

My  
**SWEDISH**  
Ancestor



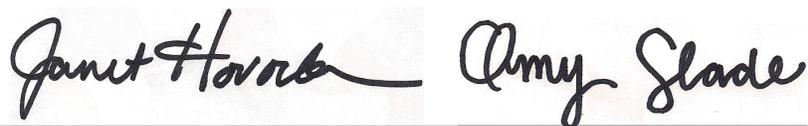
A **Zip** The Grandma Gap Activity Book

By Janet Hovorka & Amy Slade

# How To Use This Book

This activity book is designed to help create stronger bonds in modern families by encouraging the whole family to learn about their ancestors together. Greater knowledge about family history especially strengthens and empowers youth by creating self-esteem, resilience and a greater sense of control over their lives. Studying the family's past also strengthens the relationships between living family members by creating a shared experience and core identity that no one else in the world can duplicate. Young people can take the lead to accomplish the activities in this book with their family members.

It is our hope that learning about your family's past together can be a fun and exciting adventure and that this book will help all of your family members discover joy in the quest to find out more about your ancestors .

The image shows two handwritten signatures in black ink. The signature on the left is 'Janet Hovorka' and the signature on the right is 'Amy Slade'. Both are written in a cursive, flowing style.

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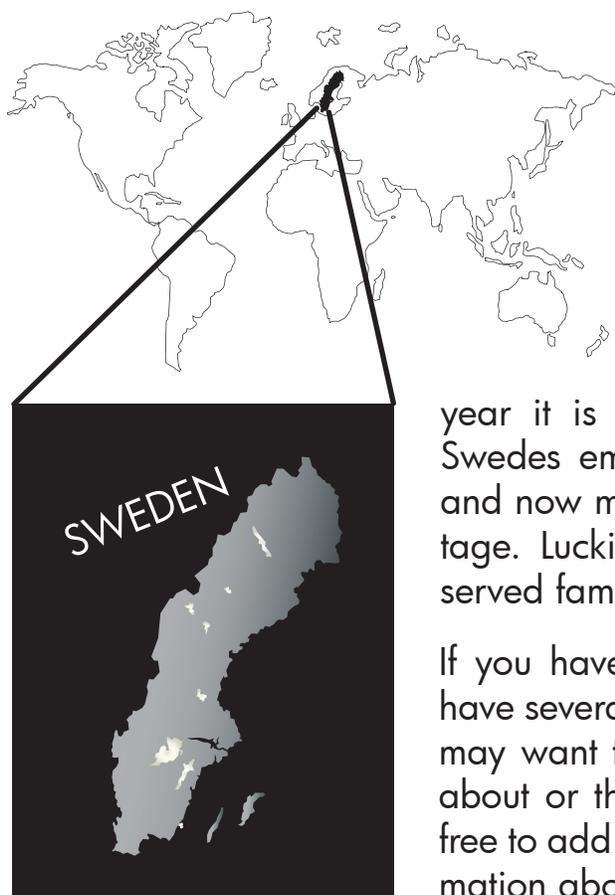
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# Introduction



If you have Swedish ancestors, you have a rich heritage. Sweden is a beautiful country with a long history of prosperity and culture. It has close ties with the other Scandinavian countries in Northern Europe and shares borders with Norway, Finland and Denmark. Part of Sweden is above the Arctic Circle so during some of the year it is light for 24 hours of the day. Many Swedes emigrated to America during the 1800s and now millions of Americans have Swedish heritage. Luckily, Sweden has some of the best preserved family history resources in the world.

If you have one Swedish ancestor, you probably have several Swedish ancestors. For this book, you may want to focus on the one you know the most about or the one most interesting to you, but feel free to add other pages in the back with more information about other ancestors.



## Sections of this Book

The workbook starts with pages to fill in what you know about your ancestors and instructions on where to look for more information. Then there are pages with common cultural experiences which work like puzzle pieces to help fill in what the day to day lives of your ancestors were like. The pages with references that are not specific to your family members are marked at the bottom of the page with puzzle pieces. While you may not be sure that your ancestors experienced all of the details of this cultural knowledge, these are common experiences shared by many Swedish people in the past and very likely apply to your family.