



FIND

TAKE

TEACH

SECRETS OF HAPPY FAMILIES QUIZ

The purpose of this activity is for class members to reflect on or learn from their family stories. Research has shown that one of the secrets to having a successful family is to know family stories. As individuals, particularly children, learn about their family's history, they feel an increasing amount of control in their lives. They have a higher sense of self-worth, and they have stronger beliefs in the family and how it functions.

Help participants have the opportunity to feel the Spirit through the discussion of family stories. Help participants recognize how the Spirit draws them closer to their living and deceased family members.

TIME:

30–40 minutes

MATERIALS NEEDED

- Printed Quiz Questions (available at the end of this document)
- Paper
- Pencils and pens

Optional Materials:

- Printed quiz questions for participants

PREPARE

- 1. Review the activity instructions.
- 2. Gather all materials needed for the class.
- 3. Read through and become familiar with the quiz questions.
- 4. Take and reflect on the quiz and your family stories.
- 5. Think of ways to share your quiz experience with the class.
- Optional.* Print the quiz questions to hand out during the presentation.

CONDUCT THE ACTIVITY

We encourage you to modify this activity as needed and to use your own ideas and creativity as you accommodate to the needs and the interests of the people in your area.

Step 1: Introduce the Activity

Share that research has shown that one secret to having a successful family is knowing your family stories.

Marshall P. Duke, Bruce Feiler, and Robyn Fivush created the “Do You Know Scale” to test what children know about their families. Those that test well with this quiz show higher levels of self-esteem, fewer behavioral problems, and lower levels of anxiety, and other positive results. (Marshall P. Duke, “The Stories That Bind Us: What Are the Twenty Questions?” *HuffPost Parents: The Blog*, Mar. 23, 2013, huffingtonpost.com/marshall-p-duke/the-stories-that-bind-us-_b_2918975.html)

Step 2: Take the “Do You Know Scale” Quiz

Ask members how well they think they know their family story by taking the “Do You Know Scale” quiz.

You can either read the quiz questions out loud, or you can pass out printed quizzes to each member or family. Have individuals answer yes or no for each question on a piece of paper.

Step 3: Share Results as a Group

Once the class members have completed the quiz, have each person score how many “Yes” answers they got on the scale.

Allow each class member to share one question he or she answered “No” to with the group, and if other family members are present, ask if they know the answer. If no family members are present, challenge them to find the answers and then save what they have learned to FamilySearch.

Step 4: Enter Information in Family Search

Give class members time to write down the answers to the questions and upload the answers to FamilySearch so that present and future family can learn more about family stories.

Step 5: Invitation

Invite families to go home and learn more information for any questions that might have been answered no. Encourage them to learn more stories about their family and to keep these stories recorded on FamilySearch and to share these stories with others.

ADDITIONAL IDEAS FOR CONDUCTING THE ACTIVITY

Below are some additional ideas for administering this activity. It is not required to use these additional ideas.

Idea 1: Before having the class take the quiz, ask participants how well they think they know their ancestors. Have them write down how many questions (1–20) they think they will be able to answer yes to. Have them compare that answer to their score once the quiz is taken. Recognize those who guessed correctly.

Idea 2: Once the quiz is completed and families have had the chance to discuss answers, ask for volunteers to share what new stories and details they learned about their families. Ask how knowing these stories could strengthen and empower them. Have class members share where they think they could go to learn more about their families.

Idea 3: Compare between the youth and the adults in the class who was able to answer “Yes” more. Have a discussion on why the younger generation or older generation seem to know their history better and what can be done to help everyone know their history.

Idea 4: Once the quiz has been discussed, ask participants what other information they would like to know or what they think would be important to know about their families. Write these questions on the board or have participants write the questions down on their quiz papers. Encourage them to go home and learn the answers to these questions.

Idea 5: You might encourage the youth in the class to share something new they learned about their ancestors on social media and use the hashtag [#FamilyDiscoveryDay](#) (or another applicable hashtag). Encourage them to tag friends and family that might find this information interesting or who would benefit from participating in family history work.

“DO YOU KNOW SCALE”

by Dr. Marshall Duke and Dr. Robyn Fivush

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|-----|--|----------|
| 1. | Do you know how your parents met? | YES / NO |
| 2. | Do you know where your mother grew up? | YES / NO |
| 3. | Do you know where your father grew up? | YES / NO |
| 4. | Do you know where your grandparents grew up? | YES / NO |
| 5. | Do you know where some of your grandparents met? | YES / NO |
| 6. | Do you know where your grandparents were married? | YES / NO |
| 7. | Do you know what went on when you were being born? | YES / NO |
| 8. | Do you know the source of your name? | YES / NO |
| 9. | Do you know some things about what happened when your brothers or sisters were being born? | YES / NO |
| 10. | Do you know which person in your family you look most like? | YES / NO |
| 11. | Do you know which person in your family you act most like? | YES / NO |
| 12. | Do you know some of the illnesses and injuries that your parents experienced when they were younger? | YES / NO |
| 13. | Do you know some of the lessons that your parents learned from good and bad experiences? | YES / NO |
| 14. | Do you know some things that happened to your mom and dad when they were in school? | YES / NO |
| 15. | Do you know the national background of your family (such as English, German, Russian, etc.)? | YES / NO |
| 16. | Do you know some of the jobs that your parents had when they were young? | YES / NO |
| 17. | Do you know some awards that your parents received when they were young? | YES / NO |
| 18. | Do you know the names of the schools that your mom went to? | YES / NO |
| 19. | Do you know the names of the schools that your dad went to? | YES / NO |
| 20. | Do you know about a relative whose face “froze” in a grumpy position because he or she did not smile enough? | YES / NO |

Score: Total number answered Y.



THE CHURCH OF
JESUS CHRIST
OF LATTER-DAY SAINTS