



Heritage and Heart Day Toolkit

October 15

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What is Heritage and Heart Day?

Heritage and Heart Day encourages individuals and families to reflect on where they come from while embracing the diversity of others. It is a reminder that every person has a story, and every story matters.

Observed on **October 15**, the day falls at the close of both Hispanic Heritage Month and Filipino American History Month. While it aligns with these important cultural observances, it is not limited to any one culture or community.

This day is meant to be inclusive of all backgrounds. It encourages people of every ethnicity, mixed heritage, and nationality to honor their roots while also learning about others with openness and respect.

This observance is not intended to be a day off, but a meaningful opportunity to pause, reflect, and connect. By understanding where we come from and respecting where others come from, we help build a kinder and more inclusive world for generations to come.

Ways to Celebrate Heritage and Heart Day

- Share a story about your family or background
- Ask someone about their culture or traditions
- Learn something new about another heritage
- Write what makes you proud of your roots
- Listen to someone's story with openness and respect
- Explore cultural music, food, or traditions
- Talk about your family history with loved ones
- Celebrate both similarities and differences
- Reflect on what identity means to you
- Show appreciation for another person's background
- Ask older family members about their experiences
- Create a simple family tree or timeline
- Recognize and appreciate mixed or multicultural identities
- Learn about a holiday or celebration from another culture
- Appreciate the diversity within your own community
- Celebrate traditions while remaining open to learning from others
- Learn a few words or phrases from another language
- Reflect on how your background has shaped who you are
- Ask thoughtful questions to better understand others

Take a Moment to Reflect

- What did you learn about yourself
- What did you learn about someone else
- How can you show respect for different backgrounds
- What is something new you will carry forward

How to Use This in Schools, Homeschools, Libraries, and Everyday Settings in Schools

- Start the day with a discussion about identity and culture
- Encourage students to share their backgrounds in a respectful way
- Create a classroom activity centered on “Where I Come From”
- Highlight different cultures through storytelling or presentations
- End the day with reflection and group sharing

In Homeschools and at Home

- Talk about family history and traditions
- Share stories across generations
- Explore cultural foods, music, or traditions together
- Encourage children to express their identity through writing or art
- Reflect together on what makes each person unique

In Libraries

- Create a display highlighting different cultures and traditions
- Host a reading or storytelling session
- Encourage children to explore books about identity and heritage
- Provide a space for sharing stories or reflections
- Highlight voices from diverse backgrounds

In Communities, Workplaces, and Public Spaces

- Encourage conversations about culture and identity
- Create opportunities for people to share traditions or experiences
- Promote inclusive and respectful interactions
- Recognize and celebrate diverse backgrounds
- Foster an environment where everyone feels valued

Closing Thought

Understanding where we come from helps us better understand one another. Respect grows when we take the time to listen, learn, and connect.