Texas Talks
Maintaining Traditions Worksheet

Life can be ever-changing and filled with unexpected events and challenges. However, certain things — like the traditions we hold together as families — stay constant. Many families have yet to define their traditions or establish a plan for passing them on through the generations. Are you and your older loved ones ready to share and preserve your important family traditions?

1. Which daily traditions are meaningful to you?
(Examples: eating dinner together, a unique greeting, bedtime rituals, etc.)

2. Which annual traditions are meaningful to you?
(Examples: holiday recipes, yearly resolutions, seasonal events, etc.)

3. Which traditions associated with life events are meaningful to you?
(Consider rituals associated with weddings, retirement, loss of a loved one, etc.)

4. Who plans or carries out the traditions you listed above?
(Does one person have a major role or does everyone share the responsibility?)
Texas Talks
Maintaining Traditions Family Activity

Review this worksheet with your family before holding a conversation about maintaining family traditions. Whether you will be talking with an older loved one or an older adult in the community, take a moment to come together and get ready.

1. Discussion question: What are some of your favorite family traditions?
   Activity: Have each family member share a favorite family memory. Do you consider any of those a family tradition? Ask your older loved one to share the history and purpose behind your favorite family tradition.

2. Discussion question: How do you document or maintain family traditions? (Examples: recipe books, family reunions, quilting, family discussions, etc.)
   Activity: Create a collage together that represents your family. Include pictures of hobbies you like to do together as a family and pictures that represent your favorite family memories.

3. Discussion question: How will your family maintain its traditions for many years to come?
   Activity: Create a memory book that covers the history of one of your family traditions. Include pictures, copies of recipes and anything that will help future generations have a visual representation of your traditions.