

T★A★P★S®

Activity Book



My Story, The Legacy

#LoveLivesOn

Developed for TAPS Youth Programs use.

Table of Contents

Table of Contents.....	1
Family Tree.....	2
Thumbprint Self-Portrait.....	3
Stained Glass.....	4-5
Draw the Memory.....	6
Flower Handprint.....	7
Rock Art.....	8
Family Time Capsule.....	9
Totem Pole.....	10-11
You and Me Album.....	12
My Dreams and Goals.....	13
Family Interview.....	14
Acts of Kindness.....	15
Learn to Dream.....	16
My Past, My Present, My Future.....	17
Family Recipe Book.....	18
Additional Activities.....	19



FAMILY TREE

TAPS Activity Book

DIRECTIONS:

Create your own family tree. You may use the one below or design and create your own.

MY FAMILY TREE

MY GREAT-GRANDPARENTS
MY GRANDPARENTS ----
MY PARENTS _____

FATHER'S MOTHER'S FATHER
name _____
birth date _____

MOTHER'S FATHER'S MOTHER
name _____
birth date _____

FATHER'S MOTHER'S MOTHER
name _____
birth date _____

FATHER'S MOTHER'S FATHER
name _____
birth date _____

MOTHER'S MOTHER'S MOTHER
name _____
birth date _____

MOTHER'S FATHER'S FATHER
name _____
birth date _____

FATHER'S FATHER'S FATHER
name _____
birth date _____

MOTHER'S MOTHER'S FATHER
name _____
birth date _____

FATHER'S MOTHER
name _____
birth date _____

MOTHER'S MOTHER
name _____
birth date _____

MOTHER'S FATHER
name _____
birth date _____

FATHER'S FATHER
name _____
birth date _____

MOTHER
name _____
birth date _____

FATHER
name _____
birth date _____

ME

Name: _____
Birth Date: _____

www.legacyproject.org



STAINED GLASS

TAPS Activity Book

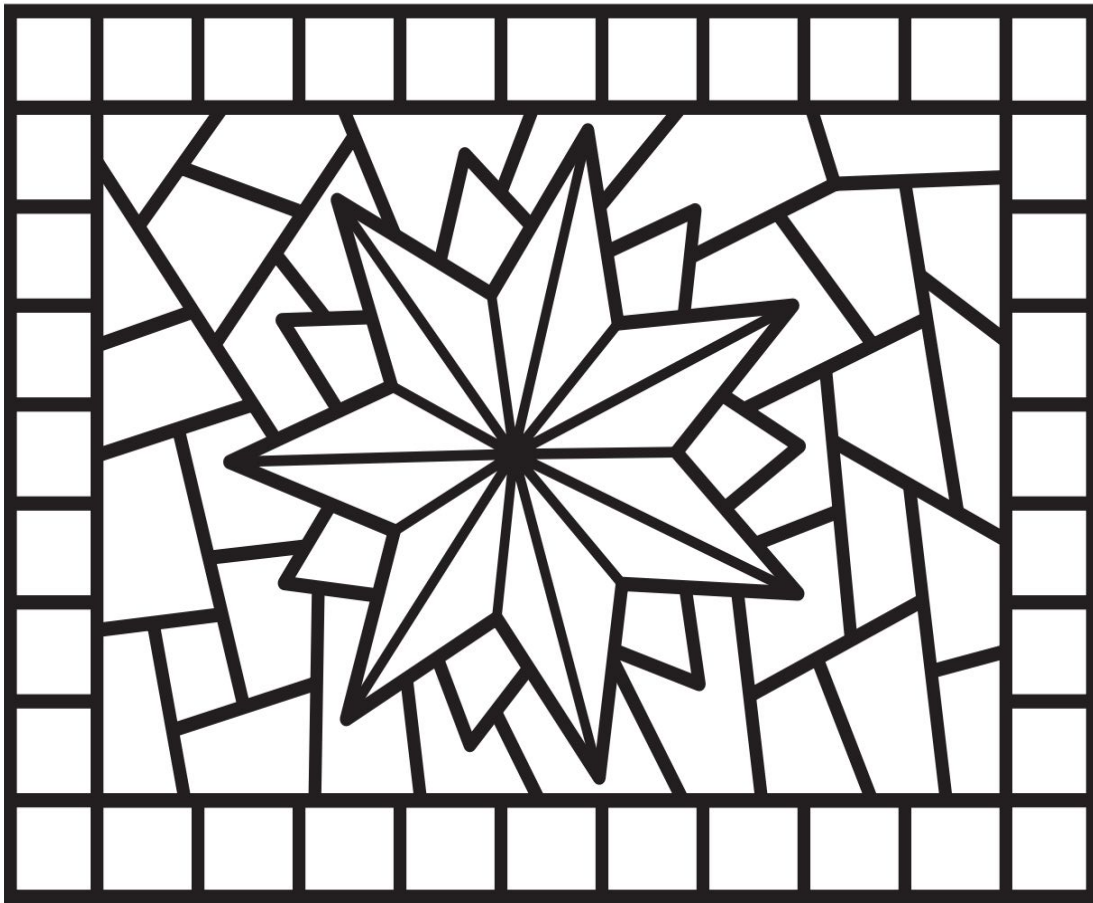
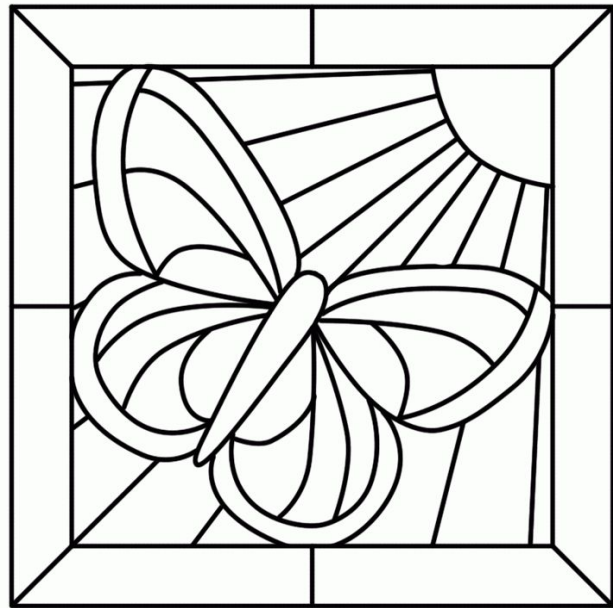
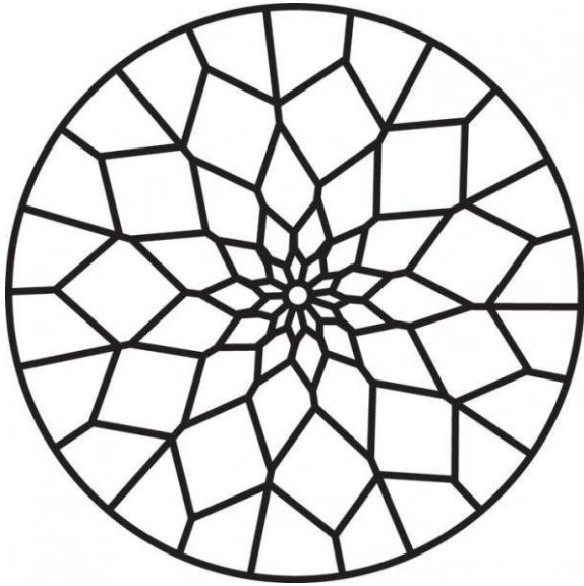
Directions:

1. Use crayons to color in the stained glass pattern(s) in a variety of bright colors.
2. Choose colors that make the designs stand out.
3. Cut out the pattern(s).
4. Using a cotton ball, rub vegetable oil on the back of the pattern.
5. Lay it flat, crayon side down, on a pile of newspapers to dry.
6. Once it's dry, you can tape the stained glass star in a window.

Materials:

- Crayons
- Stained glass picture(s) (Next page)
- Tape
- Cotton ball
- Vegetable oil





© SV Bosak, Legacy Project, www.legacyproject.org



DRAW THE MEMORY

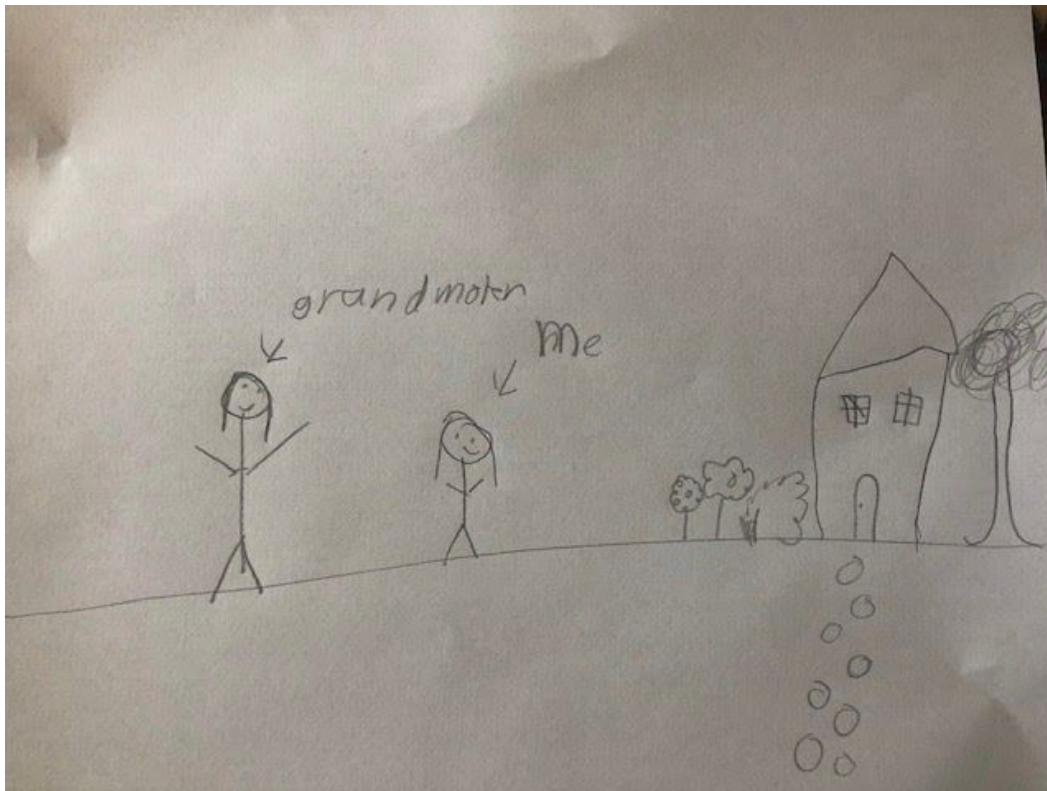
TAPS Activity Book

Directions:

1. On their own sheet of paper, each person draws a picture of a favorite family memory.
2. As you are drawing, each person hides their picture from everyone else.
3. When everyone is finished drawing, hold pictures up one at a time for people to try to guess the memory.
4. Once a memory has been guessed correctly, talk about why it's a favorite memory.

Materials:

- Crayons/pens/pencils/markers
- Paper



Source: <https://legacyproject.org/>



FLOWER HANDPRINT

TAPS Activity Book

DIRECTIONS:

1. Choose any color of paint.
2. Put some paint on a paper plate.
3. Using a paintbrush put paint on the palm of one of your hands.
4. Once the palm of the hand is covered and with fingers slightly apart press your hand down on the piece of paper.
5. Wash the remaining paint of your hand.
6. You can then use green paint to paint the stem and limbs of the flower.
7. You may add one or more hands to have multiple flowers on one.

Materials:

- Crayons/pens/pencils/markers
- Paper
- Paper plates
- Paintbrushes
- Fingerpaint
- Paper towels





ROCK ART

TAPS Activity Book

Directions:

1. You may go on a walk and find rocks for this project.
2. Design and create an art piece out of the rocks you gathered or purchased. You may paint the rocks if needed.
3. Send your picture to youthprograms@taps.org

Materials:

- Rocks of all shapes, sizes, and colors
- Optional: Paper, board, glue, paint



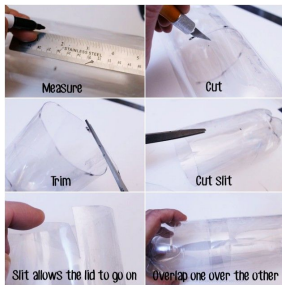


FAMILY TIME CAPSULE

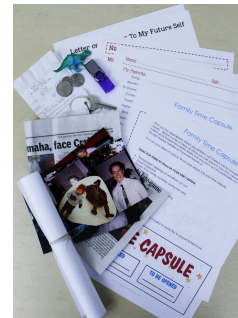
TAPS Activity Book

Materials:

- Two plastic soda bottles with straight sides as those work best.
- X-acto type knife
- Dry erase marker (optional but great for marking your bottles)
- Printable sheets below
- Packing tape



Measure and mark your bottles with a dry erase marker as it rubs off when you're done. Exact measurements are not needed. Cut your bottles and then trim with scissors if needed. Cut a 1" to 2" slit on the top of one. This is the bottom piece and overlapping the slits a bit allows the top piece to slide on snugly.



Fill your bottle, rolling or folding any papers as needed.

Cut out the label you want to use and fill it out. Use packing tape to cover it completely around the bottle to seal it.



Place your time capsule in an out of the way place until the date you set to open it.



Source: <https://craftyourhappiness.com/2016/01/05/diy-family-time-capsules/>



TOTEM POLE

TAPS Activity Book

Totem poles are monuments created to represent and commemorate ancestry, histories, people, or events. Create a totem pole representing who you are and your characteristics or you can choose to do a totem representing the person that you honor and remember.

DIRECTIONS:

1. Create a section of the totem pole for each characteristic that you would like to include.
2. One section of the totem can represent a memory about where you are, the second section can be the person you honor or remember, and the third section is what do you want to me in the future.
3. You can also use some of the Native animals that represent different traits and attributes. (See next page)
4. Once you have completed each section then you can tape or glue the sections together.
5. The totem pole will be a representation of your family.












Materials:

- Cardboard toilet paper or paper towel rolls
- Glue/tape
- Colors/markers/sharpiers



Source: <http://msspinrodsclass.blogspot.com/2014/08/totem-poles.html>

TOTEM POLE ANIMAL & OBJECT SYMBOLOGY

	<p>Beaver</p>	<p>Old, wise, builder, creative, artistic & determined, strong sense of family, builder of dreams</p>
	<p>Eagle</p>	<p>Ruler of the sky, great strength, leadership, prestige, divine spirit, connection to creator</p>
	<p>Frog</p>	<p>Spring & new life, communicator, stability, rich in life, survivalist, connection to water element</p>
	<p>Hawk</p>	<p>Strength, quick to assist when in need of help, messenger, stopper of time</p>
	<p>Owl</p>	<p>Wisdom, watchful, perseverance, respected, may be associated with death</p>
	<p>Raven</p>	<p>Credited for having tricked the owl and giving fire to man, putting the sun & moon in the sky and trees and rivers on land – tricky, mischievous & at times greedy</p>
	<p>Thunderbird</p>	<p>Caller of rain, mystical leadership, known to make lightning and thunder with a blink of an eye or flap of its wings</p>
	<p>Whale</p>	<p>Hunter & commanding of the sea, family centered, wisdom, power, cleanser</p>
	<p>Wolf</p>	<p>Loyalty, success, perseverance, powerful, heals humans that are sick, teacher, pathfinder and survivalist</p>
	<p>Bear</p>	<p>Teacher, often misunderstood, welcome, friendly, strength, learned humility, motherhood</p>
	<p>Salmon</p>	<p>Provider, instinct, persistence, dependability & renewal, represents different clans,</p>



YOU AND ME ALBUM

TAPS Activity Book

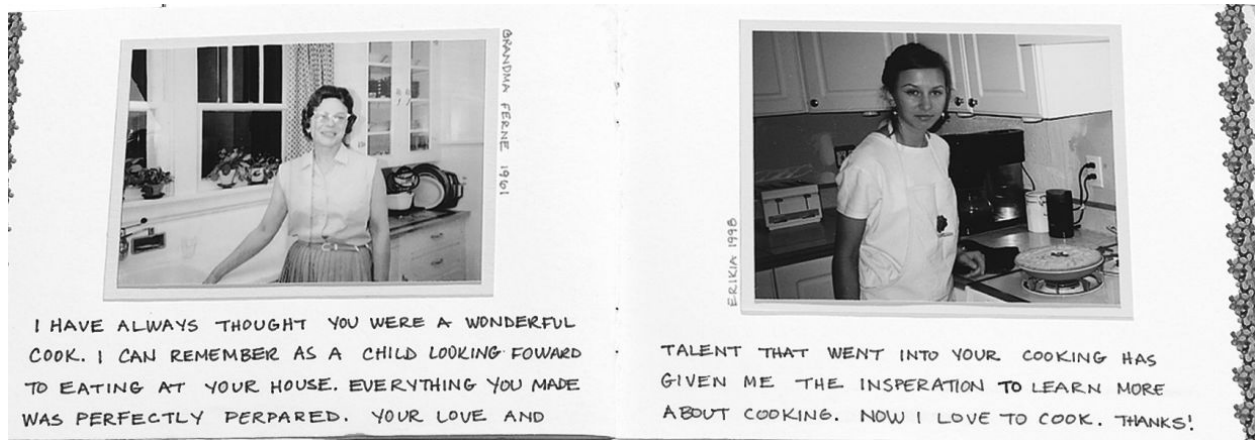
Directions:

1. Recreate some of your favorite photos from your loved one or family member.
2. You can place these in a photo album side by side.
3. Write what the photos mean or how much you appreciate them teaching you a particular skill or sharing a love or passion for a game, music, sports, hiking, fishing, art, cooking, etc. (See below example).

Materials:

- Paper
- Cardstock / scrapbooking paper
- glue/tape
- staples

Source:





FAMILY INTERVIEW

TAPS Activity Book

Directions:

The Family Interview Activity is a fun and unique way to learn and engage in conversations with family members about family history, culture, historical events, or to share memories. We encourage you to find and ask a family member if you can interview them. You can go to <https://legacyproject.org/guides/lifeintquestions.pdf> to find examples of questions you can ask or you can come up with your own. Write the questions down and your family member responses as a keepsake.





ACTS OF KINDNESS BINGO

TAPS Activity Book

Directions: Being kind cost you nothing. Put an X on the items that you complete.

B	I	N	G	O
Write a kind message on your mirror with a dry erase marker for yourself or a family member.	Try to make sure every person in a group conversation feels included.	Make a care package	Offer your help to someone	Email or write to a former teacher who made a difference in your life.
Send a 'Thank you' card or note to the officers at your local police or fire station, or to your teachers.	Play with someone new.	Compliment the first three people you talk to today.	Give someone a flower	Find opportunities to give compliments. It costs nothing, takes no time, and could make someone's entire day. Don't just think it. Say it.
Send a positive text message to five different people.	Pick up and take out the trash without being asked	Hold the door open for someone	Surprise first responders in your community with freshly baked cookies or treats!	SHARE
Put your phone away while in the company of others.	Write your family a list of things you love about them.	Color a picture for someone	Practice self-kindness and spend 30 minutes doing something you love today.	Decorate kindness rocks.
Smile at five strangers.	Let someone go in front of you in line who only has a few items.	Post inspirational sticky notes around your neighborhood, office, school, etc.	Write a friendly note on the sidewalk using chalk	Surprise a neighbor with freshly baked cookies or treats!



LEARN TO DREAM

TAPS Activity Book

DIRECTIONS: The start of the school year is an ideal time for a child and their parent or a class of students and their teacher to discuss, write out, and sign a Learn to Dream Pledge. Students make a pledge to themselves, their teachers, and their parents that they will do the very best they can throughout the school year to learn as much as they can so that they can make their dreams for their life a reality. The big dreams of the future start with everything you learn now.

LEARN TO DREAM

I pledge to follow these 10 strategies to do the best I can this year in school so that I learn well and achieve my dreams

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

Name _____ Date _____

www.legacyproject.org

Source: <https://legacyproject.org/activities/learntodream.html>



MY PAST, MY PRESENT, MY FUTURE

TAPS Activity Book

DIRECTIONS:

Draw a picture in each of the boxes of something that represents your past, your present, and your future. Then write a short description explaining each frame.



MY PAST



MY PRESENT



MY FUTURE



FAMILY RECIPE

TAPS Activity Book

Directions: Is there a favorite family recipe that your family or loved one enjoyed? Fill out the recipe card below and then we would love to hear about it at youthprograms@taps.org

Name of Recipe: _____

Where did the recipe come from: _____

Favorite memory of this recipe: _____

Yield: _____ **Prep time:** _____ **Cook:** _____ **Total time:** _____

INGREDIENTS

INSTRUCTIONS



ADDITIONAL ACTIVITIES

TAPS Activity Book

READING:

- ***Dream A Tale of Wonder, Wisdom & Wishes*** by bestselling author Susan V. Bosak. From the smallest personal beginnings to the largest human triumphs, why are we here if not to dream? *Dream* is a book that reveals more with each reading. The story begins at the end of the rainbow with the Dream Chest, a magical portal between "what is" and "what can be." A wise old star emerges as your guide and asks, "What's your dream?"
<https://legacyproject.org/books/dream.html>
- **Reading Handwriting**
<https://legacyproject.org/holidaykit/part2/hd2.5handwriting.html>

STEM:

- **Reach for the Sun**
<https://legacyproject.org/activities/reachsun.html>
- **Hallway of Dreams**
<https://legacyproject.org/activities/hallwaydreams.html>
- **Genetic Ingredients**
<https://legacyproject.org/grandparentsday/familyfunpack/geneticingred.html>