



TK-2 (EARLY ELEMENTARY) Heritage and Heart Day (October 15)

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Founder of Heritage and Heart Day



What This Is About

Heritage and Heart Day helps children begin to understand where they come from and appreciate the uniqueness of others.

At this age, it is not about teaching history in depth. It is about helping children feel proud of who they are while learning to respect and celebrate others.

This day reminds children that every person has a story, and every story matters.

Activity 1: My Story Drawing

Ask children to draw:

- 👉 their family
- 👉 their home
- 👉 something special about them

How to implement:

Give time for drawing and gently ask questions while they work.

Talk about it together:

- Who is in your picture
- What makes your family special

Activity 3: We Are Different and the Same

Ask:

- 👉 "What makes us different?"
- 👉 "What makes us the same?"

How to implement:

Write or say examples:

- same: we all have feelings
- different: we may eat different foods

Help children understand both are important.

Activity 2: Share Something About

Have children share something simple:

- 👉 a favorite food
- 👉 a tradition
- 👉 something they like to do at home

How to implement:

Keep sharing short and optional. Encourage listening and respect.

Activity 4: Act It Out

Read a story about families, culture, or identity.

How to implement:

After reading, ask:

- What did you notice
- How was their story different or similar to yours

Activity 5: Kind Words About Others

Have children say something kind about another person.

How to implement:

Model examples first. Keep it simple and positive.



For Homeschool and Home Use

- Talk about family stories and traditions
- Share memories from parents or grandparents
- Celebrate what makes your family unique
- Encourage children to ask questions



Simple Reflection

- What did you learn about yourself
- What did you learn about someone else
- What makes you special
- What makes your family special
- What is something you are proud of
- How are you different from others



Simple Reminder

Everyone comes from a special place.
We can be proud of who we are and kind to others by learning about them.

Tip for Educators and Parents

Keep this simple, warm, and engaging. There is no single right or wrong way to explore heritage as long as the focus is on helping children feel proud of who they are and kind toward others.

Young children learn best through stories, sharing, and everyday conversations. Talk about family, traditions, and where you come from in ways they can understand, and help them learn to respect and appreciate the differences in others.

Make It Stand Out

- Create a "Our Stories" wall with drawings
- Use music or visuals from different cultures
- Celebrate each child's uniqueness
- Invite children to share something special about their family
- Read stories that show different cultures and traditions
- Encourage children to ask questions and stay curious



Fun Ways to Celebrate Heritage and Heart Day



"My Family Flag" Activity

Kids create their own flag using:


- colors
- symbols
- drawings of things they love

 Teaches:

- identity
- pride
- creativity

"Something Special From Home"

Kids bring or talk about:

 a toy, photo, or object that matters to them


 Builds:

- confidence
- storytelling
- connection

"Hello Around the World"

Teach simple greetings:

- Hello
- Hi
- Mabuhay

 Kids repeat and have fun with it.



Heritage is the story of where we come from and the people who came before us. It lives in our traditions, our values, and the way we connect with others. When we honor our heritage, we learn to respect our own story and the stories of those around us.



Closing Thought

Every child has a story. When children learn to value their own story, they begin to value others too.

Need more ideas or support?

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

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