

Living Heritage SUMMER BINGO

“Living heritage for every summer day – and sharing it forward!”

Pick your favorite challenges to complete over the summer or do them all! You can do them alone or with others—but the most meaningful experiences are the ones we pass on. Every tradition lives longer when shared.

Post about your experiences with #ichnorth, #ichbingo or #summerheritage.

Sing or listen to a traditional summer song

→ Then teach it to someone else – or play it during a shared moment.

Try a traditional instrument – or make a simple one

→ Let others try it too! Film a short video showing how to make or play it.

Visit a museum about local heritage

→ Take someone with you, or share one thing you learned with others.

Create your own summer tradition

→ Do it again next year – and invite others to adopt it too.

Ask an elder about their midsummer traditions

→ Write down or record what they say. Can you retell it to a friend, child, or online?

Create something by hand: knit, carve, braid, weave...

→ Show someone how to do it – or post a short guide or photo to inspire others.

Find a plant or animal with cultural meaning

→ Draw, press, or photograph it. Share what it symbolizes and ask others what it means to them.

Post a photo or story of your heritage moment

→ Use #summerheritage or send it to your local cultural center or community archive.

Make a traditional summer treat (like juice, jam, or flatbread)

→ Package a small batch for a neighbor or share the recipe with someone.

Do a midsummer ritual or spell and learn its meaning

→ Tell someone about its origins and meaning. Ask if they've heard of others.

Read or listen to a folktale, myth, or poem

→ Retell it at a gathering, around a campfire, or during a summer evening walk.

Write down an old recipe, saying, or story

→ Put it in a family album or email it to a younger relative. Better yet, start a shared “heritage notebook.”

Attend a local festival or community celebration

→ Invite someone who's never been. Take a photo or write a short story about the experience to share.

Go to summer theatre or listen to a traditional story

→ Retell the plot or message in your own words to someone else. Keep the tale alive!

Join communal singing or folk dancing

→ Encourage someone shy to join. Or film a snippet to show others what they're missing!

Photograph a place where tradition still lives

→ Write a caption or memory about it and post it or print it for your home.

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INTERGENERATIONAL INTERVIEW

Interview a family member or a friend or someone else from the community about:

- A favorite story or memory from when they were a kid
- A tradition or skill they learned growing up (like cooking, crafting, or a game)
- A special recipe and the story behind it
- A song, piece of music, or dance that's important in your family or culture

→ Choose one or several of the themes, below are some suggestions for the questions.

→ Write or draw what you learned.

→ Try to learn or try out one of the traditions, skills, recipes, or songs yourself this summer!

STORIES AND MEMORIES:

- What's a favorite story or memory you have from when you were my age?
- Why is this story special to you?
- Did you have a favorite game, activity, or pastime?
- Who did you play with?
- Who did you learn the games/activities from?

TRADITIONS AND SKILLS:

- Is there a tradition or special skill you learned as a kid?
- Who taught you this tradition or skill?
- Do you still practice it today? Why or why not?
- Can you demonstrate how to do it? Is it ok to film it?

RECIPES AND FOOD:

- Is there a recipe that's special in our family?
- Where did the recipe come from?
- What memories do you have of making or eating this food?
- Would you like to teach me how to make it?

MUSIC AND DANCE:

- Is there a song or kind of music that's important in our family or culture?
- What does this music remind you of?
- Do you remember learning to sing or dance to it?
- Can you teach me part of the song or dance?