

Activity: Family treasures – show and tell

Type of activity: Talking and listening, making a mind map

Who is it for? All the family

What do I need?

- Objects you treasure (one per person), pieces of paper, coloured pens
- A focus on memories, your curiosity and your listening skills

Introduction

In the past the word 'heritage' often referred to something big and monumental. Today, however, we find that heritage is not only about big and tangible forms such as objects, buildings or landscapes but also intangible forms such as voices, values, traditions, stories and ceremonies. It is all of us who create heritage by giving attention, meaning and value to objects or stories because they mean something special to us and by sharing our memories with people around us.

This activity invites you to get together and share family memories, weave a story of past time, see some old objects with new eyes and re/create your family heritage. It's a great activity for the whole family including those who are far from us at the moment - they can show and tell remotely.

Here's how to...

1. Spend 10 mins thinking of the object, memory, a song, a story or family tradition you would like to show and tell to the rest of the family.
2. When every family member has their object ready, sit together at the table or in a circle on the floor in the sitting room.
3. Take turns to show and tell your objects. Below are some questions that can help you give some structure.
 - a. When and where did you get this object from?
 - b. On the day you got this object, what was the weather like? Do you remember any smells, sounds, people and/or your emotions?
 - c. How did you get to have it?
 - d. Why did you want to have it?
 - e. What is so special about this object?
 - f. Is there a story linked to this object?
4. After everyone has had their turn, ask about the memories of each object that other family members have.
5. Finally, swap your objects and make a mind map of each - try to recreate what you have heard about it. You do this by placing your object in the middle of the paper, or

draw a symbol for it. Use colourful pens to write all the information you remembered around the symbol or object.

What now?

1. As a family, choose or vote for an object, memory, photo or song that most of you find particularly valuable and worth remembering. Agree on how you are going to cherish and celebrate that memory/object.
2. Create a family scrapbook. With these special times we are learning how to make the best of each day; every time you go for a walk, or listen to a song that makes you all dance make a note of it in your scrapbook.