



## Cultural & Literacy Activities

- 1 Encourage your children to read words on tv, street signs mugs and t-shirts.
- 2 Let your children count out the change when making purchases. Reinforce the importance of math everyday by making it fun!
- 3 Pick one night a week and make it a library night. There are all kinds of activities planned at your local library the whole family will enjoy.
- 4 Playing games with the entire family is a great way to spend quality time together and build learning skills at the same time. Card games are great and so are fun board games like Monopoly, Scrabble, The Game of Life and Chutes and Ladders.
- 5 Choose a different cuisine once a week by picking a country, and researching recipes together. This makes for a great evening of cooking while enjoying a meal from a different culture!
- 6 Make road trips fun by playing the country name game! The first person starts with a name of a place (country, city, town, etc.) then the next person must name a place whose first letter starts with the last letter of the previous turn!



## Tips for Healthy Kids

- 7 Plan to visit a museum or art gallery in your home town, and bring the family! There's so much to discover about local culture and history!
- 8 Start a project to weave a basket or build a birdhouse and include your kids in the planning! Not only will they be proud of their accomplishment, they will want to get involved in making more creative and innovative things!
- 9 Take advantage of phones, tablets and other electronics and go outdoors to take pictures of things like certain leaves, rocks, animals or birds! Afterwards make a small collage of your adventure!
- 10 Turn rainy days into theatre days! What better way to spend an evening indoors than to plan a show, dress up with the kids and deliver the performance of a lifetime for the family!

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