



Family Story Interview

Take this interview with you to your next family gathering!

Find a parent, grandparent, aunt, uncle, or other relative and ask them about what life was like when they were growing up. You might discover a story you've never heard before!

Do you know the origins of our family's last name? _____

Did anyone in our family immigrate from another country, and why? _____

What was your childhood home like? _____

What were you like as a child? What is something you loved doing when you were my age? _____

What were your parents' names? What did they do for work? What do you remember most about them? _____

How did you meet the person you married? Tell me about what they were like when you first met them. _____

What did you and your friends do for fun growing up? _____

What's a funny or favorite childhood memory? _____

What family traditions do you hope will continue through generations? _____

Interviewer's name: _____

Person I'm interviewing: _____

Date: _____



**The
ON OUR SLEEVES[®]
Movement**
For Children's Mental Health





My Family Story in Pictures

Take this sheet to your next family gathering!

Ask a relative to tell you stories about their childhood. You can draw pictures of what they tell you.

Does anyone in our family have the same name as you or someone else in the family?

Where did our family come from?

Help me draw that country or state's flag!



What do you remember most about the house, or your neighborhood?

Help me draw a picture of what your house looked like when you were growing up.

Help me draw a picture of who lived in your house growing up.

What were their names?

What do you remember most about them?

