

May is Asian Pacific Islander Heritage Month! This month is a celebration of Asians and Pacific Islanders in the United States and their heritage, traditions, culture, and achievements. Are you ready to take the challenge and complete an AAPI activity each day in May in this state-level Experience awards-eligible activity?

# ASIAN AMERICAN PACIFIC ISLANDER HERITAGE MONTH

## 30 DAYS OF SPARKS



SUN

MON



TUE

WED

THU

FRI

SAT

	<p><b>1</b></p> <p>Research Asian grocery stores in your area. If possible, plan a visit!</p>	<p><b>2</b></p> <p>Visit a local Asian restaurant - write a review of the food you tried and share your review with your club or school.</p>	<p><b>3</b></p> <p>Practice your chopsticks skills! Just starting? Try picking up and stacking marshmallows.</p>	<p><b>4</b></p> <p>Pick a book written by an AAPI author to read.</p> 	<p><b>5</b></p> <p>Research a figure from AAPI history. Learn 5 things about their life and story.</p>	<p><b>6</b></p> <p>Research the countries included in the AAPI celebration - pick one in Asia you'd like to travel to and make a wishlist of places to visit in the country!</p>
<p><b>7</b></p> <p>Learn about traditional food options in the country you chose. What's one you would like to try? Save your wishlist for an end of the month activity!</p>	<p><b>8</b></p> <p>Research time! Learn about an AAPI inventor! What did they invent? How does that impact life today?</p>	<p><b>9</b></p> <p>Make a poster celebrating AAPI month! Can you display it in your classroom or club?</p>	<p><b>10</b></p> <p>Research and learn about China's national sport: jianzi. Extra challenge: play a game!</p>	<p><b>11</b></p> <p>Learn 5 things about AAPI Month</p>	<p><b>12</b></p> <p>Watch a movie from AAPI culture. Write a movie review.</p>	<p><b>13</b></p> <p>Research the countries included in the AAPI celebration - pick one in the Pacific Islands you'd like to travel to and make a wishlist of places to visit in the country!</p>
<p><b>14</b></p> <p>Learn about traditional Pacific Island food options. What's one you would like to try? Save your wishlist for an end of the month activity!</p>	<p><b>15</b></p> <p>Keep practicing your chopsticks skills! Next challenge? Try picking up small candies like M&amp;Ms</p>	<p><b>16</b></p> <p>Interview a member of the AAPI community. What did you learn through your conversation?</p>	<p><b>17</b></p> <p>Practice your public speaking! Share the 5 things about AAPI Month with a club, class, or group..</p>	<p><b>18</b></p> <p>Research time! Learn about an AAPI scientist! How does what they have researched impact life today?</p>	<p><b>19</b></p> <p>Make a piece of art inspired by someone you've researched this month. Will you sketch, paint, or something else?</p>	<p><b>20</b></p> <p>Draw a traditional costume from an AAPI culture.</p>
<p><b>21</b></p> <p>Visit an AAPI cultural exhibit in person or online. Write a review of a piece that inspired you!</p>	<p><b>22</b></p> <p>Write a haiku about 4-H. This Japanese poem style is three lines with a five syllable line, a seven syllable line, and a five syllable line.</p>	<p><b>23</b></p> <p>Share a report on your travel itinerary on one of the countries you chose. Share it with a group or your club! What visual aids could you prepare? What languages will you need to speak?</p>	<p><b>24</b></p> <p>Get ready for the future! What careers might take you to Asia or the Pacific Islands? Do any match your current career interests?</p>	<p><b>25</b></p> <p>Expert level chopstick challenge: try picking up marbles!</p>	<p><b>26</b></p> <p>Practice writing the days of the week in characters from an Asian language. Ask for resources at your local library.</p>	<p><b>27</b></p> <p>Prepare your recipe from 5/7 &amp; 5/14 for your family or club! What did you learn as you made this?</p>
<p><b>28</b></p> <p>Origami is the ancient art of paper folding. Learn to make an origami figure!</p>	<p><b>29</b></p> <p>Go is a game invented in China over 2,500 years ago and still in play today. Learn to play Go!</p>	<p><b>30</b></p> <p>Learn about an Asian artist (author, musician, actor, etc.), either from today or the past. How does their work inspire you?</p>	<p><b>31</b></p> <p>Take a picture of you with your completed calendar and an activity you did: <a href="http://go.illinois.edu/AAPIActivity">go.illinois.edu/AAPIActivity</a> Remember to include this in your Experience Award application in the fall</p>	<p><b>Take a picture of you with your completed calendar and an activity you did and submit it to: <a href="http://go.illinois.edu/HeritageMonthActivity">go.illinois.edu/HeritageMonthActivity</a> or scan the code on the right to submit.</b></p> <p><b>Remember to include this in your Experience Award application as a state level experience.</b></p>		

Special thanks to the Chicago International 4-H Club



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