

# Fun Ideas To Get Your Family Talking

As the organizer of your family reunion, it's up to you to get your family talking about their health history. Be creative and let your family know how easy, fun, and important this is! Here are some ideas to get you started.

- Play *Family Traits Trivia* (enclosed in your packet). This game will show your family how much you have in common. Afterward, explain that as a family you also share your health history and that healthy lifestyle choices may reduce genetic risk.

- Instead of using a tablecloth at meal time, use sheets of butcher paper to cover the table and put out crayons for everyone to color with. Draw a family tree and write down what you know about your ancestors' family health history on the paper.



- Make a *Tree of Genetic Traits* (enclosed in your packet) and hang it on a wall for everyone to see. You will need PTC paper for this activity. PTC paper is inexpensive and can be purchased from Sargent Welch ([www.sargentwelch.com](http://www.sargentwelch.com)), Carolina Math and Science ([www.carolina.com](http://www.carolina.com)) or Ward's Natural Science ([www.wardsci.com](http://www.wardsci.com)).

- Mail a copy of the *Health Family Tree* box (enclosed in your packet) to each family member before your reunion. Ask them to fill out as much of the information as they can and bring it with them to your reunion.



- Help younger family members make a *Handy Family Tree* (enclosed in your packet) and display them on tables or a wall.

- Use the *10 Questions to Ask Your Family* handout (enclosed in your packet) to get a conversation started at your reunion.

- Teach a class on family health history. Use the "Family Health History: Knowing your past can protect your future" PowerPoint presentation developed by the Utah Department of Health. You can request a free CD-Rom of the presentation by calling 801-538-9416 or by e-mail [genomics@utah.gov](mailto:genomics@utah.gov).

- Give each family a copy of the *Health Family Tree* and ask them to fill it out together. Share what you wrote down with other family members.

- Organize a family cookbook using healthy ingredients. Test out the recipes at the reunion.

