

Curating Memories

Family Activities

Find a picture of a relative and recall a story about them.

Find an object associated with a holiday your family celebrates and share a story about how you came to have it.

Find several recipes (e.g., cookies, soup, main course, hors d'oeuvres, salad) that have been handed down in your family and share how you got them and memories you have of making them. Make them together!

Recall a trip or vacation that you went on that changed how you look at life and share why it was transformational.

Recall a family event (reunion, graduation, baptism, or funeral) where something funny happened, something embarrassing happened, and something poignant happened. Share how it impacted you.

Ask your partner, spouse, children, grandchildren or beloved others to come up with five questions they want to know about you. Answer those questions using story, written responses or video. Post on Instagram or Facebook

Crafts

Create a lifemap

Create a photo album

Create a keepsake (knitting, sewing, needlework, painting, pottery, song) that reflects something you value highly.