

## DO YOU KNOW? / DINNER CONVERSATION CARDS



This kit will help you in your leadership as you inspire others to get to KNOW their Family History.

With the help of the "Do You Know?" dinner time conversation cards and booklet, they can discover what they know and what they don't know about their Family History.

You can adapt this lesson for Family Home Evening, Primary Sharing Time, Activity Days, YW /YM Activities, Personal Progress and Relief Society Enrichment Activities.

### LESSON OVERVIEW

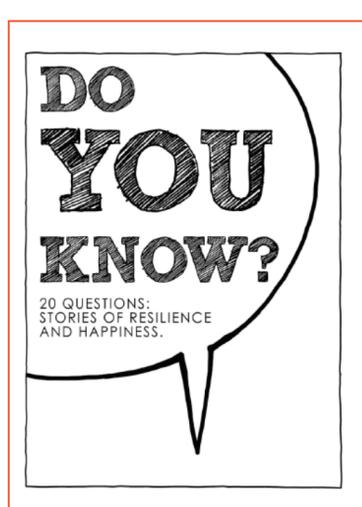


CARD GAME / BOOKLET ACTIVITY



SHARE THE "DO YOU KNOW?" STUDY

### DO YOU KNOW / LESSON OUTLINE



**TO DO:** Print and cut out the 3 x 4 "Do You Know?" cards, one set for each person. If you decide to make a booklet for each person, print them up in advance. If you do print the booklets, bring colored pencils.

**GAME OBJECTIVE:** Help the youth see how much they know or don't know about their Family History. The card game will be the springboard for them to learn about an important study done at Emory University. Individuals who knew the 20 "Do You Know?" questions {same questions that are found in this card game}, tended to do better when they faced life's hard challenges.

### GAME INSTRUCTIONS . . .

**INVITE** the youth to sit in a circle. Pass out a set of the "Do You Know?" 3 x 4 cards. Have each person hold a card and quietly read the question. If they know the answer they nod their head up and down for yes. If they don't know the answer they nod their head side-to-side for no. TOnce they have answered the question, they pass the card to the person on their right. They then get a new card from the person on their left. Have them keep track on paper how many questions they know. Once they have read all 20 questions, ask who knew the most about their Family History. Consider rewarding this person with a fun treat.

**SHARE** that each of us will face difficult challenges in life. If you feel inspired to do so, ask them to share a difficult thing that they have gone through. **EXPLAIN** that **studies show we can handle our difficult challenges better when we know our Family History.**

**BRIEFLY SHARE** little bits from the studies done at Emory University and from the New York Times article on the strengthening power of the 20 "Do You Know" Family History questions. Emphasize that those who knew the questions handled life's challenges better.

**ENCOURAGE** the youth to take their set of "Do You Know?" cards home to share this activity with their family. If time permits, have them write and color in their "Do You Know?" booklets.

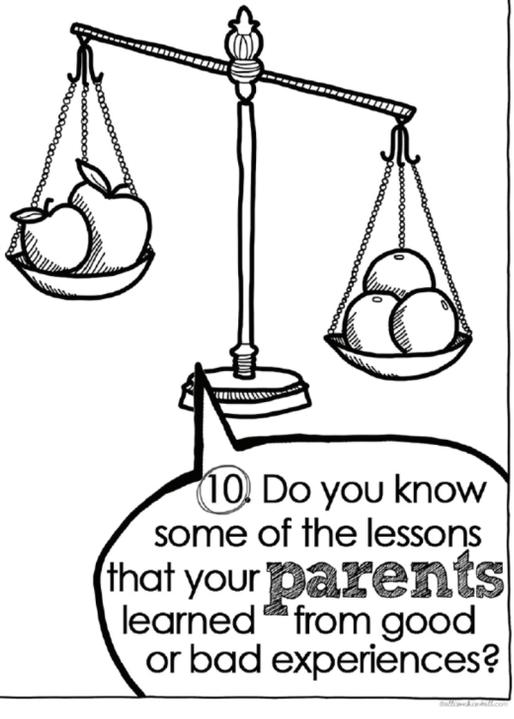
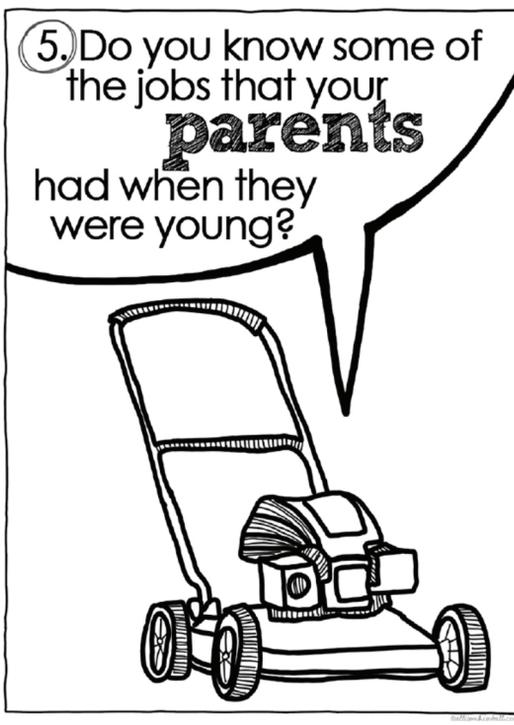
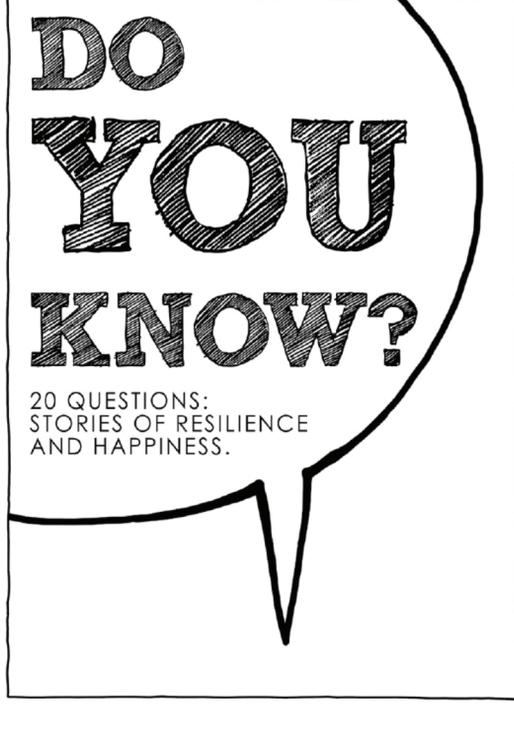
# Do You Know? {Family History}

## DINNER CONVERSATION CARDS



UP NEXT... PREVIEW THE "DO YOU KNOW?" CARDS

PREVIEW OF SOME OF THE CARDS. . .



**LESSON CONCEPTS**

The graphics and art in this kit were created by Allison Kimball. We hope this kit inspires those you lead and guide to discover the JOY of doing Family History.

The illustrations on each card are copyrighted by Allison Kimball. ©

The "Do You Know?" 20 Questions ideas is copyrighted to Emory University // Children Benefit if They Know About Their Relatives. Study Finds by BEVERLY CLARK: / BETH KURYLO