

**Journaling**

Journaling is a very effective form of therapy and conflict resolution for kids. It can be relaxing and help them release the stress of their daily lives as well as provide them with insight to their problems and the world going on around them. Journaling can help kids make sense of the changes in their lives and the lives of close friends and family and it can also serve as a grounding sort of practice - a way of releasing the events of the day without acting out or falling into bad behavior patterns. Journaling can help kids open up to the possibilities of their life, assist them in making better decision, give them a fresh perspective to any changes that might be occurring around them and more than anything give them an idea of who they are and who they want to be. For a kid that has experienced abuse, addiction, or some other kind of trauma in their life journaling can give them a new perspective on the incident and can even help them come away with forgiveness for themselves and others. Journaling can also help release pent up emotions regarding such an incident and can serve as a very useful insight for a parent into what might be going on with that child if they choose to share their journal with them.

**Suggested Journaling Supplies**

Any kind of notebook with acid free paper, it does not have to be expensive; a pen with non- fading ink or a #2 or darker pencil; colored pencils, markers or crayons; a child's journal for very young children; journaling prompts; stickers\*; photos\*; copies of newspaper articles\*, funeral programs\*, wedding and baby announcements\*, etc.; Anything marked with a \* is optional, but is more for scrapbooking.

**Journaling prompts**

There are a myriad of benefits to journaling, and everyone should consider keeping a journal. However, one of the obstacles that people face when they want to pick up the practice of journaling is that they don't know what to write about. Journal prompts help you get started in keeping a journal.

<http://www.dailyteachingtools.com/journal-writing-prompts.html>  
<http://imaginationsoup.net/2012/03/easy-art-journaling-for-kids/>  
<https://www.superteacherworksheets.com/journal-prompts.html>  
<http://journalbuddies.com/pre-teen/creative-writing-prompts-for-tweens/>  
<http://www.robynsonlineworld.com/2014/08/77-more-teen-writing-prompts/>  
<http://extension.missouri.edu/p/GH6150>

**Heritage coloring books**

These are books you create to reflect your background, illustrate family stories and learn about your ancestors and the times they lived in. Think of a family story, an event in a relative's life or an ethnic tradition of your family, write a small paragraph about it capturing the important points then illustrate it with an appropriate picture from a free online source for coloring book images.

<http://coloring.ws/coloring.html>  
<http://www.crayola.com/free-coloring-pages>  
<http://www.freeprintablecoloringpages.net/>  
<http://www.dltk-kids.com/coloring.htm>  
[http://www.hellokids.com/r\\_3/coloring-pages](http://www.hellokids.com/r_3/coloring-pages)  
<http://www.coloring-book.info/>

**Family story books**

- a) Decide on a simple format i.e. persons, places, time periods, homes, family recipe/ cook books, 1st grade, 2<sup>nd</sup> grade, etc., anniversary; family heroes, military men, important birthdays, etc.
- b) Have everyone contribute their memories and stories
- c) Find and include pictures of the people and places
- d) Include reenactments when appropriate and the experiences of the participants as they learned of and "lived" the life of their relative
- e) If you choose a family recipe cookbook, include family stories involving the recipe on the page. I place the story on the left page and the recipe on the right side so they are together.
- f) When doing books about a person, digitize and include things like report cards, school papers, certificates, pictures, wedding and birth announcements, newspaper articles, etc.

**Reenactment of family, scriptural or historical stories with children or puppets**

Reenact an event in an ancestor's life. Have the kids help make simple costumes, backdrops and props. Tell the circumstances surrounding the incident and ask questions like "What would YOU have done in this situation?" or "How do you think your ancestor felt when this happened?" Record and post to a family website, send in an e-mail, or make and publish a family book from pictures taken during the reenactment.

<http://www.wikihow.com/Build-School-Play-Props-on-a-Budget>

<http://tag.wonderhowto.com/make-easy-movie-props/>

<http://www.daniellesplace.com/HTML/puppets.html>

**You Tube** has lots of easy and low cost costume, prop and backdrop ideas and making simple puppets

**Ways to publish...** Traditional, Self and E-publishing

**Traditional publishing pros...** Lots of help with design, editing, and proofreading; Abundant choices of book sizes, print styles, binding and covers; They will get your ISBN for you if needed

**Traditional publishing cons...** You must pay for the whole order up front; Some printers require a minimum number of books or won't publish personal books at all; Can be quite expensive; You may end up with lots of unsold copies; Can take several months or years to complete

**Self-publishing pros...** Able to buy only what you need; Printers are local and easy to work with; Can have a shorter timeline

**Self-publishing cons...** No or little help with design, proofing or editing; If more than a few books are sold it is best to get an ISBN; Limited sizes and bindings; Can be expensive; takes weeks or months

**E-publishing pros...** You order only the amount you want at any time that you want; PDF files can be used by both computers and Kindles, etc.; You can get copies within a couple of days or just send a PDF to folks; It is more economical than traditional publishing; It can be updated at any time; No need for ISBN

**E-publishing cons...** No or little help with design, proofing or editing; Book files have to be adapted for a variety of electronic book readers; Some printers limit the binding to softcover perfect (glued)

<http://www.blurb.com/>

<http://www.bookmarket.com/ondemand.htm>

[https://www.shutterfly.com/photo-books?cid=SEGOO.PBOOK&gclid=CI7qvqX-sckCFQIHQodo\\_8DqA&mpch=ads](https://www.shutterfly.com/photo-books?cid=SEGOO.PBOOK&gclid=CI7qvqX-sckCFQIHQodo_8DqA&mpch=ads)

<https://www.mypublisher.com/>

<http://printandmail.byu.edu/home/content.php?page=print/photobooks&section=print/print>

**Making and playing old fashioned games and toys** Creates bonds between kids and older generations

<http://www.ndstudies.org/resources/activites/es/pioneer.html>

[http://www.historicthedalles.org/pioneer\\_games.htm](http://www.historicthedalles.org/pioneer_games.htm)

<http://aitc.sk.ca/saskschools/fun.html>

<http://www.thecraftycrow.net/2012/07/12-homemade-toy-ideas.html>

<http://familycrafts.about.com/od/paperdolls/tp/paperdolls.htm>

<http://www.clipwithpurpose.com/print-paper-doll-patterns/>

<http://www.thecraftycrow.net/2011/09/pioneer-crafts-for-kids.html>

**Birthday parties for ancestors**

Feature an ancestor by giving them a birthday party. Serve foods they would have eaten, play games they played and make toys they played with. Discuss what it was like to live when and where they did. If you have a picture of them show it while you talk about them. You could even dress in period clothing for the party.

**Puzzles, board games and calendars**

Use names of family members, their hobbies and talents, the places they have traveled or events in their lives to create puzzles and board games of all kinds. Use an old board from another game and add your own directions, rules, cards, dice, etc. Family pictures and birthdates make a great calendar which can be published locally.

<http://www.discoveryeducation.com/free-puzzlemaker/>

<https://crosswordlabs.com/>

<http://www.puzzle-maker.com/>

<http://www.picturedots.com/make/makePuzzle.html>

<http://www.dottodots.net/category/nature>

<http://www.picturedots.com/>

<http://www.toolsforeducators.com/boardgames/>

<http://theendinmind.net/homemade-board-games/>

**Making jigsaw puzzles of family pictures**

Doing jigsaw puzzles of ancestors leads to questions about them, their clothing and lifestyle and creates bonds.

<http://www.portraitpuzzles.com/?gclid=CKWCw9GXsskCFcpCXgodFMwAWg>

<https://www.puzzleyou.com/>

**Storytelling**

It has been scientifically shown that people's beliefs can be swayed more effectively through storytelling than through logical arguments. Researchers think that persuasion is most effective when people are "transported" to another place using a story. Storytelling is a universal feature of every country and every culture. The most successful storytellers apply themselves to the listeners' dilemmas—not just to amuse, but to make them fitter to triumph in life. Since the first cave paintings were drawn, telling stories has been one of our most fundamental communication methods. When we tell stories to others that have helped us shape our thinking and way of life, we can have the same effect on them. By simply telling a story, we can plant ideas, thoughts and emotions into the listeners' brains. We link up metaphors and literal happenings automatically because everything in our brain is looking for the cause and effect relationship of something we've previously experienced. The simpler a story, the more likely it will stick. Storytelling is one of the most powerful techniques we have as humans to communicate, motivate and bind ourselves to those we love.

**Types of stories**

Overcoming the Monster... Overcoming evil or a threat to our world; New Birth... Coming out of an experience with renewed purpose; Quest... Setting goals and accomplishing them; Journey and Return... Going through challenges and gaining only experience; Rags to Riches... Losing all and regaining it as they become a better person; Tragedy... A person whose fall from grace creates unhappiness; Comedy... Overcoming adversity which creates happiness; Parables... A simple story used to illustrate a moral or spiritual lesson

**Sources for learning to tell and adapt stories from your heritage**

<http://www.eldrbarry.net/roos/art.htm>

<http://www.storybug.net/links.html>

<http://www.storynet.org/resources/index.html>

**Using technology to cover the miles.**

Make a movie of someone telling family stories or reading a story and post it to a family website. Record the heartfelt feelings and tales of an aging or ill relative before you lose the chance. Use GoToMeeting or similar websites to plan family reunions. Have family members digitize LABELED family pictures which then can be distributed to all or posted on a family website or the Cloud. Create a family archive of Google Documents including ancestral journals, autobiographies, biographies, and a birthday calendar. You can tell stories, show pictures and movies and interact with relatives face to face using Skype and other live, interactive websites, Facebook, and family websites

<http://www.makeuseof.com/tag/fed-up-with-skype-here-are-6-of-the-best-free-alternatives/>

<http://www.slideshare.net/ericasterling/using-technology-to-plan-family-reunions-10224727>

**Letter writing**

Most of what we know about history was recorded in the form of personal letters or journals. Unfortunately, we, as a society, are losing the art of personal communication through the written word. A Huffington Post summary of several scientific studies concludes that “children who don’t learn the skill of handwriting, like generations before them had to, may be missing out on an important developmental process. Writing is more complicated because it integrates the following three brain processes: Visual: Seeing what is on the paper in front of you. Motor: Using your fine motor skills to actually put the pen to paper and form the letters to make the words. Cognitive: Remembering the shapes of the letters requires a different type of feedback from the brain.” Science has also linked expressive writing to better mood, reduced stress and improved overall sense of well-being. Handwritten letters also have the following benefits: They create lasting memories, they show how much you care; creativity is generated by the process of writing; they require your undivided attention to write thoughtfully and coherently; receiving a letter really elevates the receiver; letters honor tradition and they are timeless.

[http://www.huffingtonpost.com/2015/01/11/benefits-of-writing-letters-and-postcards\\_n\\_6425540.html](http://www.huffingtonpost.com/2015/01/11/benefits-of-writing-letters-and-postcards_n_6425540.html)  
<https://www.reviveourhearts.com/true-woman/blog/10-reasons-to-reclaim-the-lost-art-of-letter-writing/>  
<http://www.artofmanliness.com/2009/04/16/the-art-of-letter-writing/>  
<http://theweek.com/articles/490493/how-writing-by-hand-makes-kids-smarter>  
[http://www.huffingtonpost.com/2011/07/16/why-does-writing-make-us\\_n\\_900638.html](http://www.huffingtonpost.com/2011/07/16/why-does-writing-make-us_n_900638.html)

**How do we get kids to write?**

Sit with our kids and help them write to their distant relatives and friends. Very young children can color pictures; Arrange for a pen pal in the family....perhaps a cousin of similar age; Have them describe their daily routine, their school, their friends, things they are looking forward to, activities they enjoy; Thank you notes, notes of appreciation and encouragement, get well wishes, birthday cards, anniversary congratulations and holiday greetings can be hand penned. Make it fun! Get special stationery and pencils that reflect their personality or activities

[http://www.freeprintablestationery.net/category/matching\\_envelope](http://www.freeprintablestationery.net/category/matching_envelope)  
<http://www.mintprintables.com/stationery/>

**Preserving our letters for future generations**

Print family emails or blogs, personal emails and Facebook posts, print emails you send and those you receive, print meaningful texts, photos from phones, websites, and emails, date and label them, and if you are lucky enough to get a real letter, save it, too! Place them all in archival envelopes or display pockets and keep them all in the same notebook chronologically, by subject or by person or in separate notebooks to meet your needs

<http://www.warletters.com/preserve/index.html>  
<http://www.conservation-us.org/about-conservation/caring-for-your-treasures#.VluGqHarSM8>  
<http://www.warlettersinternational.com/preserve/>

**Reading old letters and journals of relatives**

Look for old family letters or journals in bookcases, attics, basements, storage units, local, academic and state libraries, local, academic and state archives, and historical and genealogical societies. Call your relatives and ask if they have any letters or journals they wish to share. Transcribe or digitize what you find so that you can easily share with others.

How can we not identify with and love the letter and journal writers when we read of their thoughts and feelings during their struggles and triumphs in life? As Abigail Jones wrote about her mother, whose father died when she was 5 and whose letters were lost and then found many years later, “But now, 60 years after his death, time has offered up a remarkable, unforeseen gift to my family. During the summer of 2012, my mother sat in her study reading all 583 of Charlie’s letters, tears often rolling down her cheeks, a 65-year-old woman meeting the father she never really got to know, looking into the heart and mind of the man with whom her mother fell in love.”