

My
Family
Essentials

—
The Workbook



My Roots
Foundation

Introduction

We created this family history workbook because we care about our children, young adults and our future. Our future needs inspired individuals to lead us forward now more than ever. Carter G. Woodson said "Those who have no record of what their forebears have accomplished lose the inspiration which comes from the teaching of biography and history." This has inspired the mission of My Roots Foundation to bring honor to our ancestors by discovery, preserving, and sharing our histories.

Studies show that when youth know their family stories they have better outcomes in life than kids who do not have family knowledge. When young children and adolescents know stories of their past they show higher levels of self-esteem, a belief in their own capacity to control what happens to him or her, lower levels of anxiety, fewer behavioral problems, and better chances for good outcomes if he or she faces educational, emotional, or behavioral difficulties.

The activities in this workbook are meant to encourage our youth to build better connections with their family and family stories. That search is aided by knowledge of their place and connections in their family. You are a unique resource as parents, grandparents and guardians; you are often the story keepers and the storytellers of your family. The activities in this workbook should give you a natural way to answer some questions about your family history and genealogy. Even when there is no genetic connect, whether a step-child, adopted child or other scenario, it is important for children to know these stories and learn the process of passing family information on to the next generation. It is the process of story telling and the awareness that they are building their own story that creates great outcomes, not the facts themselves.

Thank you for picking up this workbook. Please enjoy the journeys it will guide you through.

All the best,

Alonzo Felder
President & CEO, My Roots Foundation

ABOUT MY ROOTS FOUNDATION

My Roots Foundation is a 501(c)3 nonprofit organization focused on honoring our ancestors through the discovery, preservation, and sharing of their lives and stories. We offer an intimate approach to discovering your heritage and equipping you with the knowledge to pass down your heritage to the next generation. We are using the past to create a better future.



Vocabulary

Alien - Someone who is a legal citizen of another country.

Ancestor - A forefather or forebearer. A person from whom you descend; grandparents, great-grandparents, etc.

Annotation - Interpretation, explanation, clarification, definition, or supplement. Many types of genealogical presentations contain statements, record sources, documents, conclusions, or other historical information that require further explanation - an annotation. Genealogical software provides a field for documentation, comments, notes, and analysis. Genealogists use annotations to explain discrepancies between two or more documents, to add information from another source to support a statement or conclusion made in a different record, and other difficult to interpret situations.

Antebellum [*ante*: "before"; *bellum*: "war"] - Usually intended to mean before the US Civil War. Typically, the period before the emancipation of American slaves.

Authenticate - The process of proving a source or source document is true.

Bequeath - To leave or give property to another person or organization at death.

Birth record - A birth record contains information about the birth of an individual. Such a record would include the mother's full (including maiden) name and the father's full name, the name of the baby, the date of the birth, and county where the birth took place. Many birth records also include other information, such as the birthplaces of the baby's parents, the addresses of the parents, the number of children that the parents have, the race of the parents, and the parents' occupations.

Census records - An official enumeration of the population in a particular area. In addition to counting the inhabitants of an area, the census generally collects other vital information, such as names, ages, marital status, citizenship status, and ethnicity. The United States government began collecting census data in 1790, and has done so every 10 years since that date. Some states have conducted their own censuses over the years.

Descendant - Anyone to whom an individual is an ancestor—their children, grandchildren, great-grandchildren, and so on.

Emancipated - Freed from slavery; freed from parents' control; of legal age.

Family pedigrees - In general, family pedigrees refer to family group sheets that are linked as a continuing lineage. They are now commonly linked within a computer system (on one machine or the Internet). When you access an individual's family group sheet in a linked pedigree, you can also access all of the records that are linked to that individual.

Genealogy - the study or investigation of ancestry and family history.

Vocabulary Continued

Guardian - Person lawfully appointed to care for the person of a minor, invalid, incompetent and his or her interests, such as education, property management and investments.

Illegitimate - Child born to a woman who is not married to the father. Early records may show the terms bastard, or refer to 'a child born out of wedlock.'

juvenis [*juvenis*: ""juvenile""] - Juvenile, minor, under legal age.

Land records - Deeds; proof that a piece of land has been legally transferred to a particular individual. The information you receive from the records will vary, but you will at least get a name, the location of the property, and the period of ownership.

Manuscripts - Usually, unpublished family histories or collections of family papers. Depending on what the manuscript contains, you may be able to find all kinds of family information. Generally, you will find more than just names, birth dates, and death dates.

Marriage records - Record containing information about a marriage between two individuals. On a marriage record, you can at least find the bride and groom's full names, the date of the marriage, and county where the marriage took place. Many marriage records include other information, such as the names and birthplaces of the bride and groom's parents, the addresses of the bride and groom, information about previous marriages, and the names of the witnesses to the marriage.

Military records - An account of those working for the armed forces. The US government has always kept records on all military and civilian workers. Most of these files have very detailed information, such as the individual's name, spouse's name, date of birth, place of residence, military organization, when the individual's service began and ended, where and when the individual died, and where the individual was buried.

Minor - A person under legal age; historically, the legal age differed from place to place and over time (Check prevailing law to determine the legal age requirement at a specific time.).

Naturalization records - Documents recording the process by which an immigrant becomes a citizen. An individual has to live in the United States for a specific period and file a series of forms with a court before he or she can become naturalized. Naturalization records provide the following information: place and date of birth, date of arrival into the United States, place of residence at the time of naturalization, a personal description, and sometimes the name of the ship that the individual arrived on and the individual's occupation.

Oral history - A collection of family stories told by a member of the family or by a close family friend. Normally, an oral history is transcribed onto paper, or is video or tape-recorded. Oral histories can yield some of the best information about a family ¾ the kinds of things that you won't find written in records.



Vocabulary Continued

Passenger lists - Compilation of the names and information about passengers who arrived on ships into the United States. These lists were submitted to customs collectors at every port by the ship's master. Passenger lists were not officially required by the United States government until 1820. Before that date, the information about each passenger varied widely, from just names to details such as number of bags.

Pedigree - The ancestry or lineage of an individual.

Power of attorney - When a person is not able to act for himself and appoints another to act for him, the document by which he does so is called a "power of attorney" or "letter of attorney". The person appointed becomes "attorney in fact".

Progeny - The immediate descendants of a person.

Probate - Proof that a will was properly signed and executed. Legal process used to determine the validity of a will before the court authorizes distribution of an estate. It has come to be understood as the legal process used to appoint someone to administer the estate of someone who died without leaving a will.

Secondary source - A record that was created a significant amount of time after an event occurred. For example, a marriage certificate would be a secondary source for a birth date, because the birth took place several years before the time of the marriage. However, that same marriage certificate would be a primary source for a marriage date, because it was created at the time of the marriage.

Stepchild - Child of one of the spouses by a former marriage who has not been adopted by the step-parent.

Stepfather - Husband of a child's mother by a later marriage.

Stepmother - Wife of a child's father by a later marriage.

Transcript - Something transcribed, especially a written, typewritten or printed copy. In a transcript, it is assumed that everything from the original was transcribed or copied.

Vestry - Administrative group within a parish; the ruling body of a church.

Vital records - Statistics relating to birth, death, marriage, etc.

Writ of attachment - A court order authorizing the seizure of property sufficient to cover debts and court costs for not appearing in court.



Conntecting with Relatives

One-on-One questions to ask a Parent, Grandparent, Uncle, Aunt, Cousin, or any of your family members.

Interview a Family member by asking these 20 Questions

- 1) When and where were you born, and where did you grow up?
- 2) Did you have any pets?
- 3) Who did your grow up with? Parents, siblings and other?
- 4) What did your parents do for a living?
- 5) Did you have chores?
- 6) What were your favorite hobbies when you were a kid?
- 7) What is your happiest childhood memory?
- 8) What was one of your favorite childhood toys?
- 9) Who were your best friends?
- 10) Did you have any special talents?
- 11) What did you want to be when you grew up?
- 12) What was one of your favorite subjects in school?
- 13) How did you meet your spouse/partner?
- 14) What were your grandparents like?
- 15) Do you have any old pictures you can show me?
- 16) Do you have a favorite family recipe?
- 17) What is your favorite family tradition?
- 18) What is something you accomplished when you were younger?
- 19) What do you want people to remember about you?



Family Tree Search

Instructions: Identify Seth's family members. Write their names in the spaces below.

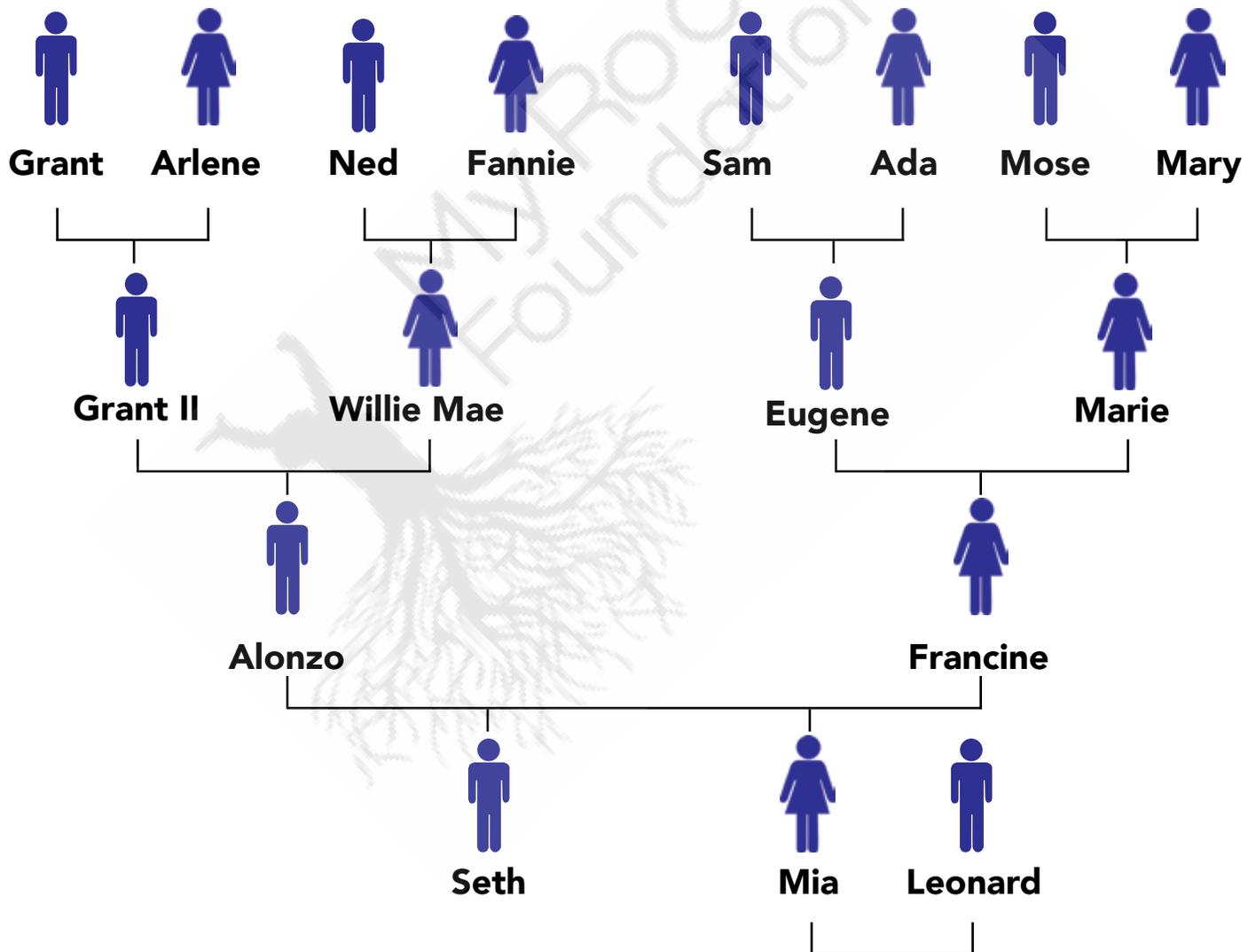
A) Maternal Grandmother

C) Brother-In-Law

E) Paternal Great Grandmothers

B) Paternal Grandfather

D) Maternal Great Grandfathers



A) _____ B) _____ C) _____

D) _____ - _____ E) _____ - _____

My Roots Word Search

P	A	F	B	I	R	T	H	B	X	C	E	N	S	U	S	R
C	E	Y	L	I	M	A	F	T	U	A	B	O	Q	D	A	N
W	H	N	B	Y	S	E	S	I	R	P	S	G	R	C	M	D
X	V	I	D	E	U	F	D	O	Q	A	T	E	T	O	Z	E
C	S	U	L	O	R	J	R	T	D	Y	H	N	L	J	L	E
K	A	L	Z	D	N	V	O	W	L	T	I	E	D	R	T	D
I	N	E	S	R	A	H	C	J	O	G	K	A	Q	N	I	A
Z	C	M	F	L	M	S	E	M	M	D	Y	L	X	Y	C	L
G	E	H	P	W	E	T	R	T	O	E	S	O	M	K	E	W
B	S	D	I	X	G	U	O	S	G	P	Q	G	Z	H	X	B
Y	T	O	W	S	F	J	R	T	M	S	Y	Y	C	G	U	R
A	R	E	F	T	T	D	E	C	E	N	D	A	N	T	S	E
L	Y	D	I	J	L	O	H	P	A	R	E	N	T	S	A	H
G	E	S	K	H	W	Y	R	N	U	E	C	N	U	S	D	T
C	D	Z	S	E	F	X	M	Y	E	R	O	O	T	S	L	A
B	A	L	R	E	S	E	A	C	H	Z	C	J	C	H	A	F

Ancestry
Decendants
Genealogy
Records

Birth
Deed
History
Research

Census
Family
Mother
Roots

Child
Father
Parents
Surname

Brain Teasers

1

Seth has one sibling named Mia. Their parents are Francine and Alonzo. Mia has one nephew name Zayne. What is Alonzo's relationship to Zayne?

- A) Alonzo is Zayne's Nephew
- B) Alonzo is Zayne's Uncle
- C) Alonzo is Zayne's Maternal Grandfather
- D) Alonzo is Zayne's Paternal Grandfather

2

Instructions: Fill in the blanks

My brother's wife is my _____

Her mother is her children's _____

My aunt's son is my _____

His daughter is my _____

My father's uncle is my _____

My spouse's mother is my _____

She is my daughter's _____

My husband's son has a different biological mother. He is my _____

He and my daughter have the same biological father. They are _____

3

Two mothers and two daughters went out to eat, everyone ate one burger, yet only three burgers were eaten in all. How is this possible?

Discover Your Maternal Story

Questions to ask your Mother or Maternal gaurdian.

Full Name: _____ Nickname: _____

Where did you grow up? _____

Tell me about your family growing up _____

Did you work or go to school? Where? _____

Who in the family do you resemble most? _____

Who do you act like most? _____

What is your favorite childhood memory? _____

Tell me how you met your spouse/partner: _____





Your Heredity

We get our physical features from our biological family members. This is called "heredity". Do your best to fill out the tables below identifying where your traits come from. Your mom, your dad, or both parents can pass down a trait. After you complete your heredity chart, ask your parents or guardian where their traits come from or use a photo album to see if you can figure it out.

YOU

Are the following traits primarily from your mom, dad, or a mixture of both?

Eye Color: _____

Hair Color: _____

Hair Type (straight, wavy, curly, etc.) _____

Skin color: _____

ASK YOUR MOM

Are the following traits primarily from my grandmother, grandfather, or a mixture of both?

Eye Color: _____

Hair Color: _____

Hair Type (straight, wavy, curly, etc.) _____

Skin color: _____

ASK YOUR DAD

Are the following traits primarily from my grandmother, grandfather, or a mixture of both?

Eye Color: _____

Hair Color: _____

Hair Type (straight, wavy, curly, etc.) _____

Skin color: _____

Extra Vocabulary

Inherited Trait - A Characteristic that you get from one or both of your birth parents.

Observable Trait - An inherited trait that you can see.

Who Has It?

While there are thousands of possible traits to inherit, some are easier to recognize than others. Some traits are so common that you will find them in people that are not related to you. List some observable traits that you have, and find out who else you know that has them.

Examples of observable traits: Widows peak, Cupid's bow, Protruding ears (also called prominent ears), freckles, eye color, hair color, arm hair, ear lobe attachment, left handedness, tongue rolling, and dimples.

<u>TRAIT</u>	<u>WHO HAS IT?</u>
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Brain Teasers

4

P is the father of Q and S is the son of R. T is the brother of P and has a daughter U. If R is the sister of P, then what is the relation between U, Q and S?

5

A man and a lady were walking out of the airport when a person asked them their relationship. The man replied, "Her mother-in-law and my mother-in-law are mother and daughter to each other"

What's the man's relationship with the lady?

6

A boy was rushed to the hospital emergency room. The ER doctor saw the boy and said, "I cannot operate on this boy. He is my son." But the doctor was not the boy's father. How could that be?

7

Francine's mother has three daughters. One is called Lara, the other one is Sara. What is the name of the third daughter?



Paternal Family Tree

Father's Name: _____

How many children does your Father have: _____

What are their names? _____

Does your father have any sibling? Yes / No

If so, How many? _____

What are their names: _____

What is your Father's Middle Name? _____

What is your Father's Father's Name? _____

What is your Father's Mothers Name? _____

Paternal Family Tree

Can you draw your fathers family tree that you just described on the previous page?





Word Jumble

Unscramble each word to discover some of the many countries your ancestors could have lived.

Example:
NIPSA = SPAIN

SIHRI

RANATUSAIL

TBRSIHI

MNAYREG

PNAJA

ENAPROUE

CIXEOM

RCIAAF

NACIH

WYORAN

CRNAEF

DNLEHASERTN

DLNAOP

Irish, Australian, British, Germany, Japan, European, Mexico, Africa, China, Norway, France, Netherlands, Poland

Discover Your Paternal Story

Questions to ask your Father or Paternal gaurdian.

Full Name: _____ Nickname: _____

Where did you grow up? _____

Tell me about your family growing up _____

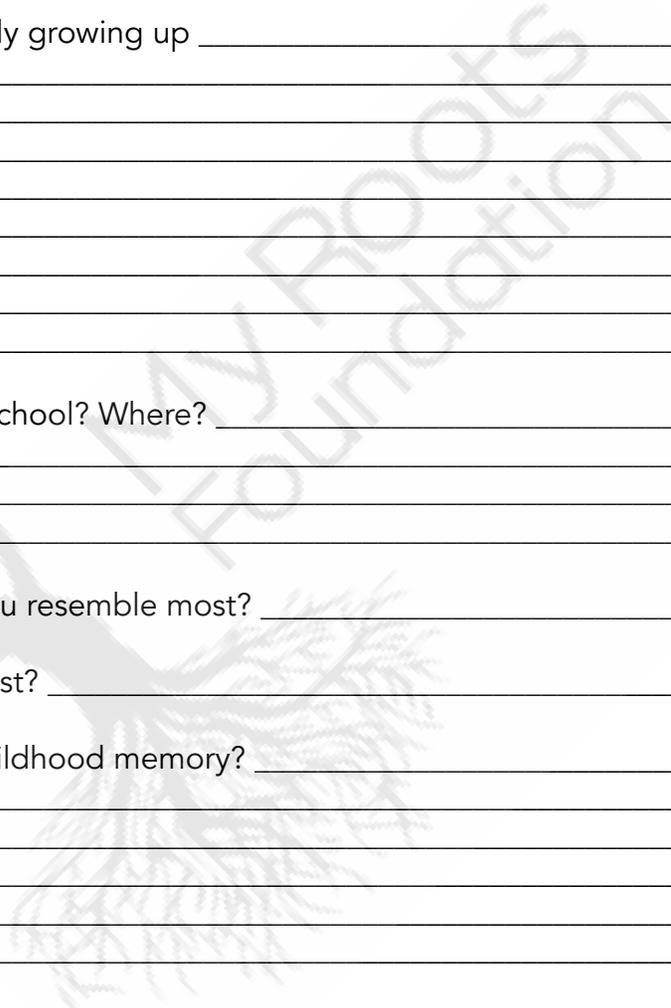
Did you work or go to school? Where? _____

Who in the family do you resemble most? _____

Who do you act like most? _____

What is your favorite childhood memory? _____

Tell me how you met your spouse/partner: _____





Maternal Family Tree

Mother's Name: _____

How many children does your mother have: _____

What are their names: _____

Does your mother have any sibling? Yes / No

If so, How many? _____

What are their names: _____

What is your Mother's Middle Name? _____

What is your Mother's Father's Name? _____

What is your Mother's Mothers Name? _____

Maternal Family Tree

Can you draw your mother's family tree that you just described on the previous page?



Brain Teaser Answers

1

Answer: D

2

Answers: Sister-In-Law; Grandmother; Cousin; Second Cousin; Great Uncle;
Mother-In-Law; Grandmother; Step Son; Half Siblings

3

Answer: They were a grandmother, mother and daughter.

4

Answer:
Parent of Q is P. Parent of U is T. Parent of S is R.

This means that T is P's brother and R is P's sister.

Thus, U, Q and S are cousins.

5

The lady is the man's daughter-in-law.

6

The doctor was his mom.

7

Francine.

The Do You Know Scale

Please answer the following questions by circling "Y" for "yes" or "N" for "no." Even if you know the information we are asking about, you don't need to write it down. It's only important to mark if you know the answer.

1. Do you know how your parents met? Y | N
2. Do you know where your mother grew up? Y | N
3. Do you know where your father grew up? Y | N
4. Do you know where some of your grandparents grew up? Y | N
5. Do you know where some of your grandparents met? Y | N
6. Do you know where your parents were married? Y | N
7. Do you know what went on when you were being born? Y | N
8. Do you know the source of your name? Y | N
9. Do you know some things about what happened when your siblings were being born? Y | N
10. Do you know which person in your family you look most like? Y | N
11. Do you know which person in the family you act most like? Y | N
12. Do you know some of the illnesses and injuries that your parents experienced when they were younger? Y | N
13. Do you know some of the lessons that your parents learned from good or bad experiences?
Y | N
14. Do you know some things that happened to your mom or dad when they were in school?
Y | N
15. Do you know the national background of your family (such as English, German, Russian, etc)?
Y | N
16. Do you know some of the jobs that your parents had when they were young? Y | N
17. Do you know some awards that your parents received when they were young? Y | N
18. Do you know the names of the schools that your mom went to? Y | N
19. Do you know the names of the schools that your dad went to? Y | N
20. Do you know about a relative whose face "froze" in a grumpy position because he or she did not smile enough? Y | N

Score: Total number answered Y _____.

About The Do You Know Scale

Important Note for Parents & Teachers

About that last question! Fifteen percent of our sample actually answered "Yes!" This is because the stories that families tell are not always "true." More often than not they are told in order to teach a lesson or help with a physical or emotional hurt. As such, they may be modified as needed. The accuracy of the stories is not really critical. In fact, there are often disagreements among family members about what really happened! These disagreements then become part of the family narrative. Not to worry!

As you review your results, please keep in mind that good outcomes are not produced simply by knowing the answers to the questions.

Duke, Lazarus, & Fivush, state in their 2008 study that, *"If simply knowing family history could make for better states of well-being, some might propose that we simply teach children various facts about their families and they will become stronger. Clearly, this approach would not work! Rather, it is our belief that knowledge of family history reflects certain processes that exist in families whose members know their histories.*

*One such process is the communication of family information across generations; important questions about this process would include "Who is passing this information?" and "When is this information transmitted?" In our study of family stories at the Emory University Family Narratives Project funded by the Sloan Foundation, we found that **family stories seem to be transferred by mothers and grandmothers more often than not and that the information was typically passed during family dinners, family vacations, family holidays, and the like.***

*Other data indicated that these very same regular family dinners, yearly vacations, and holiday celebrations occur more frequently in families that have high levels of cohesiveness and that they contribute to the development of a strong sense of what we have called the intergenerational self. **It is this intergenerational self and the personal strength and moral guidance that seem to derive from it that are associated with increased resilience, better adjustment, and improved chances of good clinical and educational outcomes."***

Sources:

- http://www.huffingtonpost.com/marshall-p-duke/the-stories-that-bind-us-_b_2918975.html
- Duke, M.P., Lazarus, A., & Fivush, R. (2008) Knowledge of family history as a clinically useful index of psychological well-being and prognosis: A brief report. *Psychotherapy Theory, Research, Practice, Training*, 45, 268-272.



USING THE PAST TO CREATE A BETTER FUTURE!

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