

## Worksheet 1: What Does My Family Know?

Name / Names:

**1) Jot down a few things that your family members have told you about the family.**

*Don't worry about being exactly right. If you can't think of anything now, write down things about your own life or another's that interests you.*

**2) Now tell very short stories about any of these and anything else you remember.<sup>1</sup>**

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<sup>1</sup> Some families tell lots of stories, and some tell hardly any at all. Some people don't know anything about their birth family, but a lot about their forever family. Sometimes an orphan doesn't even have any family stories to tell. So, tell stories from your own life. Tell stories from the family you choose to have. These stories are just as – more – important.