



How to...

MEANINGFUL BLOOMS

Forget-me-nots are the official flower for Grandparents' Day.



Show grandparents you care

Try these fun and easy ways to make sure they know you appreciate them.

Grandparents' Day has been observed in the US on the first Sunday after Labor Day since 1979. This year, the holiday is being celebrated on September 7. Here are some thoughtful ways you can show your grandparents how much you care about them.

Surprise them

Even though Grandparents' Day has existed for more than 40 years, many families don't know about it. If you haven't celebrated it before, surprise your grandparents this year. You could do something as simple as baking them a special treat, sending a handmade card, or filling out the form on the next page and sharing it with them.

Spend time together

Chances are, your grandparents would like nothing more than to spend time with you. Talk to them about what activity they would enjoy. That might be taking a walk through a local park, cooking a family recipe, volunteering, or doing one of their favorite hobbies, like gardening. If you can't be together, you can send them a special message. Try recording a video wishing them a happy Grandparents' Day and sharing some of your favorite memories.



They love to be with you!

Create a family tree

Another way to make grandparents feel special is to make a family tree with their help. This is an activity you can do in person or from a distance. You can design a family tree online at Canva or create it with pencil and paper. At the bottom of the tree, insert your name and the names of any siblings. Above those names, put your parents' names, then your grandparents'. Add branches above them for great-grandparents, and see how far back you can go together in your family tree!

Ask them to share their memories

Grandparents are often the historians of the family. They know the most about where your family came from, have lived through different time periods, and remember your parents from when they were young. Passing down this knowledge to their grandchildren is important to many grandparents, and their stories are often really fun and interesting. One way to learn about your family's past is to ask your grandparents to look at old photo albums with you and talk about the family members in the pictures. You can also hear more of their memories by asking questions (see examples in the box at right).

Questions to ask



You might be surprised by what your grandparents have to say about these topics.

What was a typical meal like when you were a child? What kinds of food did you eat?

What did you like to do for fun when you were my age?

Have you lived anywhere else apart from here? Where? What do you remember about it?

What's the best thing we have today that you didn't have when you were young?

Is there something you wish children growing up now could experience from your own childhood?



Why my grandparents are important to me

Grandparents' Day is coming up on September 7, 2025. This is a day when people of different generations are encouraged to connect with one another. We invite you to use this form to write down your thoughts about one or more of your grandparents—or any special older people in your life. You can share this form with them—they may enjoy knowing what you have to say! Our editorial team would also love to read what you write and see your artwork. To share your thoughts and drawing with us, ask an adult to email your form to hello@theweekjunior.com. If you need extra forms, they can be found online at kids.theweekjunior.com/activities.

First name _____ Age _____ State _____

In honor of Grandparents' Day, explain why your grandparents are important to you.

If you could describe your grandparents in three words, which words would you choose?

What is one of your favorite memories of being with your grandparents?

Draw a picture of yourself with your grandparents.