

LEARNING THROUGH

P

L

A

Y



A Celebration of Brain-Building Activities
that Honor **Cultures and Traditions**

Family Engagement Activities and Resources for Child Care Providers

Food



- Share family recipes.
- Create a recipe book with contributions from families that includes traditional family recipes.
- Host a potluck dinner where families bring dishes from their cultural heritage.
- Organize a cultural day where families can share their traditions through performances, food and crafts.

Resources

- [Brain Building Tips for Mealtime](#)
- [Mealtime Activities: Brain-Building Challenge](#)
- [Food and Play Tip Set](#)

Music & Dance



- Create a shared music playlist that families can contribute to.
- Create a playlist of music from different cultures for children to listen to during nap time or quiet time.
- Organize a dance party where families can teach and learn traditional dances from different cultures.
- Host a family singalong featuring traditional songs from different cultures.
- Invite families to share traditional instruments from their culture with the children.
- Host a family karaoke night featuring songs from different cultures.
- Invite families to share traditional lullabies from their culture with the children.
- Host a music concert where families can perform and share their favorite songs.

Resources

- [Growing Young Brains with Music & Dance](#)
- [Early Music Experience](#)

Celebrations & Festivals



- Family Day/Night celebrating diverse cultures.
- Share a list of local cultural events.
- Acknowledge cultural holidays celebrated throughout the year.
- Host a cultural fashion show where children and families can wear traditional clothing from their cultures.
- Organize a cultural field trip to a museum or cultural center in the community.
- Host a family game night where families can play traditional games from different cultures.
- Organize a cultural scavenger hunt where children and families can learn about different cultural landmarks and traditions in the community.
- Invite families to share traditional holiday stories with the children.
- Create a family photo album featuring photos from different cultural celebrations.
- Invite families to share traditional holiday decorations with the children.
- Create a cultural museum in the classroom featuring artifacts and information from different cultures.
- Host a family movie night featuring films from different cultures.
- Celebrate different cultural dress days where families and children can dress up in traditional clothing.
- Create a cultural calendar featuring important holidays and celebrations from different cultures.

Reading & Storytelling



- Invite families to share their favorite childhood stories or folktales.
- Read children's books that feature diverse characters and cultures.
- Create a multicultural book club for families to read and discuss books from different cultures.
- Host a family storytelling night where children and parents can share stories from their cultural backgrounds.
- Create a book swap program where families can share their favorite books with each other.
- Create bookmarks with families.
- Create a lending library with a variety of books featuring different cultures.

Resources

- [Celebrating Cultures and Traditions through Books](#)
- [GROWING YOUNG BRAINS: Building a Foundation for Reading](#)
- [The Reading Challenge](#)
- [Literacy Tip Set](#)
- [Language Development: From Listening to Speaking](#)
- [Foundations of Literacy](#)
- [Reading Your Way to a Culturally Responsive Classroom](#)

Discussing Race & Promoting Equity



Resources

- [Promote Equity in Child Care through Quality Interactions](#)
- [Talking About Race with Young Children](#)
- [Race Today: What Kids Know as They Grow](#)
- ["Racing" Towards Equality: Why Talking to Your Kids About Race Is Good for Everyone](#)
- [Moving Beyond Anti-Bias Activities: Supporting the Development of Anti-Bias Practices](#)

Languages



- Learn to say Hi and Bye in different languages.
- Invite families to teach children basic phrases and words in different languages.
- Create a language learning corner with books, menus, mail, letters, greeting cards and other resources in different languages.
- Organize a language exchange program where families can practice speaking different languages together.
- Invite families to read books in their native language to the children.
- Host a family poetry night where families can share their favorite poems and rhymes.

Resources

- [Bilingual Language Development](#)
- [Many Languages, One Classroom: Supporting Children in Superdiverse Settings](#)

Arts & Crafts



- Paint a self-portrait: Children can use paint and paper to create a self-portrait that celebrates their unique qualities and identity.
- Create a family tree: Use construction paper, markers, and photos to make a family tree to help children learn about their family history and heritage.
- Create a memory book: Use a scrapbook or journal to document family traditions, holidays and special memories.
- Host an arts and crafts day where families can create traditional crafts from their cultural backgrounds.
- Create a multicultural art exhibit with artwork from children and families.
- Create a cultural garden where children can learn about plants and herbs from different cultures.
- Create a family memory box featuring mementos and artifacts from different cultural celebrations.

Visit GrowYoungBrains.org for information on brain building resources for child care programs.