

## Why Traditions are Worth Keeping

Traditions are important because they impact our lives in such a positive way. The holiday season is a time full of traditions. At Thanksgiving we have special food we eat, we spend time with people and visit the places we know. Christmas is also full of customs with festivities, celebrations, decorations, treats and time with family. Learn to see the good in keeping traditions and appreciate the happiness they bring to our lives.

### What are Traditions?

Traditions are rituals, stories, beliefs, customs and routines that we share and pass on. They can be cultural, familial or religious and are unique to your family or tribe. It is the rituals, both big and small, that tend to create lasting memories. They are often more important than the physical gifts that we give and receive.

Some traditions **are going to** evolve and change over time and that is normal. Families blend together, people move and life situations change. Customs adapt to our lives as much as we adapt to the customs around us

### Benefits of Traditions

Traditions are important in our lives and provide many benefits. We intentionally create and continue traditions because they provide a sense of belonging and meaning to our lives. Family rituals nurture connection and give us comfort. The special customs and rituals we have give us something to look forward to and something to hope for. They help us anticipate what is to come.

"Family traditions counter alienation and confusion. They help us define who we are; they provide something steady, reliable and safe in a confusing world."—Susan Lieberman

Traditions also provide a constant for us in an ever-changing and fast-paced life. In that way, they ground us. One of the most important rituals a family can do is eat dinner together. Traditions remind us of who we are and where we belong. The memories attached to the rituals of our lives are strong and give us a feeling of connectedness to a time, place or person.

### Why Traditions are Important

I urge you to make time for special traditions this holiday season. They often take time and maintenance and it is easy to decide the effort isn't worth it. However, the effort truly is worth it! The benefits and impact of creating and maintaining traditions will more than outweigh the work involved. The joy and connectedness you feel **are going to** make you realize it is all worthwhile.

- I. Let's check the sentences that are true (T) or false (F) according to the text  
"Why Traditions are Worth Keeping" and write a justification for your answer:

True / False

1. Small traditions tend to create fleeting moments

☐ ☐

Justification: .....

2. Certain traditions can evolve and change over the time

☐ ☐

Justification: .....

3. Memories enclosed to the ritual can connect us to a time or place

☐ ☐

Justification: .....

- 4 Traditions also provide a fickle way/condition for us in permanent life pace

☐ ☐

Justification: .....

## II. Choose the correct option

1. We \_\_\_\_\_ customs and routines and pass them on

- a) provide
- b) Share
- c) evolve
- d) anticipate

2. Traditions provide a sense of \_\_\_\_\_ and \_\_\_\_\_

- a) belonging - unconsciousness
- b) meaning - effort
- c) belonging - meaning
- d) belonging - changing

3. The benefits of creating and maintaining traditions:

- a) outweigh the work involved
- b) blend together the work
- c) viruses
- d) testing