



“Send down... from the clouds of Thy mercy the rains of Thy healing...”

—Bahá'u'lláh

Explore & Soar: What's Your Story?

Try asking your elders these questions to learn about cool family stories.

- ☐ What did you like to do when you were my age?
- ☐ What do you like best about our cultural heritage?
- ☐ What was it like on the day I was born?
- ☐ What was your favorite birthday?
- ☐ What's an important lesson you've learned?
- ☐ What was school like for you as a kid?
- ☐ How did *your* parents meet?
- ☐ What's the craziest thing that's ever happened to you?
- ☐ What job did you dream of when you were a kid?
- ☐ Do we have any special family heirlooms?
- ☐ What technology did you use as a kid?
- ☐ What's the coolest place you've traveled to?

Powerful Stories

Do you know any stories about your family? I know some crazy ones about mine, like the time my dad got lost in Papua New Guinea during a storm and had to camp in a cave of fruit bats. They were super nice and even taught him to hang upside down!



My family has fun sharing stories as we fly around the forest. It's good for us, too. When you know about your family history, you tend to have more self-confidence, less anxiety, and a more unified family. This may be because family stories can help us feel connected to a support system, which is helpful for health and happiness.

I love hearing how my family overcomes tough situations, don't you?

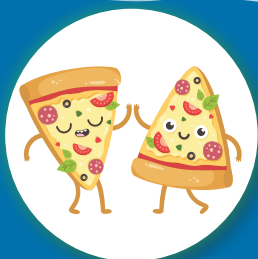
These stories teach us that we can learn a lot from facing challenges, which may give us courage and resilience at stressful times.

It's cool to think about your family doing heroic things. When I was nervous on my first day of school, I thought of my dad's story.

I remembered how good things can come from hard moments. I stayed positive, and pretty soon I made new friends.

Family dinners, holiday events, vacations, or even just a flight to school are great opportunities for storytime. So ask your family members about their memories. Share some of your stories, too. My dad's story taught me to see the sunny side during stormy times. What can you learn from *your* family stories?

Curiosity Canopy



Did you know? One of the best places to share stories is at the dinner table. One study found that during dinner, families share one story every five minutes. Kids who eat dinner with their family are also more likely to get better grades, eat healthier foods, and even have a bigger vocabulary.

