

The Family Tradition Keeper

Companion worksheet to "Family Traditions: How Rituals Build Identity, Belonging, and Memory."

Choose one tradition to protect and one small ritual to begin. For each, name its heart — the meaning underneath the activity — so it can adapt without being lost. Then capture one story before it fades. What is not practised can be forgotten; what is practised without explanation can lose its meaning.

A TRADITION WE WANT TO PROTECT

The tradition, and the heart of it — what it really carries

WHAT CAN ADAPT SO MORE PEOPLE CAN TAKE PART

ONE SMALL NEW RITUAL WE WILL BEGIN

Small enough to survive a busy season

ONE STORY TO CAPTURE THIS MONTH

Who tells it, and how we will record it

WHO SHOULD BE INVITED WHO USUALLY IS NOT

Reflection

Five private questions from the article. Answer them for yourself before or after the family conversation.

1. Which family tradition makes me feel most connected, and why?

2. Which tradition has lost its meaning or become a burden?

3. What story, recipe, song, skill, or place should not be allowed to disappear?

4. Who has been unintentionally left out of a family ritual?

5. What small tradition could help us connect more consistently?