



HOME-CENTERED FAMILY HISTORY PROJECT

Activity 1 · About Me

My Name

Do you know the story behind your name? Knowing about your name can give you a sense of identity, and names also connect us to our ancestors. Ask a parent how you got your name, and think about what you want your name to stand for.

Try it

Ask a parent or grandparent if any of your ancestors share your name, then look them up on FamilySearch.



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Activity 2 · About Me

Time Capsule Questions

You are only your age once! Take some time to think about your life right now: what you enjoy and why. Finish sentences like “My favorite food is...,” “When I grow up, I want to be...,” and “Something I’m really good at is...”

Try it

Record or photograph your answers, then do it again next year to see how your interests change.



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Activity 3 · About Me

All About Me Box

Who are you right now? Fill a box with little treasures that show it—favorite things, drawings, photos, and a note to future you. Someday you (or your family) can open it and remember who you were at this age. You are a child of God, and your story matters!

Try it

Decorate a shoebox together, then take turns sharing why you picked each item.



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Activity 4 • About Me

Where I'm From

Where you live has an impact on what you do and who you are. Write about your country and your town: favorite foods, favorite places, and what you like most. Remembering where you came from can help you know where you want to go in life.

Try it

Draw a map of your neighborhood, then have a parent draw the home they grew up in and tell you about it.



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Activity 5 • About Me

Keep a Journal My Way

Family history is what happens to you every day. Making a record of your life will help you remember that God loves you, on both the good and the bad days. Start a journal in a way you enjoy, whether writing, drawing, photos, or audio, and add to it once a week.

Try it

Start a photo journal: take one picture every week that shows something about your life.



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Activity 6 · About Me

My Voice, My Experiences

Your voice is unique, and so are your experiences. Retelling things you've gone through can help you overcome obstacles in the future. Share an experience with a family member: your earliest memory, your best day, or a time you felt good after helping someone.

Try it

Use the FamilySearch Memories app to record yourself telling a funny family story or your best day ever.



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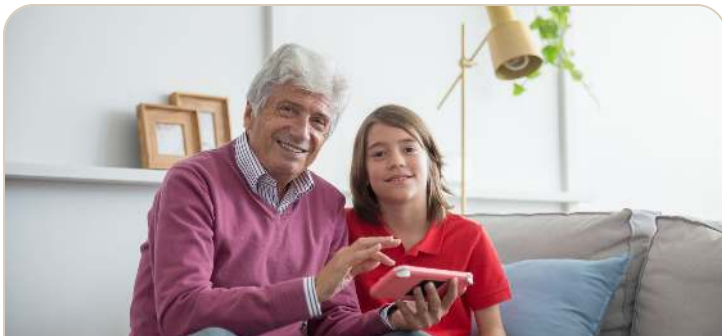
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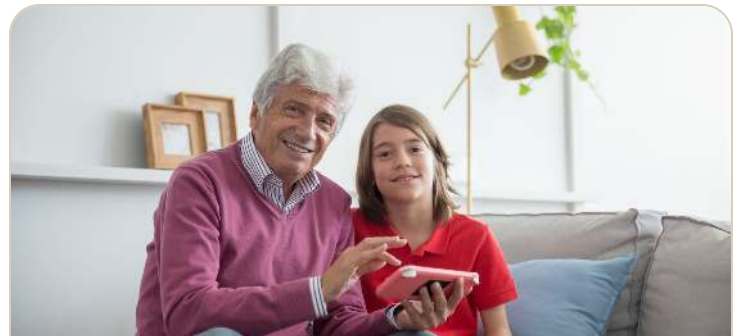
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Activity 7 · About Me

Remembering My Photos

Everybody has a unique life story. Photos help us remember the past, but they don't tell us everything. Your photos need your voice to make the story complete! Find a photo and write down everything you remember about that day.

Try it

Choose one photo to stand for each year of your life, or ask a grandparent to show you photos from when they were young.



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Activity 8 · About Me

The Year I Was Born

What do you know about the year you were born? It can be fun to learn what life was like when you came into your family. With a parent's help, find important events and inventions from that year, and look for photos of you as a newborn.

Try it

Ask your family what you were like as a baby, then compare your birth year with an ancestor's.



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Activity 9 • About Me

My Records and Their Records

Records are evidence that you lived in certain places at certain times, and they're an important part of family history. Find your own records, like a birth certificate, baptism certificate, or report card. What does each one tell about you?

Try it

On FamilySearch, find a record about an ancestor. Where did they live? What were they doing? Who else is listed?



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Activity 10 · About Me

Weakness to Strength

Everyone has weaknesses. As you exercise faith and ask for help, Heavenly Father promises to “make weak things become strong” (Ether 12:27). Ask a family member about a time they turned a weakness into a strength.

Try it

Pick one thing to practice this month. Be humble, ask Heavenly Father for help, and move forward in faith.



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Activity 11 · About Me

My Spiritual Gifts

Every person on earth has spiritual gifts or special talents from God. You can use your gifts and talents to bless your family, friends, and ancestors. Ask Heavenly Father to show you the gifts you've been given, and ask your parents or grandparents what gifts they see in you.

Try it

Finish two sentences: "A gift I've been blessed with is..." and "A gift I want to practice is..."



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Activity 1 · My Family

The Women in My Family

Your family can gain strength as you learn and share the inspiring stories of the women who came before you. Call your mom, aunt, or grandma and tell her why you love her. Then pick a woman from your family tree, learn her story, and cook a meal she might have made.

Try it

Trace each child's hand and decorate it to look like a woman in your family tree. Talk about how her hands blessed her family.



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Activity 2 · My Family

Family Trivia Game

How well do you really know your family? Pick a few fun questions—favorite food, favorite song, best friends, something you're really good at. Everyone answers for themselves, then guesses how the others answered. Knowing each other well shows you care.

Try it

Write your answers in secret, then take turns revealing them. Next time, play with a cousin, grandparent, or friend!



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Activity 3 · My Family

Family Photos

Looking at photos together can bring your family closer. Pull out old family pictures and take time to remember the experiences behind them. Have each person pick a favorite photo and share why they chose it.

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Choose one family photo and take turns telling what you remember about that day. Record it with the FamilySearch Memories app.



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Activity 4 · My Family

Family Traditions

Family traditions are part of what makes your family different from anyone else's. Some may have been passed down for generations, and they help shape who you are and who you will become. Talk together about how your traditions started and why you love them.

Try it

Create a brand-new family tradition together, maybe one that helps your family grow closer to God.



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Activity 5 · My Family

This Is Who We Are

Your family has a unique mission, and each person plays an important part. Talk about the trips, trials, and achievements that have shaped your family, and the strengths each person brings. Knowing where you've been and where you're going can make your family stronger.

Try it

Write a family motto or mission statement together and display it with pictures of goals you want to reach.



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HOME-CENTERED FAMILY HISTORY PROJECT

Activity 6 · My Family

We Bounce Back!

Apart from the Savior, everyone makes mistakes. What matters is that we bounce back, learn, and grow. Share a time something didn't turn out the way you hoped and what you learned. The more stories you know of your family bouncing back, the easier it is to bounce back yourself.

Try it

Ask a parent or grandparent about a time they tried something that didn't work out. What did they do next?



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HOME-CENTERED FAMILY HISTORY PROJECT

Activity 7 · My Family

Walk Where They Walked

Visiting a place where your ancestors lived, in person or virtually, helps you feel connected to them. Go see a home, school, church, or grave that belonged to your parents or grandparents. Imagine their footsteps right where you're standing.

Try it

Can't go in person? Explore their hometown together with Google Earth or Map My Ancestors in the Family Tree app.



Scan for the activity



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HOME-CENTERED FAMILY HISTORY PROJECT

Activity 8 · My Family

Eat What They Ate

Eating the same foods your ancestors ate is a fun way to connect with them and taste a little of what their life was like. Cook a favorite family recipe together and talk about the story behind it. Ask the oldest person in your family if they have recipes to share.

Try it

Make an ancestor's favorite food on their birthday, then save a photo and the recipe on FamilySearch.



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HOME-CENTERED FAMILY HISTORY PROJECT

Activity 9 · My Family

Feel What They Felt

When you try to understand what life was like for an ancestor, you see him or her differently. Read a story from an ancestor's life and imagine yourself in their shoes. Ask Heavenly Father to help you find ancestors whose stories can help you.

Try it

After reading an ancestor's story, act it out together as a family!



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HOME-CENTERED FAMILY HISTORY PROJECT

Activity 10 · My Family

Touch What They Touched

Touching family heirlooms and learning their history builds a bridge between past and present generations. Walk through your home together and look for things that belonged to family members long ago. Talk about who owned each one and the story behind it.

Try it

Pick something from your own room you'd want to pass down someday, and share why it matters to you.



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Activity 11 · My Family

Hear What They Heard

Hearing an ancestor's voice and stories helps us bond with them in a special way. Ask a parent or grandparent about a memorable moment from their childhood, where they grew up, or how they met their spouse. Hearing a story from their point of view helps you connect.

Try it

Record a family member telling a favorite story with the FamilySearch Memories app so it won't be lost.



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HOME-CENTERED FAMILY HISTORY PROJECT

Activity 12 · My Family

My Family Tree

The names in your family tree aren't just names. They are real people, and because of them, you are here. Fill in the first four generations: you, your parents, your grandparents, and your great-grandparents. As you learn about them, you may learn new things about yourself.

Try it

See how much of your 4-generation tree you can fill in from memory, then look up the rest on FamilySearch.



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Activity 13 · My Family

Fill In The Blanks

Every person in your family deserves to be remembered, but some ancestors don't have photos or stories yet. Look for photos and stories for the first four generations of your family tree. Then make a plan to help fill in the blanks.

Try it

Open the fan chart on FamilySearch, find the lightly shaded ancestors, and ask grandparents for their photos or stories.



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Activity 14 · My Family

Save a Memory That Could Be Lost

A memory is lost when a family member passes away before it has been shared and saved. Prayerfully think about who in your family has a photo, heirloom, or story that could be lost. Don't wait another day. Offer to help save it.

Try it

Hold a family night to retell family stories, and record an older relative talking about their life.



Scan for the activity



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HOME-CENTERED FAMILY HISTORY PROJECT

Activity 15 · My Family

Family Collections

Many people collect things: coins, rocks, trophies, even bugs! Collections show what's important to us. Share what you've collected and why, and ask family members about their collections too. You'll appreciate each other in new ways.

Try it

Take a picture of a family collection and save it with its story as a Memory on FamilySearch.



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HOME-CENTERED FAMILY HISTORY PROJECT

Activity 16 · My Family

Pioneers and Heroes: Past and Present

A pioneer is someone who is first to do something: move to a new country, join the Church, graduate from college, or try something new. Heroes are people we look up to for the lives they led and sacrifices they made. Learning about the pioneers and heroes in your family is fun and inspiring!

Try it

Were you the first in your family to do something? Write down your story or record it.



Scan for the activity



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HOME-CENTERED FAMILY HISTORY PROJECT

The Temple

Visit the Temple

Temples are holy places where families can be sealed together forever. Visiting the temple grounds together is a wonderful way to feel the Spirit and get excited for the day you can go inside. Talk with someone who has already been to the temple about what it was like.

Try it

Walk around the temple grounds as a family and share what you feel there.



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Plan It!

Getting ready for your first trip to the temple? Planning ahead helps the day feel calm and exciting instead of worrying. Decide together when you'll go, who will come with you, and what you'll need.

Try it

Make a simple plan for your temple trip: the date, who's going, what to bring, and the family names you'll take.



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Pray to Find Them

Our ancestors want to be found. As you pray to be led to family members who are ready to receive their temple ordinances, Heavenly Father can guide your search in amazing ways. Pray before you start looking, then pay attention to the ideas that come.

Try it

Say a family prayer asking for help to find an ancestor, then search FamilySearch together.



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Prepare Family Names for the Temple

When you give your time to help your ancestors receive temple ordinances, you show your love for them. Find family members who still need their temple work, and learn how you are related to each one. Knowing your common ancestor makes the connection feel real.

Try it

Use Ordinances Ready on FamilySearch to find a name, then look at how you are related.



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Be Baptized for an Ancestor

Beginning in January of the year they turn 12, youth can be baptized in the temple for ancestors who didn't have the chance in life. Taking your own family's names makes the experience even more meaningful. Learn a little about each ancestor before you go.

Try it

Before your temple trip, read about the ancestor whose name you'll take and share their story with your family.



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The Temple

Remembering My Temple Experience

Your first trip to the temple is a special day worth remembering. After you go, take time to record what you saw, felt, and learned. Someday your story can strengthen your own children and grandchildren.

Try it

Write, draw, or record what you felt at the temple, and share it with your family.



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