the letter to yourself.
 - What was great about summer of 2022?
 - Do you think you changed over the last year? How?
 - What are your favourite and least favourite things?
 - Do you think you will change over the next year? How and in what ways?
 - Do you have any predictions about the next year?
 - If you could give your future self one piece of advice, what would it be?
- At the end of the school year bring out the letter and read it.

[Click here](#) for more activities.



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

A TIP FOR TODAY

- Ask your older relatives about their fondest memories.
- Go for an adventure/vacation as a family and take pictures.
- Keep your child's favourite toy, drawing or book and reflect upon it as your child gets older.
- Create a family journal where each member writes down something that happened which made them feel glad or grateful.