

My Family Story

Complete the five steps to earn your My Family Story Badge.

1. **Explore family stories:** Have members of your family share their favorite story about your family. It could be one from when they were younger or a recent one. Reach out to any aunts, uncles, cousins, or grandparents to see if they have any favorite stories to tell. After you hear the stories think about why that story is special.
2. **Know where your family is from:** Ask your parents or other members of your family where your family comes from. Everyone's family has different cultures and traditions. Learn some of your family's traditions and have a day when you celebrate them. You could make a meal using a special family recipe, or a recipe that is popular in the place your family comes from, or you could learn a song or dance that is special to your family or their heritage.
3. **Make a story tree:** Watch the attached video to learn how to make a story tree.
4. **Find an object that means something to your family:** Is there something in your house that represents your family or is very special to your family? Find an object that is special to you and share it with your family. Challenge other family members to pick something that they see as important to your family.
5. **Share your family story:** Make a family crest. Now that you have learned so much about your family you can design your own family crest. A crest is a picture that uses colors and symbols to show what is important to your family. Design your crest and share it with your family. Many of you may have a troop crest on your vest or sash that

represents your troop, you can use that shape design to make your family crest.