

Name:

Contact Number:

## Family Enhancement Summer Bucket List

### Draw One

- Take a family photo
- Picnic at the Park or a Lake
- Learn an animal in your Indigenous Language (or Indigenous Language of your choice)
- Family self care activity (list of ideas on reverse)
- Enjoy an evening walk together
- Visit a library

----- Draw One entries accepted from June 21<sup>st</sup> to July 14<sup>th</sup>

### Draw Two

- Plan a family dinner
- Make fry bread or bannock
- Family games night
- Learn something new about each other
- Learn a greeting in your Indigenous Language (or Indigenous Language of your choice)
- Play in a sprinkler

----- Draw two entries accepted from July 15<sup>th</sup> to August 4<sup>th</sup>

### Draw Three

- Read a book together
- Pajama movie night
- Pick local berries
- Make arts and crafts together
- Learn about one of your ancestors or elders
- Do something nice for someone else

----- Draw three entries accepted from August 5<sup>th</sup> to August 25<sup>th</sup>



Email a photo of your Bucket List Items to [kkcfssprevention@ktunaxa.org](mailto:kkcfssprevention@ktunaxa.org) or Drop it off to Chief Joseph Centre (1007 Baker Street) to get your family entered into the draw for a **Family Fun Gift Baskets!**\*

Each completed Bucket list Item gets you **One Entry**, so the more you complete the more chances you have to win

\*\* Limit of One Prize Basket per Family Unit. All three prize baskets contain the same items

- Ktunaxa Language  
<https://www.firstvoices.com/explore/FV/sections/Data/Ktunaxa/Ktunaxa/Ktunaxa>
- Métis Language (Michif)  
<https://www.learnmichif.com/>
- Self Care Activities  
<https://www.goodtherapy.org/blog/134-activities-to-add-to-your-self-care-plan/>
- Card Games  
<https://playingcarddecks.com/blogs/all-in/40-great-card-games-for-all-occasions>
- Get to each other Questions  
<https://www.signupgenius.com/groups/getting-to-know-you-questions.cfm>
- Fry Bread Recipe  
<https://www.bcliving.ca/Fry-Bread-Recipe>
- Bannock Recipe  
<https://albertametis.com/news/bannock-recipe/>

\*If you have any questions, please contact Tara Delaire at 250-464-9365

\*Gift Baskets must be picked up at Chief Joseph Centre in Cranbrook, or can arrange to be dropped off at a location anywhere between Kimberley and Creston. Outlying areas are welcome to join in the fun, but will have to arrange for pick up within the catchment area if they win a prize.

Prizes must be claimed by September 1<sup>st</sup> 2023

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