Personal Connection Worksheet

Think about your own family traditions and "thinking places."

1. **Family Traditions:** What is a meaningful tradition, object, or habit passed down through your own family elders that you hope to share with younger generations?
    - _____
    - _____

    _____

    -
2. **Your "Thinking Place":** Just like the Royal Ontario Museum or Spencer Smith Park, do you have a favorite local spot where you like to read, reflect, or sketch? Describe it.
    - *Your Response:*

      _____
    -
    - _____
    - _____
    -
3. **Art as a Learning Tool:** The author started sketching during medical school in 1985 to anchor intricate anatomical details in mind. How can visual arts or sketching enhance how we study or remember complex subjects today?
    - _____
    - _____
    - _____

Links

https://prashantbhatt.com/2026/11/15/joint-family-journal-around-childrens-day-2026/

