# MY GRANDFATHER'S STORY

### A Photo Journal



BROUGHT TO YOU BY

IN COLLABORATION WITH









### Note to Preschool

### **Dear Preschool Principal,**

**Centre for Fathering** is honoured to be a partner of the **Start Small Dream Big** project and have designed a simple yet impactful activity that fathers can do with their child. This activity provides fathers with a meaningful way of engaging with their children and the opportunity to tell true stories to inform and inspire their children. This activity will also strengthen intergenerational bonds and create a channel for the free-flow of time-honoured values and traditions.

The following are suggestions on how you can administer this activity:

**Step 1:** Print out instructions and worksheet for each child.

**Step 2**: Attach a cover letter from the preschool and get the child to pass it on to his/her dad. (The child's mother can do the activity with the child if the father is not accessible.)

**Step 3:** Upon completion of the task, the preschool can instruct fathers via the cover letter to either (a) take a photo of the completed worksheet and send it to the preschool, or (b) let the child bring it to school for a show-and-tell.

Please feel free to contact us if you have any queries about the activity or would like to explore further collaborations.

Regards.

**Centre for Fathering Ltd** 

Website: fathers.com.sg

Email: programmes@fathers.com.sg



# MY GRANDFATHER'S STORY: A PHOTO JOURNAL

Every family is unique and so is every family's story. What's your family's story?



Many parents know that reading to and with their children on a daily basis helps with their children's language skills, enriches their learning about the world, and raises a future reader. But what most parents don't know is that sharing family stories is equally beneficial. "They provide not just a script for life, but a set of values and guideposts," says Dr. Robyn Fivush, a psychology professor and director of Emory University's Institute for Liberal Arts.

Dr. Fivush adds that intergenerational stories help children feel a part of a larger group. Our stories and those of their grandparents are their history, which can give them a sense of heritage and identity. [1]

[1] Sue Shellenbarger, "The Secret Benefits of Retelling Family Stories," Wall Street Journal, November 11, 2019, sec. Life, https://www.wsj.com/articles/the-secret-benefits-of-retelling-family-stories-11573468201.



Children love listening to stories. This activity provides fathers with a meaningful way of engaging with their children and the opportunity to tell true stories to inform and inspire their children. This activity will also strengthen intergenerational bonds and create a channel for the free-flow of time-honoured values and traditions.

## Activity



### STEP 1:

Refer to the "My Grandfather's Story" worksheet attached.



### STEP 2:

Find and paste a picture relevant to the theme of each category on the worksheet.

For example: If grandpa's favourite snack was peanuts, then find and paste either a photograph, a cut-out from a newspaper or magazine, or a downloaded image of peanuts.

### STEP 3:

Fathers can also tell a fond memory related to the picture (where possible, let grandpa tell the stories himself)

### STEP 4:

Share one
experience/memory
father has about the
grandparent (something
you did together or
something you learned
from that grandparent)

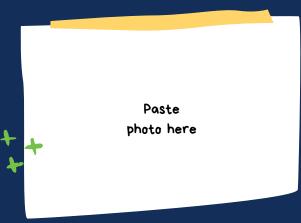


Note: You can repeat the exercise with another grandparent or family member as the subject



### MY GRANDFATHER'S STORY





My Grandfather

Paste photo here

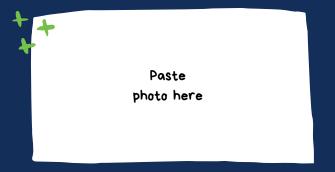
My Grandfather's favourite food / snack

Paste photo here

Where my Grandfather used to lived

Paste photo here

My Grandfather's favourite pastime



What my Grandfather played as a kid

BROUGHT TO YOU BY

IN COLLABORATION WITH

IN SUPPORT OF









