

Let's Talk about:



Making a video diary



Hi CCS Community!

Happy April! For this month's post, I was inspired by talking to my mom about my childhood. We were talking about the foods I loved as a kid and the stuffed animals that I carried around. It got me thinking about how fun it would be to record some of these memories in the form of an interview or video diary.

Why is it important to talk and share memories with those closest to you?

The people who raised you – whether that be your parents, grandparents, older siblings, aunts or uncles or someone else – know parts of you that you may not know. They watched you learn to smile, walk, develop interests and explore the world. Listening to their stories about you might be a fun way to learn more about yourself, but also to strengthen a bond with a loved one.

How to Make a Video Diary

Step 1

Make a plan!

Write down some things that you are curious about your upbringing or yourself

For example, you could ask:

What was my first word?

What was my favorite toy growing up?

What was my favorite food?

What did I want to be when I grew up?

Step 2

Find a device to record your video interview! This could be a smartphone, tablet, or even just an in person interview with no video.

Step 3

Conduct your interview! Sit down with your loved one and start off by asking some questions that you brainstormed. Feel free to let the conversation take on its own life.

Step 4

Make sure you save your video somewhere where you can access it again! One option is to upload it onto Google Drive, or to save it on a USB drive.



Let me know if you end up making a video diary!

