

# Activity: Telling Family Stories



## Goals:

- To reinforce family storytelling.
- To help families create a shared history.



**Instructions:** Gather your family around and get comfortable. Now spend a few minutes thinking about something good that the whole family experienced together in the past few years. Once you have decided on something good that happened to your family, discuss this event. Just pretend that you were sitting around, and someone brought it up. [You can record your family story if you want.] Allow about 10-15 minutes for storytelling.

## Other Ideas for Family Storytelling

- Reminiscing using family pictures, scrapbooks, multi-generation conversations
- Values clarification telling stories that communicate a strong family value
- Moral dilemmas sharing stories that have a meaning or lesson
- Stories along the family timeline
- Family heroes and villains