



## HELLO PARENTS,

Family Day is celebrated in Ontario on the third Monday of February. This year it is on February 21st. Family Day is a time dedicated to getting closer to your loved ones. You can take advantage of this wonderful occasion to reinforce your family bonds. In this newsletter, we will provide you with some activities that you can enjoy together with your family.

## FAMILY ACTIVITIES

### NEIGHBOURHOOD MAP

#### MATERIALS:

- Bristol board
- Markers
- Pencils
- Camera

#### DIRECTIONS:

- Invite the whole family to go for a walk. Take a camera with you.
- Notice interesting objects and landmarks on your way, and take pictures of them.
- Remember the names of the streets that you pass.
- At home, sit together and draw a map of the neighbourhood.
- Assign one family member to draw your house.
- Invite everyone to add the landmarks and objects that you noticed on your walk. Use the photographs as a reference.
- Hang the map of your neighbourhood on the wall. You can continue adding details to the map later.

[Click here](#) for more activities.

### FAMILY FUN BASKET

#### MATERIALS:

- Basket
- Pieces of paper
- Pencil

#### DIRECTIONS:

- Brainstorm some "no-prep" activity ideas for your family and write each one on a separate piece of paper. For example, "Hug someone and say I love you", "Imitate one of your family members and let others guess who they are", etc.
- Fold the pieces of paper and put them in a basket.
- Gather your family and take turns drawing from the basket and acting out what the paper says.
- Keep adding different activities to adopt to the family gathering.
- Continue this activity every year as a special family tradition on Family Day.

[Click here](#) for more activities to enjoy on Family Day.

## LOVE LETTERS TO YOUR FAMILY

#### MATERIALS:

- Pens or coloured pencils
- Paper
- Envelopes

#### DIRECTIONS:

- Invite family members to sit down together.
- Ask each person to write a loving note or a greeting card to each member of the family and close friends that are treated as family members.
- List one or two special qualities for each person and let them know they are special to you.
- Encourage younger children to draw special pictures for each family member.
- Place the notes into envelopes and deliver them to family.

[Click here](#) for 10 ways to celebrate Family Day with your loved ones.



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and Citizenship Canada

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### FUN THINGS TO DO TO CELEBRATE FAMILY DAY

- Get back in touch with your extended family such as your aunts, uncles, grandparents, etc. and let them know you think about them.
- Reach out to your "chosen family" the close friends and allies who are really the ones you can depend on.
- Arrange the Family Day celebration online if you do not have the chance to meet family members in person.
- Make breakfast or dinner together and try some new recipes.
- Get out and enjoy family exercise together, such as taking a group walk.
- Make your own cards to express how much you love your family.
- Make family memories by using props and taking funny family portraits.