

4-H Asian American Pacific Islander Heritage Month 31 Days Challenge

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?

30 days challenge

1. **Learn:** Look up Asian snacks available at your grocery store! Try one if you can, or take a pic with something in the grocery store!
2. **Activity:** Prepare an Asian dish or snack that interests you! Research what ingredients might already be in your pantry!
3. **Activity:** Practice your chopsticks skills! Just starting? Try picking up and stacking marshmallows.
4. **Learn:** Pick a book written by an AAPI author to read.
5. **Learn:** Research a figure from AAPI history. Learn 5 things about their life and story. Reference links here: [Link 1](#), [Link 2](#).
6. **Learn:** 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!
7. **Learn:** 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!
8. **Learn:** Research time! Learn about an AAPI inventor! What did they invent? How does that impact life today?
9. **Activity:** Make a poster celebrating AAPI month! Can you display it in your classroom or club?
10. **Learn:** Research and learn about a sport in an AAPI country like Jianzi, Sepak Takraw or Seated Archery@
11. **Learn:** Learn 5 things about AAPI Month
12. **Activity:** Watch a movie from AAPI culture. Write a movie review.
13. **Learn:** 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!
14. **Learn:** 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!
15. **Activity:** Keep practicing your chopsticks skills! Next challenge? Try picking up small candies like M&Ms
16. **Activity:** Try a SPAM dish! Look up Hawaiian recipes that incorporate this ingredient.
17. **Learn:** Learn how to count to 10 in an AAPI language and teach your club members!

18. **Learn:** Research time! Learn about an AAPI scientist! How does what they have researched impact life today?
19. **Activity:** Make a piece of art inspired by someone you've researched this month. Will you sketch, paint, or something else?
20. **Activity:** Draw a traditional costume from an AAPI culture.
21. **Activity:** Visit an AAPI cultural exhibit in person or online. Write a review of a piece that inspired you! If you need an idea, try the [Japan House!](#)
22. **Activity:** 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.
23. **Activity:** Prepare a travel itinerary! Make and present a travel brochure (can be drawn or digital art) explaining what you would need to learn and know. What should you pack?
24. **Learn:** Get ready for the future! What careers might take you to Asia or the Pacific Islands? Do any match your current career interests?
25. **Activity:** Listen to a song by an AAPI artist!
26. Look up the characters for head, heart, hand health in chinese, japanese, or korean! Practice calligraphy and check with your local library for possible resources
27. **Activity:** Prepare your recipe from 5/7 & 5/14 for your family or club! What did you learn as you made this?
28. **Activity:** Origami is the ancient art of paper folding. Learn to make an origami figure like our [4-H Lotus Blossom Activity!](#)
29. **Activity:** Go is a game invented in China over 2,500 years ago and still in play today. [Learn to play Go!](#)
30. **Learn:** Look up plants from AAPI countries. Check out a local nursery, park, or gardening store to see if you can find any!
31. **Activity:** Take a picture of you with your completed calendar and an activity you did: go.illinois.edu/AAPIActivity (Remember to include this in your Experience Award application in the fall)