

Exchange recipes

Exchange photos of businesses and parks in town.
Use post cards

Have school children create a scrap book of pictures
Of the town and the children here can make one to
Send to Japan. Children can make the city buildings

Use a speaker/tape/audio kind of message and
Have children sing a song and the mayor can
Give greetings and we'd do the same here and
Send to Japan.

Plant life and animal life – collect children's art
Of the plants and animals or create a booklet
Of pictures of these to send

Adult women could make a few quilt squares
To exchange between countries. It could be
One of flowers of the area

Exchange high school students (this has been done before)

Write Haiku – Japanese haiku about flowers or about city life
Or and our writer's group and also children can do
The same about items here in this city.

Choose every other month – 6 times a year – to exchange or
Call or facebook or whatever contact and present one of the
Above or any other idea...