

Freedom's Feast MEMORIAL DAY



★ MEMORIAL DAY PICNIC FUN ★

You can have your picnic and observance too!

Everyone enjoys a picnic or cook-out over Memorial Day weekend. It's a wonderful way to welcome the summer and share special time with family, friends and neighbors. Because we gather with people we know and care about it's also a good time to remember and pass on the meaning of this important national holiday. Try these suggestions to help make your celebration more meaningful and fun:



Fly Your Flag

Flags are used at veterans' cemeteries throughout Memorial Day weekend to mark the graves of all those who served our country. It is also customary to fly the flag at half staff on Memorial Day until noon, then at full staff from noon to sunset. If you have a flag, fly yours on Memorial Day in tribute to our American heroes. See this site for [flag etiquette](#).

Play Games

Organize old fashioned lawn games for the children (and adults) including egg tosses, three legged races, potato carries, sack races (substitute old pillow cases), wheelbarrow races, cracker whistling contests. Create an obstacle course and end with a training boot camp featuring push-ups, sit-ups, jogging in place, jumping jacks, marching and salutes.

Use a Patriotic or Military Theme

Use red, white and blue for a patriotic theme or feature a branch of the military if family members or others attending are veterans or are currently serving in one or more of the armed forces.

Sing

Enjoy the **Freedom's Feast Sing Along** featuring songs of our various military branches and other patriotic standards.

Remember

If your celebration takes place on Monday afternoon, participate in the national moment of silence at 3:00 pm. Stop what you are doing for a few minutes to recall the sacrifice of the fallen throughout the centuries. Follow with



the singing of **TAPS** or read the brief Freedom's Feast Memorial Day ceremony to remember the purpose of Memorial Day and teach its meaning to our children.

Use the **Freedom's Feast ceremony** before your meal at this or any other time during the Memorial Day weekend. It's a good way to take a few minutes together to remember the purpose of the holiday.

Special Activities

Look at the **Freedom's Feast "Take Action" activities** and **Create a Keepsake** for Memorial Day. You may find some interesting options to offer your guests.

Print out a few copies of **Taking Action: Learning through Stories** if military veterans will be joining your celebration.

Set up a crafts table for people to make their own Memorial Day flags.

Recruit Helpers

Don't do all the work yourself. It's more fun when everyone contributes to the celebration. www.perfectpotluck.com organizes helpers for the meal. Ask someone who enjoys games and coaching to oversee the games. Recruit a teacher or performer to lead a ceremony or sing along.

Enjoy your holiday weekend! Have fun and take some time to remember why we have a Memorial Day.

Visit us again for Independence Day.



TOP: Keepsake table at family Freedom's Feast Memorial Day picnic;
BOTTOM: Buffet table at family Freedom's Feast Memorial Day picnic