

# trust kids!

EXPLORING CULTURAL HERITAGE

## CULTURAL DETECTIVES

Some suggestions and tips for finding out about more your cultural heritage

## PRESERVING HERITAGE

We've compiled a list of things to do to preserve, promote and share your heritage



# trust kids



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**OUR HOPE LIES IN THE HANDS OF YOUNG PEOPLE**  
*Fiona Reynolds, Chairman, International National Trusts Organisation*



➤ Welcome to the *Trust Kids!* challenge - 25 things to do to explore, celebrate, preserve and share your cultural heritage.

Try to tick off as many activities as possible from the list here or on the [intoorg.org](https://intoorg.org) website and when you come to the 'Sharing our culture' section, don't forget to send these to INTO!

When you have finished, please let us know and we will send you a special *Trust Kids!* Cultural Heritage Ambassador Certificate.

And remember, this list is just the start. We hope you will come up with your own ideas for celebrating the best bits of your cultural heritage and identity. Please share them with us if you do!

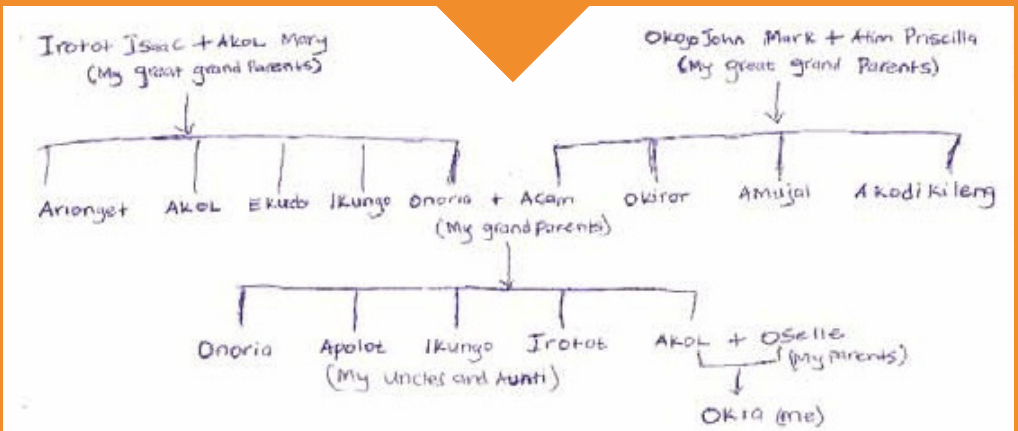
**#TRUSTKIDS**

# notes

## WHAT IS CULTURAL IDENTITY?

Identity helps us to belong, to feel safe and to feel proud. Learning about our own identity will help us to better respect and tolerate each other.

Cultural identity refers to the manner in which we express our uniqueness. This may be through the way we look or dress, the language we speak, the food we eat and other forms of expression. Identity is also expressed through values – what we consider as individuals, families or communities as positive.



➤ Our first section is all about you! Knowing stories about our names helps us to trace our origin as individuals and to identify the values that our parents cherish. Ask them why they chose your name.

Drawing your family tree is a great way to understand your heritage and gain knowledge about great grandparents and other family members you may never have had the chance to meet.

Write your name. Add your parents and brothers and sisters. Write in your aunts and uncles, cousins and grandparents. Include more generations if you can.

You'll also need to find out as much as you can about your country - it's coat of arms, flag, national anthem. Then design your own family logo or emblem!

Lastly, ask a relative to tell you a special family story. Storytelling is an important part of heritage.



# myself



WHAT MY NAME MEANS

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> MY FAMILY TREE

Large empty rounded rectangular box for drawing a family tree.

> MY COUNTRY



Find out your country's coat of arms, flag, national anthem

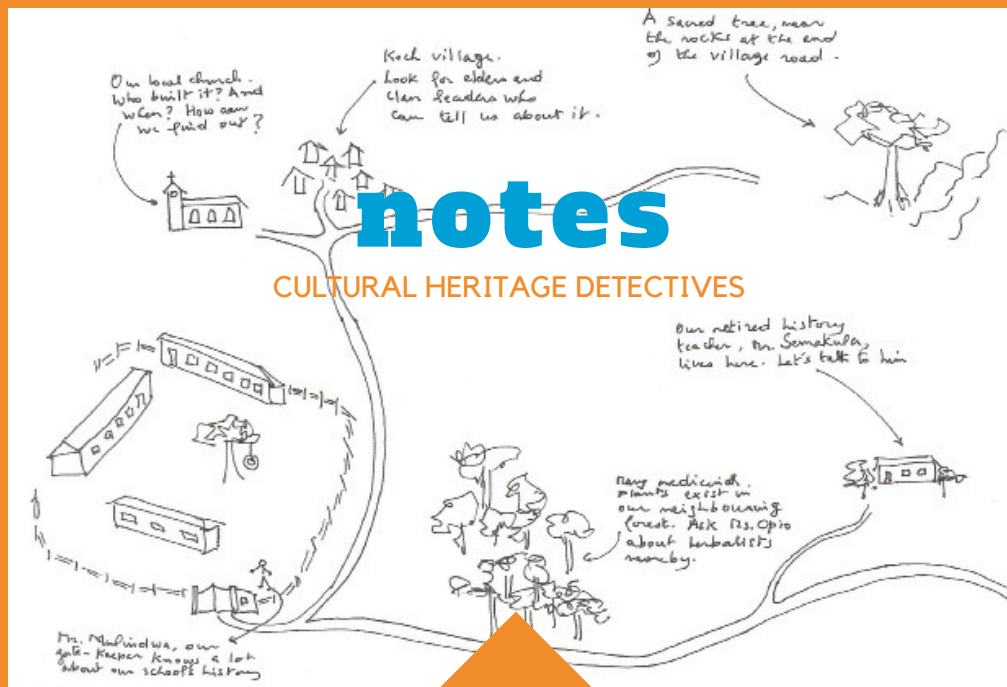
FAMILY LOGO (designed by me!)

Large empty rounded rectangular box for drawing a family logo.

FAMILY STORY



Ask a relative to tell you a special family story



Besides family, where else can we look for what makes up our 'heritage'? The answer is: 'everywhere'! What can you find in your neighbourhood?

Our heritage is the things that we value and want to pass on to the next generation. This can be buildings and landscapes but also memories, rituals, music, skills and knowledge. The word is linked to the idea of 'inheritance'.

➤ Draw a map of heritage in your area. It can include anything you think should be preserved for the future, such as a special tree, a historic building, a garden or knowledgeable person.

Then visit one of the locations on your map. (You could even take a photo of yourself there, which would help in the last section!)

Next, is some research. We'd like you

to investigate a local heritage story. This could be about a place, a local tradition ritual or expression - use your sleuthing skills, heritage detectives!

Have you ever wondered how your town got it's name? Now's the time to find out!

Finally, we'd like you to check out what your town or area is famous for. Food, buildings, crafts, famous people, music, dance ... ? Maybe draw a picture?

# my heritage

## > HERITAGE MAP

## > HERITAGE RESEARCH



This is the Mistress Stone, a test of courage on St Kilda in Scotland - young men have to stand on it on one leg!

## MY AREA IS FAMOUS FOR \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## HOW MY TOWN GOT ITS NAME

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## > VISIT A PLACE ON MY MAP



### HINT

There are no wrong answers  
- it's your opinion that counts

# notes

## EXPRESSING OUR CULTURE

There are many different ways to express our culture, such as through storytelling, rituals, music, poetry, costume, dance, traditional sports and games and handicrafts.

This is our intangible cultural heritage which is passed down from generation to generation, but which must be regularly practised and learned within communities and between generations to keep it alive.

➤ In this section, we need you to get creative and lose any inhibitions!

We would like you to learn a traditional dance, game, poem or proverb. Maybe ask your parents or grandparents if they could teach you?

It would be great if you could wear your traditional dress - or part of it. If you don't think you have one, why not make something to decorate a costume, perhaps with flowers?

If you can't find a festival to go to, get involved in a traditional ritual linked to occasions like births and weddings or times of the year, like Easter or Eid.

Ask a grown-up to help you prepare a local or regional dish and enjoy eating it together!

Lastly, think about local crafts and pick one to try out. It could be paper folding or pressed flowers, bead work or basket weaving, puppet making or patchwork!



# living culture



◀ LEARN A DANCE OR GAME



WEAR TRADITIONAL COSTUME ▶



◀ COOK A TRADITIONAL DISH



PARTICIPATE IN FESTIVAL ▶



◀ TRY A HANDICRAFT

## HINT

Remember to ask your grandparents and elders!

# notes

## PRESERVING AND PROMOTING CULTURE

We've looked at what it means to be us and how we relate to others. We've explored our heritage and we've had a go at expressing our culture. Now we need to think of how to preserve and promote this important inheritance.

INTO has 70 member organisations involved in this kind of activity but what can we do as individuals to make a difference? And whose responsibility is it?



➤ Try and find someone in your area who is making money from handicrafts or other cultural heritage. How did they start, does it pay, what are the challenges, how can young people get involved?

Interview an elder or a grandparent about what they remember from the old days, what traditions and rituals they had, what games they played,

what they would like to pass on as an inheritance to the next generation.

Join a community activity to preserve heritage, such as litter picking, cleaning or other voluntary work.

Gather some precious objects or stories into a mini-museum or exhibition. You could also use old family photographs which is the last activity in this section.

# preservation



◀ FIND A HERITAGE BUSINESS



INTERVIEW AN ELDER ▶



◀ MAKE A MINI-MUSEUM



LOOK AT SOME OLD PHOTOS ▶



◀ TAKE ACTION!

**HINT**

Why not adopt a place or activity with your friends?

# notes

## SHARING OUR CULTURE

Learning about our cultural backgrounds and those of our neighbours and friends around the world helps us appreciate our differences. Part of the *Trust Kids!* programme is about fighting the forces of globalisation and celebrating the local, unique and authentic. But globalisation isn't all bad. Being interconnected breaks down barriers and can help us feel more like 'one world'. The best thing is probably to do both: Use the technology and social media available to us to celebrate our cultural diversity in a friendly and positive way.



➤ We very much hope you will share the last five challenges with INTO, either by email, social media or the INTO website (details of how to do this are on the final page).

Take a #heritageselfie - and not just with monuments, don't forget natural heritage, festivals, food and costumes.

Make a short video clip (3 minutes max) about cultural heritage using a phone, camera or whatever other means you can.

Design a 'protect our heritage' poster, write an article or poem about your heritage and lastly draw something you like about your culture.

# sharing



← TAKE A HERITAGE SELFIE



DESIGN A POSTER →



← WRITE ABOUT YOUR HERITAGE



MAKE A VIDEO CLIP →



← DRAW SOMETHING YOU LIKE ABOUT YOUR HERITAGE



# thanks


We are grateful to all our INTO member organisations for their suggestions and input into Trust Kids! We extend particular thanks to the Cross Cultural Foundation of Uganda and their Heritage Education Tool Kit, from which many of these ideas originate. The Indonesian Heritage Trust and Indian National Trust for Art and Cultural Heritage have also been a source of inspiration.

## *We thank the following for the use of their images:*

Page 1: CCFU; Page 2 (clockwise from top left): INTACH, Union Rempart, National Trust of Fiji, BPPI, CCFU, National Trust of the Cayman Islands, National Trust of England, Wales and Northern Ireland, Gelderland Trust, Czech National Trust; Page 3: CCFU; Pages 4 and 6: CCFU; Page 5 (left to right): Wikicommons and National Trust of England, Wales and Northern Ireland (NTEWNI); Page 7 (top to bottom): National Trust for Scotland, National Trust of Slovakia; Page 8: BPPI; Page 9 (top to bottom): CCFU, Fit for the Future, NTEWNI, INTO, National Trust of Zimbabwe; Page 10: Ruan Yisan Heritage Foundation; Page 11 (top to bottom): National Trust for Guernsey, Indian Trust for Rural Heritage and Development, National Trust of Zimbabwe, Wikicommons, Union Rempart; Page 12: CCFU; Page 13 (top to bottom): Wikicommons, INTACH, INTO, Leela Bennett Photography, BPPI; Page 15: BPPI

# checklist

- Find out what your name means
- Draw your family tree
- Design your own family logo
- Find out about your country
- Ask a family member to tell you a special family story
- Map the heritage in your area
- Visit a place on your map
- Research a local history story
- How did your town get its name
- What is your town famous for
- Learn a traditional dance/game
- Wear your traditional dress
- Participate in a local festival
- Try a traditional handicraft
- Ask someone to help you cook a regional dish
- Interview an elder about traditions
- Make a mini-museum
- Join an activity to preserve heritage
- Look at some old photos
- Find someone who earns money from cultural heritage
- Take a heritage selfie
- Design a 'protect our heritage' poster
- Write an article or poem about heritage
- Make a video clip about your heritage
- Draw something you like about your cultural heritage

 Please share the last five challenges with the INTO team and when you have completed all 25, we will send you your *Trust Kids!* Cultural Heritage Ambassador Certificate.

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