**Appendix 5**

**Activities That Appreciate Family**

Families are important for developing a sense of self and a connection to place. Think about your family and their importance to you.

During this time, you may be spending a lot of time with family. This project will help you better get to know your family and your family history. You may also be able to create some fun activities and use positive connections with one another to help your family in this uncertain time.

Below are a few activities you might consider. Choose 2 or 3 (or maybe all of them!) and keep a daily journal about your experiences and your thoughts about how connecting with family makes you feel.

1. **Create a graphic organizer that represents your connections with your family.** It could be a chart, a mind map, something else … be creative. You may also want to include your thinking about what families do: they live together, work together, sing together, love each other, celebrate together …

1. **Prepare foods together.** You couldcall a family member who cooks food you love, and – *if the ingredients are handy at home* – prepare a recipe with them over the phone or using video chat. You may want to:

* video tape your preparations like you’re on a cooking channel
* create “new recipes” based on what is in the fridge
* try the 100 Mile Diet – only using ingredients harvested within 100 kms
* create new ways to eat fry bread/bannock
* share a meal with the people who live in your household

1. **Plan a “virtual dinner party.”** Send other family members a menu for the night, including recipes if needed. Everyone will prepare the meal in their own homes. *Choose an easy meal with ingredients everyone likely has at hand, like spaghetti.* 
   * Set up a device to allow everyone to be seen and heard on a video call.
   * Prepare some questions or conversation topics ahead:
     1. Name one thing you are grateful for
     2. What’s a favourite memory about someone at the party?
     3. What’s something new I have learned this week?
     4. What’s something you are looking forward to?
2. **Make a “Family Trivia Game.”** This is a good activity for learning more about your family history because you can draw on many relatives’ memories and experiences. Brainstorm trivia questions that involve your family. What village did grandma come from? What is auntie’s traditional name? Who is a better hunter – grandpa or uncle? Be creative and have fun! You can also involve people who live in other households if you can connect with them by phone or video chat.