

This activity is part of a series of legacy-building and memory-making activities offered through Hospice. Most of the activities are suitable or can be adapted for children of all ages. We encourage all members of the family to participate in any of the activities you select.

## **Making Memories Activities**

Here are some suggestions of activities that families can do together to create new memories. Take pictures of the family while engaging in the activities so that you have a visual record of your special time together!

### **Sundae Sundays**

#### **Needed Materials:**

- Ice cream (in variety of flavours, if possible)
- Ice cream bowls, scoop and spoons
- Toppings (mini marshmallows, candy sprinkles, chocolate pieces, gummy candies, syrup etc.)

#### **Instructions:**

1. Scoop ice cream into ice cream bowl.
2. Sprinkle ice cream with your favourite toppings.
3. Enjoy!

#### **Tips and suggestions:**

- You can start a new family tradition with this activity and do it every week!
- For a healthier option, you may use frozen yogurt instead of ice cream, and a variety of diced fruits for toppings.
- Make a giant sundae for the entire family to share.

This activity is part of a series of legacy-building and memory-making activities offered through Hospice. Most of the activities are suitable or can be adapted for children of all ages. We encourage all members of the family to participate in any of the activities you select.

## **Making Memories Activities**

Here are some suggestions of activities that families can do together to create new memories. Take pictures of the family while engaging in the activities so that you have a visual record of your special time together!

### **Wacky Family Photo Shoot**

#### **Needed Materials:**

- Camera (film, disposable or digital)
- Favourite clothes, toys, items
- Costumes and other props

#### **Instructions:**

1. Dress up in costumes and use silly props for your family photo shoot.
2. Family members will take turns taking pictures of each other.
3. Print your photos and make sure that each person gets a copy of their favourite photos.

#### **Tips and Suggestions:**

- Do a theme photo shoot such as “Upside-down Night”.
- Take photos of family members doing wacky or unusual poses.
- Compile your collection of wacky photos and place them in a photo album or collage.

This activity is part of a series of legacy-building and memory-making activities offered through Hospice. Most of the activities are suitable or can be adapted for children of all ages. We encourage all members of the family to participate in any of the activities you select.

## **Making Memories Activities**

Here are some suggestions of activities that families can do together to create new memories. Take pictures of the family while engaging in the activities so that you have a visual record of your special time together!

### **Family Movie Marathon**

#### **Needed Materials:**

- An assortment of movies
- Movie player (DVD player and television or laptop)
- Snacks such as popcorn and gummy candies (optional)

#### **Instructions:**

1. Let each person in the family choose a movie.
2. Watch movies back to back.

#### **Tips and Suggestions:**

- If a child is staying in the hospital, check with hospital staff if it is possible to bring a laptop and watch movies in the child's room or in a designated visitors' room.
- Make sure to pick family-friendly and age-appropriate movies.

This activity is part of a series of legacy-building and memory-making activities offered through Hospice. Most of the activities are suitable or can be adapted for children of all ages. We encourage all members of the family to participate in any of the activities you select.

## **Making Memories Activities**

Here are some suggestions of activities that families can do together to create new memories. Take pictures of the family while engaging in the activities so that you have a visual record of your special time together!

### **Family Memories Quiz Bowl**

Reproduced with permission from: The Legacy Project

<http://www.tcpnow.com/holidaykit/part2/hd2.2.html#anchor2.2fmqb>

#### **Needed Materials:**

- Slips of paper
- Pen/pencil
- Bowl

#### **Instructions:**

1. Each person in the group writes out about five questions (depending on the total number of people playing) about family history. i.e. what was the name of our first family pet.
2. Write each question on a separate slip of paper. Fold up the slips of paper and put them into a bowl.
3. Pass around the bowl. One at a time, each person pulls out a question. The person reads it aloud to the group and then tries to answer it. If you answer correctly, you get a point.
4. Then pass the bowl to the next person. If you choose your own question, refold it, put it back in the bowl, and pick another question.
5. If you don't know the answer to a question, go around the room until someone guesses the answer (that person gets a point).

#### **Tips and Suggestions:**

- This game is more appropriate for children 10+, who are able to think of and write five questions about their family.
- This is another easy game that children, parents, and grandparents can play together. It can evoke a lot of memories and stories.
- Try to come up with questions that will bring up great family memories. Some examples of questions: Where did we go on vacation three years ago? What is my favorite expression? What family tradition takes place each year when we put up the Christmas tree? What movie did we all go to see last month? When is Grandma and Grandpa's wedding anniversary? What was Sarah's favorite book when she was little? One caution: avoid embarrassing questions or questions that young children or teenagers may be sensitive about.