



How deep do your roots go?

What are the lasting traditions from your family's cultural history? It's time to explore your family's roots, where you've come from, and where you're going!

- **Why is it important to keep family traditions in practice?**
- **What can you learn about your family and yourself by investigating your ancestry?**

Research Your Family's Roots

Estimated Time: 90-120 minutes

How much do you know about your family's background? Do some family research that incorporates biological, cultural, and ethnic characteristics. Interview family members to discover your roots. You never know what may surprise you!

Write a journal or create a video that answers the following prompts:

- Summarize your family background.
- What cultural traditions has your family kept? Why is it important to keep these practices?
- Which traditions have fallen out of practice? If you can, explain why (or hypothesize why) this has occurred.
- If your family doesn't practice any cultural traditions or your family background is unknown, how have you created your own traditions?

Lasting Legacies

Estimated Time: Varies

Ever wonder about the family backgrounds of some of your favourite celebrities? The show "Finding Your Roots" ([pbs.org/weta/finding-your-roots/](https://www.pbs.org/weta/finding-your-roots/)) interviews entertainers, athletes, and news-makers. Each episode takes you on a journey with people like Questlove, Jimmy Kimmel, and Maya Rudolph as they discover their own family legacies!

How can you share your family's legacy with future generations? Document it! Interview some family members about how they keep cultural traditions alive. Then, grab a camera and take photographs of the foods, clothing, or other traditions. How are these traditions representative of your family's heritage?

Annotate each photograph with a paragraph description that responds to the following:

1. Describe the object/event.
2. Explain why it is important to continue this tradition.
3. Identify a favourite aspect of this tradition and why it appeals to you so much. If it's a tradition that you don't particularly love, specify why.

Go Further: Organize your annotated photos into a presentation or movie to share with your family! Free web-based tools like Adobe Spark (spark.adobe.com) and Prezi.com help you create beautiful presentations!

Adapted from WorldStrides Global Perspectives coursework.

Want to learn more about some interesting cultural traditions throughout the world? Check out this video! (youtu.be/1Xy-K79QB7k)



Students! Answering our questions? Using our strategies? Share them with us at discoverycanada@worldstrides.com.