

# Celebrating Heritage

## During the Holidays

Honour your family's heritage by researching ancestral holiday traditions. Incorporate something new that you learned into your celebrations.

### Share Stories

Create a special display of family photos, including those of members who have passed. During your holiday celebration, encourage older members to share stories and have someone either video or write these down for future generations.

### Beloved Foods

Gather everyone together to make your family's favourite holiday treat. Or try making a popular dish from a country that honours your family's roots.

### Ancestral Rituals

Learn ways your ancestors celebrated the holidays. Incorporate some of those traditions into your family's celebration. It will be fun and give you a meaningful connection to prior generations.



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# Creating New Traditions



When you gather with your family, be sure to take a lot of photos. Create an online album and send the link to everyone after the holidays.



Take a long walk after a holiday dinner either through your neighbourhood, a downtown area or at a local beach, park, etc.



Volunteer for a local charity either before the holiday (such as collecting items for a shelter) or on the holiday itself (such as delivering meals to those in need).



Visit a local attraction that is open on the holiday itself. Oftentimes it will be less crowded than normal.

