

MY FAMILY HISTORY KIT

GET TO KNOW YOUR FAMILY BETTER

Use this family history kit to learn more about your immediate and extended family members and gain a better understanding of where you came from. We encourage you to work with a family member every step of the way, so they can teach you about your family while also getting to spend time with you.

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MY FAMILY TREE





FAMILY INTERVIEW QUESTIONS

These questions will help you learn more about your parents, grandparents, or any other family member. You can ask all of the questions or just a few. Write down the answers you hear or ask an adult to help you record the conversation.

CHILDHOOD

- When and where were you born?
- What did you like to do as a kid?
- What was your favorite TV or radio show as a kid?
- Who were your best friends as a kid?
- What schools did you go to?
- Did you go on vacations or trips growing up? Where to?
- Where was your favorite spot to go as a child?
- Did you have a pet growing up?
- Did you have a car or TV as a kid?
- What were your favorite foods as a kid?
- What tasks did you dislike as a child?
- Did you have a favorite toy, game, or book as a child?
- Were there any fashion trends you liked or didn't like when you were growing up?
- How would you describe your younger self?
- What do you remember about family holidays?
- Did you ever play an instrument or sport?

FAMILY

- How did you meet your current partner?
- When did you get married, and what was the wedding like?
- What were your in-laws like?
- Do you have brothers or sisters? If so, what are their names?
- What are some of your favorite memories of your siblings?
- What were your grandparents like?
- Where were your grandparents from?
- What do you remember them saying about their childhood and relatives?
- What do you remember about your aunts and uncles?
- Are there any health problems that run in our family?

GENERAL

- What's your favorite food?
- What's something you're good at?
- What's something you wish you knew how to do?
- Is there something you've always wanted to do but haven't done yet?
- Is there any advice you would give me?
- What traditions did your family have?
- What historical events happened while you were alive? What do you remember about that time?
- What were you like as a parent?
- What health problems have you had during your life?
- What are your current hobbies?
- What is your favorite movie?
- Who is someone that's always been special to you?
- Where are your favorite places to spend time?
- What were some of the most important moments in your life, and what do you remember about them?

CAREER

- What is or was your job?
- If you've had other jobs, what were they and which did you like the most?
- What would you change about your career path?
- As a kid, what job did you picture yourself having as an adult?
- What do you consider your dream job?

HOME

- Where are all the places you've lived?
- If you've lived in more than one place, why did you move?
- Which place did you like living in the most or the least?
- Did you ever have roommates? If so, who were they?





FAMILY HISTORY CARDS



Think of a few relatives you'd like to know more about. Find a family member to share what they remember about them, and add what you learn to the front of the cards below. Then add a photo or drawing of them on the back of the card. The sheet of interview questions can help you get the conversation started.



<p>MY FAMILY MEMBER</p> <hr/> <p>Name: _____</p> <p>Birthday: _____</p> <p>Relation to Me: _____</p> <p>Fun Fact: _____</p> <hr/> <hr/>	<p>MY FAMILY MEMBER</p> <hr/> <p>Name: _____</p> <p>Birthday: _____</p> <p>Relation to Me: _____</p> <p>Fun Fact: _____</p> <hr/> <hr/>	<p>MY FAMILY MEMBER</p> <hr/> <p>Name: _____</p> <p>Birthday: _____</p> <p>Relation to Me: _____</p> <p>Fun Fact: _____</p> <hr/> <hr/>
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MY FAMILY MEMBER

Name: _____

Birthday: _____

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FAMILY MEMBER FACT SHEET

This is a great spot to keep track of the facts you learn about your family members, like when and where they were born, who they married, and the names of their children and parents. Make a few copies of this sheet and fill it in as you learn about your relatives. It's okay if you can't fill in all the blanks.

NAME OF MY RELATIVE: _____

DATE OF BIRTH: _____

DATE OF DEATH: _____

MOTHER: _____

FATHER: _____

SPOUSE: _____

DATE OF MARRIAGE: _____

PLACE OF MARRIAGE: _____

CHILD NAME: _____

CHILD NAME: _____

CHILD NAME: _____

CHILD NAME: _____

CHILD NAME: _____

CHILD NAME: _____

CHILD NAME: _____

CHILD NAME: _____

WHERE WERE THEY BORN? _____

DID THEY LIVE ANYWHERE ELSE? IF SO, WHERE? _____

WHAT LANGUAGE(S) DID THEY SPEAK? _____

WHAT WAS THEIR JOB? _____

IF YOU COULD ASK THEM A QUESTION ABOUT THEIR LIFE, WHAT WOULD IT BE? _____





MY FAMILY TODAY

Every year, you and your family change. Fill in the questions below to capture what your family is like right now. Keep this sheet so you can see how your family change as time goes by.

MY NAME:

TODAY'S DATE:

MY FAMILY MEMBERS ARE:

WE LIVE IN:

SOMETHING FUN MY FAMILY DID RECENTLY:

SOMETHING I'M LOOKING FORWARD TO DOING WITH MY FAMILY SOON:

A MEAL MY FAMILY EATS A LOT LATELY:

SOMETHING MEMORABLE THAT HAPPENED IN MY FAMILY RECENTLY:

A PLACE MY FAMILY LIKES TO GO OR VISIT:

SOMETHING MY FAMILY OFTEN DOES TOGETHER:

MY ADVICE FOR HAVING A STRONG FAMILY:

SOMETHING WISE I'VE LEARNED FROM MY FAMILY:





MY FAMILY TRADITIONS

Traditions can date back decades or even centuries. Use this sheet to learn about a tradition in your family. Plus share a new tradition you'd like to start.

WHAT'S A TRADITION YOUR FAMILY HAS AND WHAT DOES IT LOOK LIKE?

WHEN AND WHY DID YOUR FAMILY START THIS TRADITION?

BESIDES YOUR IMMEDIATE FAMILY, DOES ANYONE ELSE CELEBRATE THIS TRADITION WITH YOU?

WHAT'S YOUR FAVORITE PART ABOUT THIS TRADITION?



WHAT'S A FOOD YOUR FAMILY ALWAYS MAKES?

WHAT'S A PLACE YOUR FAMILY REGULARLY VISITS?

WHAT'S AN ACTIVITY YOUR FAMILY OFTEN DOES TOGETHER?

WHAT'S A SPECIAL HOLIDAY ACTIVITY YOU DO?

WHAT'S A NEW TRADITION YOU'D LIKE TO START WITH YOUR FAMILY?



MY FAMILY'S FOOD TRADITIONS

The food we eat captures our favorite flavors and also shows our family's traditions and heritage. Answer the questions below to see what you can learn about your family based on the foods you eat.

HOLIDAY FOODS:



My family likes to eat _____ to celebrate _____ .
Fill in the Food *Fill in the Holiday*

My family likes to eat _____ to celebrate _____ .
Fill in the Food *Fill in the Holiday*

My family likes to eat _____ to celebrate _____ .
Fill in the Food *Fill in the Holiday*

IF I HAD TO PICK ONE FOOD TO REPRESENT MY FAMILY, IT WOULD BE:

WHEN MY MOM OR DAD WAS A KID, THEIR PARENTS OFTEN MADE THIS MEAL:

IS THERE A FOOD YOUR FAMILY HAS BEEN MAKING FOR GENERATIONS, MEANING YOUR PARENTS MADE IT, THEIR PARENTS MADE IT, AND SO ON? IF SO, WHAT IS IT AND WHY IS THAT FOOD IMPORTANT TO YOUR FAMILY?

A RECIPE THAT'S SPECIAL TO MY FAMILY IS:



MY FAMILY RECIPE

Ask a relative to help you find a recipe that's important to your family.
Copy that recipe onto this sheet so you'll always have it.

RECIPE NAME: _____

WHY IT'S SPECIAL: _____

INGREDIENTS: _____

DIRECTIONS: _____



