

NONE, SOME, MANY

Activity

FIND

TAKE

TEACH



JOURNALING

The purpose of this activity is to help class members see the impact of record keeping and storytelling on their family and to encourage class members to search in journals and other documented records to learn more about their ancestors. Class members will learn that writing their stories down in journals, scrapbooks, or other ways to preserve them for future generations is participating in family history.

TIME:

30 minutes

MATERIALS NEEDED

- Paper
- Pens and pencils

Optional Materials:

- Old journals
- Board to write lists on
- Smartphones, tablets, computers for searching family stories and journals, if the bandwidth in your building permits (Please see the Technical Guide for family discovery day organizers for tips on improving the Internet connectivity.)

PREPARE

- 1. Review the activity instructions.
- 2. Gather all materials needed for the class.
- 3. Spend time personally writing in a journal to record stories as well as looking through old journals.
- 4. Prepare thoughts about your experience to share with the class.
- 5. Search for ancestors' journals or for stories that were written down in journals that made an impact on you and your family. If appropriate share these stories with the class.
- Optional.* Ask participants ahead of time to look for stories in ancestors' journals to bring and share with the class.

CONDUCT THE ACTIVITY

We encourage you to modify this activity as needed and to use your own ideas and creativity as you accommodate to the needs and the interests of the people in your area.

Step 1: Introduce the Activity

Have a discussion with the class on the importance of having experiences and stories written down in order for us to learn from our ancestors and to help future generations learn from our experiences.

Discuss how a variety of activities might constitute journal or record keeping.

Examples might include:

- Keeping baby books
- Making scrapbooks
- Maintaining a blog
- Writing in an activity or gratitude journal
- Posting to social media

Step 2: Share Personal Experiences

Share an experience of learning from your ancestors' journals or of keeping a record for your own family and for future generations. How does this help you connect with your family?

Step 3: Journal Activity

Have the class create a list of questions about stories or facts they would like to learn about their ancestors.

Examples may include:

- How did an ancestor meet his or her spouse?
- What temple was closest to an ancestor?

- What activities did an ancestor do as a child?
- How did ancestors celebrate holidays?
- What education or skill sets did an ancestor possess?

Have class members write down the answers to these questions for themselves or, if they prefer, another story from their childhood. Remind them that this information is for future generations. You may want to have class members record their story with the audio function on the Memories app from FamilySearch.

Step 4: Discuss

Have a discussion on why sharing this story with future generations might be important and how it could be a strength to future generations. Reiterate the importance of recording stories and experiences for future generations.

Step 5: Invite

Invite class members to go home and try to find the answers to their questions about their ancestors by interviewing an ancestor or conducting research on FamilySearch.org. Invite them to record this information in a journal and on FamilySearch.org. Invite class participants to keep a record of their own experiences. Remind them that FamilySearch is available to preserve these stories for future generations.

ADDITIONAL IDEAS FOR CONDUCTING THE ACTIVITY

The following are optional ideas for this activity.

Idea 1: Encourage the class to share their thoughts on record keeping or something new they learned about their ancestors on social media and use the hashtag [#FamilyDiscoveryDay](#) (or another applicable hashtag). Encourage them to tag friends and family that might find this information interesting or who would benefit from participating in family history work.

Idea 2: Before class invite participants to find and read family journals to learn stories about their ancestors. Then have them share stories or journals from their ancestors along with how the stories and lessons learned by reading these journals have affected their lives.

Idea 3: Ask family groups to think of an important life event that they have experienced together. Have each participant document what they saw, felt, and experienced during the event. Give time for each member of the group to share their side of the story.



THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS