



## GRADE 3-5 (UPPER ELEMENTARY) Heritage and Heart Day (October 15)

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### What This Is About



**Heritage and Heart Day** helps students understand where they come from while learning to respect and appreciate others.

At this stage, students can begin to think more deeply about identity, family, and culture. This day encourages them to reflect on their own story while listening to and learning from others.

It reminds them that everyone has a unique background, and every story matters.

#### **Activity 1: My Story Writing or Drawing**

Ask students to write or draw about:

- 👉 their family
- 👉 a tradition
- 👉 something important to them

##### **How to implement:**

Give students time to express themselves in a way that feels comfortable. Writing or drawing are both acceptable.

##### **Afterward:**

Invite sharing if students are comfortable.

##### **Guide with:**

- What did you share
- Why is it important to you

#### **Activity 3: Learn About Others**

Ask students to:

👉 learn one new thing about another culture

##### **How to implement:**

This can be through:

- discussion
- reading
- simple research

##### **Reflect:**

- What did you learn
- What surprised you

#### **Activity 2: Share and Listen**

Have students share something about their background or traditions.

##### **How to implement:**

Set simple expectations:

- listen without interrupting
- show respect
- no judging

This can be done in pairs or small groups for comfort.

#### **Activity 4: Similarities and Differences**

Create a chart or discussion:

- 👉 "How are we similar?"
- 👉 "How are we different?"

##### **How to implement:**

Guide students to see that differences are something to respect, not judge.

#### **Activity 5: Culture Through Creativity**

Have students create:

- 👉 art
- 👉 a drawing
- 👉 a short presentation

based on something meaningful to them or something they learned about their own or another culture.

##### **How to implement:**

Give students time to think about what they want to share, such as a family tradition

## For Homeschool and Home Use

- Talk about family history and traditions
- Share stories from parents or relatives
- Explore cultural foods, music, or customs
- Encourage open conversations about identity

- Ask children what makes them feel proud of who they are
- Compare similarities and differences with others in a positive way
- Use everyday moments to talk about respect and understanding
- Read books or watch shows that highlight different cultures

## Simple Reflection

- What did you learn about yourself
- What did you learn about someone else
- Why is it important to respect differences

- What makes you proud of who you are
- What is something new you learned today
- How are you the same as others
- How are you different from others
- How can you show respect to others

## Tip for Educators and Parents

Keep this experience open, respectful, and inclusive. There is no single right or wrong way to explore heritage as long as the focus remains on understanding, connection, and respect.

Encourage students to express themselves in different ways and remind them that every background is important, including mixed and multicultural identities.

## Make it Stand Out

- Create a "Our Stories" board or wall
- Allow students to share at their comfort level
- Celebrate both differences and similarities
- Focus on connection, not comparison
- Create a safe and respectful space for all voices

- Use real-life examples students can relate to
- Encourage students to ask questions and stay curious
- Include simple group activities that promote sharing and listening
- Let students express themselves through drawing, writing, or speaking



## Cool Activities (Grades 3-5)



### "What's in My Story?" Bag

Have students bring or draw 1-2 items that represent them:

- 👍 favorite food
- 👍 family tradition
- 👍 something they love

**Then share in small groups.**

### "My Identity Poster"

Students create a poster with:

- things they love
- their family
- their culture
- what makes them unique

### "Where We Come From" Map

Use a simple map and let students:

- 👍 place a sticker or mark where their family is from

**If unknown, they can mark where they live now.**

## **Closing Thought**

When we understand our own story and listen to others, we begin to see how we are all connected.

## **Need more ideas or support?**

Mona Liza Santos can help tailor activities for your classroom or home.

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