




CHOOSE YOUR OWN ADVENTURE FAMILY DAY 2024

INSTRUCTIONS: Select as many activities as you want to complete with your given or chosen family. Use this as a resource for fun weekend ideas, or take part in our Family Day Challenge! Complete activities for points and bring proof of completion with you to the Legion on Monday, February 19th, 11:30am to 1:30pm for chances to win! Proof can be a photo, a story, or bringing the physical item in to show us.


*Activities with a * = see last page for additional information.*

| ACTIVITY | POINTS |
|---|--------|
| Host or attend a multi-family game night | 4 |
| Family interview*  | 3 |
| Re-create an old family photo  | 2 |
| Play a round of disc golf (discs are available from the Rec office until Friday at 4:30pm) | 5 |
| Thank your favourite local merchant | 2 |
| Visit the Westside Playscape and count the steps to the top of the slide | 4 |
| Make a meal that is special to your family | 4 |

| ACTIVITY | POINTS |
|---|--------|
| Make homemade pizzas together | 4 |
| Try baking something with your family | 4 |
| Visit the Bowen Island Museum  | 5 |
| Collect a small rock from three different Bowen beaches | 3 |
| Introduce your favourite childhood movie to someone who hasn't seen it | 2 |
| Video call a friend or family member who lives overseas | 3 |
| Draw a picture for a senior living in a retirement home. Mail it yourself or bring to the event and we will mail it for you | 5 |
| Stay in your PJs all day | 1 |
| Overcome a fear | 5 |
| Learn how to say Bowen Island's name in the Squamish Language | 3 |
| Jump in the ocean | 5 |
| Split into teams and make a treasure or scavenger hunt for each other | 4 |

| ACTIVITY | POINTS |
|--|---------------|
| Learn the Squamish word for family | 2 |
| Start a family scrapbook | 3 |
| Go 24 hours without the internet | 6 |
| Do a 5k run | 4 |
| Do a 1k run | 1 |
| Go somewhere you have never been | 2 |
| Look up a star chart, stargaze, and find some constellations | 3 |
| Start a new family tradition | 3 |
| Draw your family tree as best you can | 3 |
| Research a game or tradition that is related to your family's heritage | 3 |
| Have an indoor or outdoor picnic | 2 |
| Camp in your backyard, or living room if the weather is bad | 4 |
| Find the Swan | 1 |



| ACTIVITY | POINTS |
|---|-------------------|
| Bring a small photo, letter, or item to the event to put into a time capsule to be opened on Family Day in 10 years | 3 |
| Mural scavenger hunt* | 3 |
| Bowen Heritage Hunt*  | 5 |
| Hike Mt Gardner together | 5 |
| Photograph a real life Bowen Mascot (slug, seal, owl, deer, eagle, frog) | 1 point each |
| Find the oldest looking sign on Bowen | 2 |
| Pick up garbage (take photo of garbage haul and dispose of responsibly) | 1 point per piece |
| Donate an item to the food bank | 1 point per item |
| Clean out your closets and donate to the Knick Knack Nook (only accepting winter donations) | 3 |
| Come to the Family Day Legion Party! | 5 |

FAMILY INTERVIEW

Name and age(s) of interviewer:

Name and age of interviewee:

Use your own questions or choose from those suggested below! Try having the youngest family member interview the oldest for interesting perspectives.

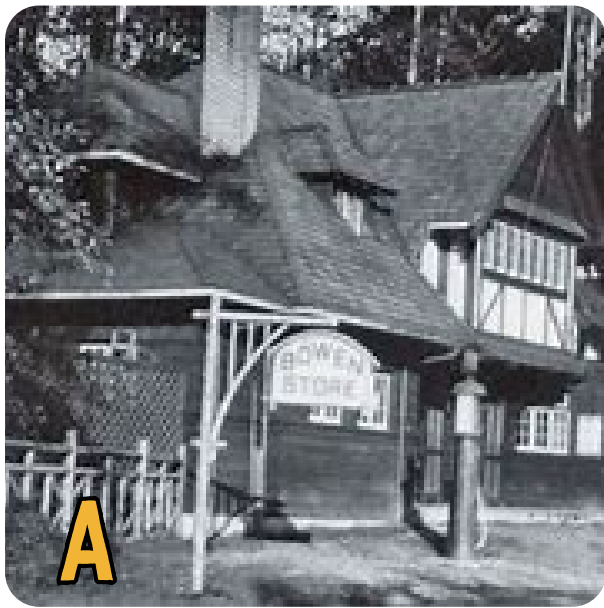
1. When and where were you born?
2. When did our family come to Bowen?
3. Describe the neighbourhood where you grew up.
4. What kind of games did you play growing up?
5. What was your favourite subject in school?
6. Do you remember any fads from your youth? Popular hairstyles?
Clothes?
7. What world events had the most impact on you when you were a child? Did any of them personally affect our family?
8. How were holidays (birthdays, Christmas, etc.) celebrated in your family? Did our family have special traditions?
9. Who was the oldest relative you remember as a child? What do you remember about them?
10. What do you know about our family surname?
11. Are there any physical characteristics that run in our family?
12. Are there any special heirlooms, photos, or other memorabilia that have been passed down in our family?
13. What accomplishments are you most proud of?
14. What is one thing you would like people to remember about you?

MURAL SCAVENGER HUNT

Mural Scavenger Hunt

Visit the Snug Cove Gateway Mural and answer the following questions!

- What is on the yellow road sign next to the cottage?
- What structure is farthest left?
- What does the seagull have in its mouth?
- What does the black sheep have on its head?
- Where do the sea lions hang out?
- Who lives under the mushroom?
- How many frogs are in the canoe?
- Which direction are the sailboats sailing?
- What beach are the kayaks on?
- What is growing on the tree beside the cottage?

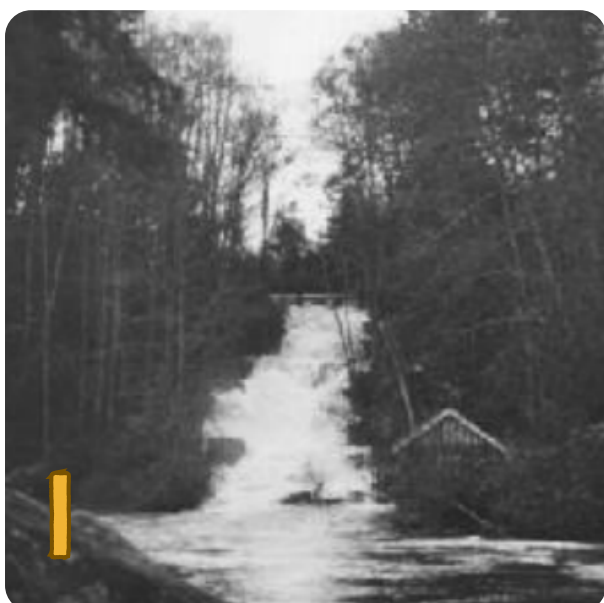
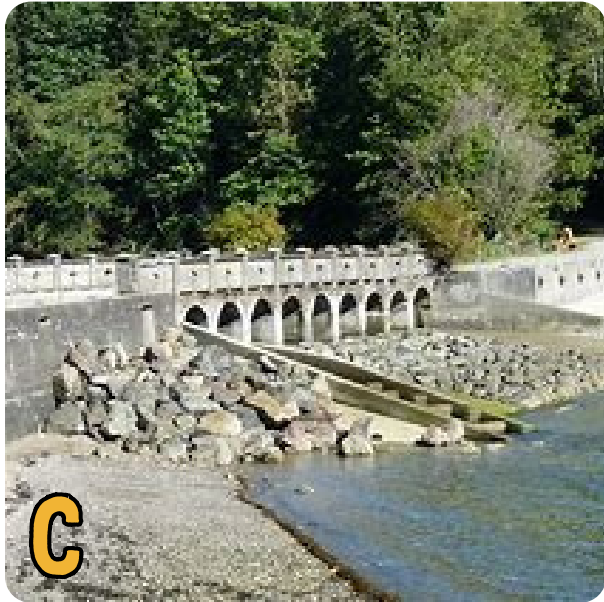


HERITAGE HUNT



We give a hoot about heritage.

Storyteller of Bowen's heritage. Keeping an eye on our past while looking towards the future.



Can you find every structure on the Bowen Island Community Heritage Register?

A. Old General Store, B. Boulevard Cottage, C. Lagoon Causeway, D. Davies Heritage Orchard & Crippen Cottages, E. Seaside Cottage, F. Crippen Park Meadow Ruins, G. Cenotaph, H. Higgins' Cabin & Museum, I. Bridal Veil Fall