

Sharing Your Story

Pick a story to share with the kids at your seder.

Why?

Because Passover is all about telling stories. Because stories deepen connections and can be fun, moving and engaging. And because children and teens who know more of their family stories are more likely to have higher self-esteem and greater resilience.

Here are questions to help you pick the story to share. Do your children or grandchildren know:

- ▶ How their parents and/or grandparents met?
- ▶ Where each of their parents/grandparents grew up?
- ▶ What illnesses and injuries their parents/grandparents experienced when they were younger?
- ▶ What happened to their parents/grandparents when they were in school?
- ▶ What jobs their parents/grandparents held?
- ▶ What their parents/grandparents' favorite holidays were as kids and what they did during those holidays?
- ▶ Who led the Passover seder in their parents/grandparents' homes growing up and what foods were eaten?
- ▶ What ways their parents/grandparents' dreams and aspirations were impacted by their gender, racial or Jewish identity?

*These questions were adapted from Fivush, R. (2016, November 19). The "Do You Know?" 20 Questions About Family Stories. [Blog Post]. <https://www.psychologytoday.com/us/blog/the-stories-our-lives>

Write your story idea on the detachable card below and slip it in with the afikomen when you hide it.



Afikomen Bonus Prize

Congratulations!

On this night, you are finding two things. The afikomen and a story about our family. I give it to you as a gift, because just like we need the afikomen to have a full seder, we need to know our family stories to have a full life.

Flip over this card to see the story.

Here's one story I haven't yet told you:
