

Collect your swimsuits and head down to your favorite beach to celebrate this symbolic moment of rebirth with your family.

2. Make homemade gifts for Christmas or birthdays.

Homemade Christmas gifts communicate your love and authentic appreciation. They also allow you to avoid the consumerist rush of the season.

3. Go hiking in the same place or at the same time

Spending time with your family in the great outdoors is a healthy and energizing bonding activity.

4. Have a movie night

Cuddle up by the fire to watch a classic family film together.

5. Visit the same restaurant

Eating a family meal together is one of the most ancient and sacred forms of socialization. Start a family tradition of visiting your favorite restaurant, whether for a birthday, anniversary, or just because. Beyond the pleasure of sharing a meal, eating together as a family also has psychological benefits.

6. Do a family digital detox

A survey found that parents only spend 24 more minutes with their kids than on their phones. Start a family tradition of taking a digital detox once in a while. Turn off your devices to connect with each other instead of your social media contacts.

7. Take up a new activity as a family

Start a tradition of learning a new skill or taking up a new hobby as a family. While everyone may already have their own interests, learning something new together is a great bonding experience. For example, combine family time with exercise and take up online yoga.

8. Start a gratitude jar

Express your gratitude by writing down what you appreciate about your family. Place it into a communal gratitude jar that you can later reflect on.

9. Do something for the community

Studies show that any act of altruism is connected to positive physical and mental effects. Benefit from these effects as a family by giving back to the community together.

10. Go camping

Escape the city and take your family on a camping trip. Being in nature without constant technological stimulation allows you to connect with your family in a deeper and more heartfelt way.

11. Celebrate the full moon

Synchronize family time with the celebration of the new moon to establish a monthly tradition.

12. Ritualistic fire ceremony

Every New Year's Eve, write down what is on your mind and burn it in a communal fire. Use this ritual as an act of appreciation and letting go of the past year.

13. Cook family recipes

Cooking and sharing family recipes is an excellent way to keep your family's culture alive.

14. Make a family scrapbook

Start a tradition of coming together to print and assemble family photographs. This ritual allows you to reflect on special memories together.

15. Game night

A fun family tradition is hosting a family game night. Every Friday night, gather around the dinner table and play your favorite board game for some healthy family competition.

16. Show and tell celebrations

Present special objects and share their stories with your family members. Use this tradition to gain insight into your family history and the lives of your relatives.

17. Talent show

Showcase your learned skills and appreciate the talents of your relatives at a family talent show.

18. Family interviews

Conduct casual family interviews to gain greater insight into the hearts and minds of your family members.

19. Fruit picking

This activity is a sweet excursion that the whole family will enjoy. Afterward, you can feast on the fruits of your labor.

20. Decoration days

Come together to set up decorations for your favorite holiday. Building a Sukkah for Sukkot and draping it with paper chains is a traditional family activity in Judaism. But you can get creative with any holiday, from Holi to the Lunar New Year.

2. Answer the questions:

1. What are the best family traditions as you think?
2. Why are family traditions important?
3. Name your family tradition examples.
4. How to keep family traditions going?
5. What are the family traditions of your dream?

3. Read and write a story about your family traditions in 24 sentences.



4. Read and complete the text.

I have a big family and we have some traditions. These traditions are very important for us. I think that every family follows some special traditions. For example, in my family is a habit to dine together. Every evening, when my parents come home from work, we have a family dinner together. In this way we become closer to each other. Moreover, we are used to share the household chores. Everyone has its own duties. For example, my mum is responsible for cooking, my dad always washes the dishes. I am responsible for plants and vacuum-cleaning. We also celebrate holidays together. The traditional New Year dishes in our home are a roast chicken, a couple of salads and a cake. Every Sunday we watch a movie together. There are lots of other traditions in our family, but these seem to be the most important.

- a) I have a big family....
- b) These traditions are very...
- c) Every family follows...
- d) In my family is a habit to...
- e) Every evening we have...
- f) In this way we become...
- g) We are used to...
- h) Everyone has it's own...
- i) My mum and dad are responsible for...
- j) My responsible is...
- k) We also celebrate holidays...
- l) The traditional NY dishes are...
- m) On Sundays we...

Виконані завдання надсилати:

Россоха Н.М.-nataross2017@gmail.com

Карнах Е.В.- emiliya.karnakh@gmail.com

Увага!! Завдання уроку виконуємо і відправляємо в день уроку !

Учні, котрі не надсилають свої роботи взагалі - будуть н/а !!!