

# Kitchen Conversations: Discover Your Family Story

*Uncover your family history with this simple memory-sharing activity.*



Each of us has a story to share, including our family members! Spend some time with your family sharing stories, recalling memories, and learning more about your family history.

## How It Works:

- Print the next page, labeled “Kitchen Conversations,” and cut along the dotted lines to make each question its own strip of paper. Be sure to write your own questions in the blank spaces!

*\*If you don't have access to a printer, hand-write each prompt question on a blank sheet of paper and cut out each question separately.*



- Fold each strip of paper and put all the strips in a bowl or jar.
- Take turns picking and answering a prompt! Try it over a meal or just spend an evening sharing stories. You can even work together to personalize and decorate your question bowl with family photos and drawings.

*Interested in gathering your family stories in a more permanent way? Learn more about conducting and capturing oral histories through the [Smithsonian Library and Archives](#), the [Oral History Association](#), and the [UCLA Center for Oral History Research](#).*

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What is your earliest memory?  
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What was (is) a typical school day like for you?  
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What was (is) your favorite game to play? Describe it.  
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Describe a typical family dinner when you were growing up.  
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What is a favorite song of yours? Hum or sing it if you can!  
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What was (is) your favorite book as a child?  
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Who were (are) your childhood heroes?  
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What is your proudest moment?  
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Describe your favorite holiday or family tradition. What makes it so special to you?  
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How did (do) you like to spend time off from school?  
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What is the most valuable thing you've learned from your elders?  
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What do you want people to remember most about you?  
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What world event has impacted you the most?  
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What hardships have you experienced in your life?  
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What was the most difficult thing you've ever had to do?  
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 Write your own questions in the blank spaces!