

Preserving Your Own or Your Family's History

1. Keep a journal
2. Interview an older family member
 - A. Learn about the time period they remember
 - B. Trace family movements
 - C. Don't stop with just one interview
3. Family photos – identify: who, what, when, where, why
4. Family papers – find the meaning behind the momento
 - A. Letters
 - B. Recipes
 - C. Diaries
 - D. Invitations
 - E. Cards
 - F. Newspaper clippings
 - G. Ticket stubs
5. Family treasures
 - A. Who did it belong to
 - B. Where did it come from
 - C. What did it mean to the owner
 - D. When was it new
 - E. Why was it kept
6. Your family home
7. Family tree
8. Share your family's history with your family
 - A. Write a story about a time, a person, a place
 - B. Define a focus to select the facts to relate
 - C. Resist telling every detail
 - D. Tell what is unique about your family
 - E. Tell what experiences your family shared with others of the same time period
9. Make a family quilt
10. Help your children or grandchildren create a mini-museum from family momentos
11. Create a self-portrait and include things important to you in the picture
12. Create a family web site
13. Collect recipes and make a family cookbook