

A Style Language for Family Lifestyle

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Abstract

In this paper, we present "A Style Language for Family Lifestyle" which visualizes various ways of family lifestyle. There are unique ways of living that each family has, however they are not to be visualized into a language, and people have less opportunities to aware of their own styles of living in their daily lives or other families' styles of living. In order to find how other families around us are making the quality of family lifestyle, we interviewed people with different backgrounds, such as family composition and origin, and visualized them through the method of style language. Style language is a language that describes the various approaches of doing in a specific field or subject. By collecting, organizing, and describing a number of styles, it will be easier for people to talk about styles and to gain new ideas beyond their personal experience. A Style Language for Family Lifestyle has 390 styles of living from 130 people. Through using A Style Language for Family Lifestyle, people will be able to know other families' ways of living, to reflect their ways of living, and to generate their own unique family lifestyle. This paper presents 14 examples of A Style Language for Family Lifestyle and introduce one way of utilizing this style language; chatting workshop.

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1. INTRODUCTION

Family is a concept that almost everyone can relate to and has an understanding of, however each family has its own way of living. In the past, Russian novelist Leo Tolstoy said that "All happy families are alike; each unhappy family is unhappy in its own way," in the beginning of his book (Anna Karenina, 1878). In this context, what is the common point among all the happy families? We guessed that the quality of happiness was the common point and there are some patterns to generate the quality. On the other hand, there are a lot of practical way to generate the quality of happiness and each family has different styles. Even, many families design their own family lifestyles, they don't know how the other families are, and it is difficult to know what kind of lifestyles are exist. In order to learn how other families are making the quality of family lifestyle, we interviewed people with different backgrounds, such as family composition and origin. We also found that there are various family lifestyles that we have never heard of. We assume that we can help people to reflect their past and to find the specific approach for creating their own family lifestyle by visualizing many types of family lifestyle. In order to visualize many types of family lifestyle and give ideas to help people designing, we, Iba laboratory, created "A Style Language for Family Lifestyle" with Lifestyle Research Center at Kao corporation. This is the style language created for the first time in the world. In this paper, we introduce A Style Language for Family Lifestyle, explain the creating process, and share the ways of utilizing this style language.

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2. CONCEPT OF A STYLE LANGUAGE FOR FAMILY LIFESTYLE

In this chapter, we explain the concept of style language and introduce A Style Language for Family Lifestyle.

2.1 About style language

Style language is a language that describes the various approaches of doing in a specific field or subject. The concept was developed through the inspiration from A Pattern Language (Alexander, et al., 1977). Although both languages support the creative acts as a vocabulary, their functions and goals are quite different. Pattern languages share practical knowledge and enhance the *quality* of the creative act, whereas style languages support giving recognition to the *diverse possibilities* (Figure 1). In other words, a style language is a language which expresses and provides insights into the *diversity* of approaches (Iba, et al., 2018).

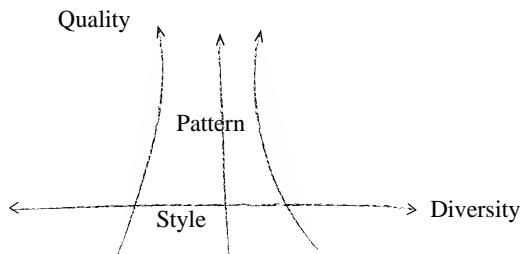


Figure 1: Style language describes various approaches to improve the quality

Style language consists of elements called "Style," and each "Style" visualizes one good approach that a certain person practices. This language describes the content of ways of doing, which is "style content." The name of the each style, "style word," represents each style's feature and this name becomes part of the vocabulary, to be recognized, remembered and discussed.

2.2 A Style Language for Family Lifestyle

A Style Language for Family Lifestyle describes various families' ways of living, such as family rules, habits, routines, and roles in 390 styles. For instance, there are many ways of creating an unity of the family, and every single family has different way to achieve. One family eats breakfast together for making time to gathering up. Another family practices running together for participating in a marathon competition. As examples in the above, every single family has their unique approach to create the sense of unity. However, people have less opportunities to aware of their own styles daily, and they become difficult to aware other families' styles of living, and to include new ways of living without any knowledge.

A Style Language for Family Lifestyle was created through the collaboration of Iba Laboratory and Lifestyle Research Center at Kao Corporation. This collaborative research project's purpose was to realize the support for designing family environment where children grow up fast and healthily. In order to achieve, we interviewed people with different background, look them back on their childhood and tell something about memories or actions that their parents did. A Style Language for Family Lifestyle was created to share ways of living those were told by people and to support for making their own ways of living.

We assumed that through the use of A Style Language for Family Lifestyle, people can reconsider their own family's lifestyle, become easier to introduce about their family, and gain hints for generating the quality of family lifestyle. People can recognize that their thoughts, and approaches are one of various styles by visualizing many types of styles in style language. Furthermore, they can discuss about their styles with others, and they will also be able to know other people's styles. Therefore, through using style language and gaining various styles, we can generate hints for new ideas and thoughts.

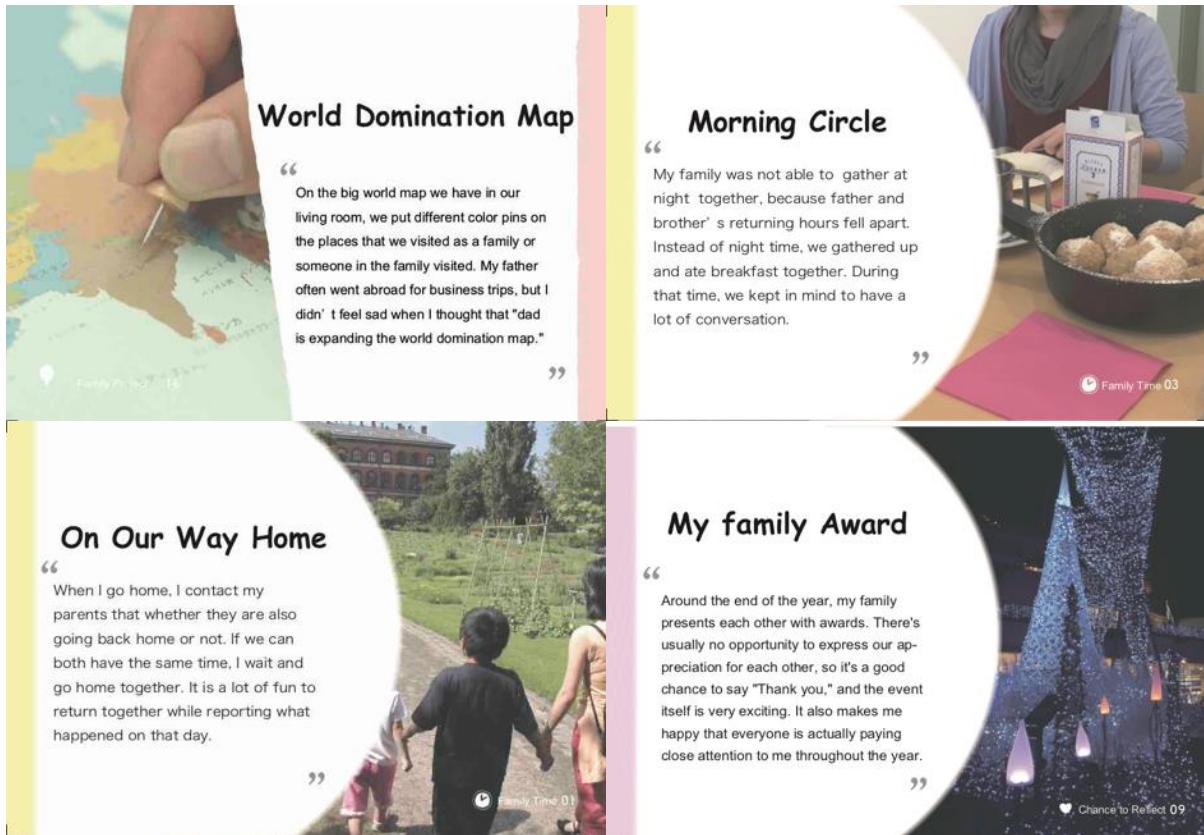


Figure 2: Some Examples of A Style Language for Family Lifestyle

3. EXAMPLES OF A STYLE LANGUAGE FOR FAMILY LIFESTYLE

Currently, A Style Language for Family Lifestyle includes 390 styles of living under 14 themes. Each style consists of a sentence describing the style word, its style content, and the theme. Some examples of styles are shown below. Style word symbolizes its content on the upper left with bold letters. Various styles of family are written as an episode in the middle. Style theme which style aims to achieve in the right bottom.



Figure3: Style word on the upper left, Style content in the middle, theme in the right bottom

No.1 Welcome Home Hug

Whenever I come back home, my family gives me a hug, making it able to show our love. Hugs that are able to express familial love from family are lovely.

-Family's World



No.2 House-Sitting Magic

My brothers and I would make pranks around the house while our mom was at work. Even though we made a mess, our mom enjoyed our pranks, saying that it was “House-Sitting Magic.” We would always have fun staying at home and thinking of what we were going to do next to surprise her.

-Cheer Up!!



No.3 Start with a prayer

Every weekend, my whole family goes to a shrine and then spends the rest of the day together. We give thanks that we could spend the week peacefully, and pray to have a good next week. Spending time together makes us feel closer.

-Family Time



No.4 Respecting Hobbies

My parents don't deny people's hobbies and respect our hobbies no matter how old we are. That's why I have a wide range of interests, and don't reject other's diversity.

-Keep Your Identity



No.5 Brothers from Another Mother

I go on a trip every year with friends living in the same apartment. We spend a lot of time together and are like one big family. Because I had so many big brother figures growing up, I was able to spend every day happily.

-Warm Connections



No.6 Bathroom Goal Poster

In our bathroom, we had a poster where everyone wrote their goals for the month. I could imagine how my father's work was going and share my own goals with my family, so we could encourage each other to achieve our goals.

-See the Outside World



No.7 Kickoff Lunchbox

My mom makes a family-sized lunchbox on the weekends without any occasion. She doesn't make a lunchbox because we have plans to go somewhere, she says "I packed lunch, so let's go somewhere!" so we all go out.

-Invitation to a Dialogue



No.8 World Donation Map

On the big world map we have in our living room, we put different color pins on the places that we visited as a family or someone in the family visited. My father often went abroad for business trips, but I didn't feel sad when I thought that "dad is expanding the world domination map."

-Family Project



No.9 Appeal Presentation

When I want to start something new or propose something new to my parents, I need to make a presentation. Even when I'm going on a vacation with my own money, I have to make a presentation and talk about why I'm going.

-Think Together



No.10 Mom Appreciation Day

On days when the whole family is at home, we tell our mother to not do any housework. Everyone else splits the chores and makes meals, doing all the housework our mother usually does by herself. By understanding all the troubles she goes through for us everyday, we are able to appreciate her even more.

-Chance to Reflect



No.11 A Little Mailman

I would write things I didn't want to tell my parents face to face in a letter and give it to younger sister who likes to play mailman. She would deliver the letter to my father, so it was easy to tell my dad things that were hard to say in person.

-Speak Honestly



No.12 Book Concierge

When I was in middle school, my family would introduce the books they recommend to everyone. Even if it was a difficult book, having my family introduce it to me made it easier to read. A lot of conversations were born from this and it was really fun.

-Share my Favorites



No.13 PaPa Pancake

Every Sunday Morning, my dad made us pancakes. Even though he's not usually much of a cook, he would try his best to make them into cute shapes. Every Sunday morning was somehow special for me.

-Little Pleasures



No.14 Birthday Pearl

I received one pearl every year for my birthday. Because it took many years to become a complete present, I was ecstatic when it was finally completed.

-How we Keep Memories



4. THE PROCESS OF CRATING A STYLE LANGAGE FOR FAMILY LIFESTYLE

In this section, we explain the creating process of A Style Language for Family Lifestyle. First of all, we interviewed about families' lifestyles and important things for families. During the interview, we conducted "Mining Dialogue" to extract knowledge of practice in a particular field and domain through a dialogue. Next, we scored and ranked styles depends on its uniqueness and message, and classified them according to themes. Finally, we wrote and improved sentences in each style for making it easy to read, and symbolized the content of the style with a name.

4.1 Mining Dialogue

In order to know other families' ways of living, we interviewed a total of 130 people from different background, such as family composition, region of origin and family environment. At this time, we conducted a method called "Mining Dialogue" (Sasabe, et al., 2016). Mining Dialogue is a pattern mining method to gain practical knowledge from practitioners of a certain theme or domain. By conducting mining interview, it is able to gain the key points of experiences. In the mining dialogue, in order to explore the most important things, start with asking practitioners "The most important thing you want to tell" by asking question. Then, the interviewer and the interviewee have a dialogue, and hearing and getting the key points of experiences.

When we created A Style Language for Family Lifestyle, we asked "What is your favorite part of your family?" or "Did you have any rules in your family?" While interviewees and we talked to each other, we heard their families' ways of living and wrote them down on the sticky note. As a result, we collected a total of 638 unique styles, episodes and rules of 130 families.

For instance, we heard stories, "Every Sunday Morning, my dad made us pancakes. Even though he's not usually much of a cook, he would try his best to make them into cute shapes. Every Sunday morning was somehow special for me." and "We kept in our mind to take pictures of our daily life. Then, at the end of the year, my whole family made an album together. By making albums, we were able to preserve our memories every year."



Figure 3: The Process of Mining Dialogue

4.2 Selecting Style and Categorizing under Themes

Once 638 styles were collected, we gave scores from 1 to 5 points and 5 is preferable and 1 is bad. We scored by its uniqueness, easiness to image the practical scene, and the attention to readers to practice. We did not select styles that would give a negative image, have too much instructive styles that take children's independence away, and describe exactly the same content. Then, we organized and grouped the style contents by spreading them out and bringing similar styles closer. As a result, 390 styles were categorized under 14 themes. For each of the categorized themes, we put a symbolic name that can represent contents of styles belong in each theme. For instance, the collection of styles for creating family's own way of living is the theme of "Family's World" and the collection of style for ideas to have a lively conversation is the theme of "Invitation to a Dialogue."



Figure 4: Categorizing 390 Style Seeds under 14 Themes

Styles in A Style Language for Family Lifestyle are classified into 14 categories and the classification is depends on what the style aim for. (Table 1)

Table 1 : 14 Themes of A Style Language for Family Lifestyle

Theme	Contents	Number of Styles
Family's World	What our families are like and the ways of families.	43
Cheer Up!!	How the people around us support my family.	51
Family Time	How my family lives our daily lives and routines.	55
Keep Your Identity	Accept and respect everyone in the family.	21
Warm Connections	Connect with relatives and neighbors.	17
See the Outside World	See our family members outside lives.	19
Invitation to a Dialogue	Ways to trigger communication within the family.	30
Family Project	Work with our family and create events.	25
Think Together	Discuss together the serious issues or the important decision.	11
Chance to Reflect	An opportunity to express gratitude for our family.	12
Speak Honestly	Efforts to understand each other.	17
Share my Favorites	Involve the kids in our parents' hobbies and enjoy them together.	22
Little Pleasures	The little bits of joy in everyday life.	57
How We Keep Memories	Unique approaches to keep our memories.	10
		390

4.3 Style Writing and Naming

We wrote down about the content told in the Mining Dialogue, what kind of action, what kind of result in what kind of situation. In this case, we focused on not only improving sentences to read easily, but also keeping the atmosphere and texture which were told in the mining dialogue by keeping the phrases. At the same time, we also named the style word for each style. We used "Pattern Naming Pattern" (Shibata, et al., 2016) which describes the tips on naming patterns as a reference. A style word was named to become "the expression that captured the essence" of its content, and gave a name to "a word that can be used everyday" for everyone.

4.4 Cards of A Style Language for Family Lifestyle

We created cards of A Style Language for Family Lifestyle so that we can use it in the workshop. In each card, the style word and style contents are described in about the half space of the card so that participants of

workshop can pick up and understand easily and quickly. In other half space of the card, there is a photo and it supports participants to imagine its style content easily (Figure 5).

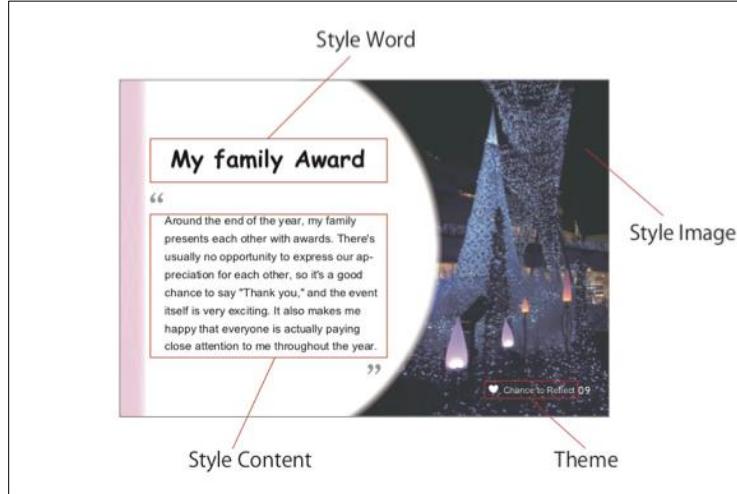


Figure 5: The Layout of the Style Card

5. CHATTING WORKSHOP WITH USING A STYLE LANGUAGE FOR FAMILY LIFESTYLE

During the creating process, one question came up in our mind, and that was "What kind of support should be given to generate the quality of family lifestyle by using A Style Language for Family Lifestyle?" We guess that we can support generating the quality of family lifestyle by holding a "Chatting Workshop." In this section, we introduce the Chatting Workshop with using A Style Language of Family Lifestyle cards.

The Chatting Workshop is a workshop that encourages participants to pick up some cards and search for the style that they like or that they want to practice in their families. While searching for their favorite cards, many participants have chats with other participants about their thoughts or feelings of exploring diverse ways of living and share their own episodes. The feature of Chatting Workshop is that it does not recommend participants to discuss about style card, and it encourages them to express what they just feel and share with others with a relaxed atmosphere. This activity also helps participants to recall their own memories and makes it easier to come up with better family lifestyle. There are reactions to the specific style what people have done, and possibilities to practice a new style and find differences among other participants. There might be reactions of "My family does it too!" and "There are families do such a thing. What a surprise!" We held Chatting Workshop at the Open Research Forum 2017, and announced this research outcomes broadly.



Figure 6: Chatting Workshop with using A Style Language at Open Research Forum 2018

After holding this workshop, participants to Chatting Workshop said these of following.

- I want to try some styles in my family.
- I could find many styles which I want to try when I have children. Especially, for "Invest in a Fun"

- I found that there is a no correct answer for family.
- I was able to enjoy sharing experiences with others while admiring the different styles of each family's events even they seem to be similar.
- I was able to understand the experience of other family's styles and organize my thoughts through using the style language.

In the workshop, there were many positive impressions and comments. For instance, there were comments about ambition to practice styles in their home. "There are so many style that I want to use when I have a baby." and "I want to practice in my home right now." In addition, one of the participants in the workshop practiced styles in one's home, referring to the style word of "My Family Awards" in the style theme of "Chance to Reflect."

My Family Awards

"Around the end of the year, my family presents each other with awards. There's usually no opportunity to express our appreciation for each other, so it's a good chance to say "Thank you," and the event itself is very exciting. It also makes me happy that everyone is actually paying close attention to me throughout the year."

-Chance to Reflect

We receive the comment that, "I made a message book of my family award on New Year's Eve. When I said to write the 2017's Awards to each family on the left, and write the 2018's resolution on the right side, unexpectedly everyone wrote them smoothly with no hesitation. I was surprised. My family does not stay together usually, so it was a little wandering."

Therefore, a Chatting Workshop with using A Style Language for Family Lifestyle has an influence on supporting to share the various styles of family that cannot be usually learned by everyone, and supporting to generate hints on creating their own family lifestyles.

6. CONCLUSION

In this paper, we presented A Style Language for Family Lifestyle, a language that visualizes various ways of family lifestyle and introduced a part of 390 styles. We also introduced the utilizing method of A Style Language for Family Lifestyle. By holding the workshop, it was suggested that style language can be a tool to support people reconsidering about their family, gives hints on creating a quality of family lifestyle, and introduce various way of family lifestyle. For this research project, we just visualized the Japanese common family. However, family lifestyles are all different depend on the culture, country and the family composition. By incorporating those different family lifestyles, we guess that we will be able to understand the diversity and respect different culture and people with different background. Every single family is unique. It will also become important for us to keep that uniqueness, and generate the better quality of family lifestyle. Therefore, we would like to continue the further research on creating ways to support even more practical or a long term method for generating the better quality of family lifestyle through Chatting workshop and the other new utilizing method.

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APPENDIX

Family's World	House-Sitting Magic A Line for a new year Family Match Fair rock, scissors and paper Prevent Pversleep Project Blessed Breakfast Step to Adult My family's Special Schedule of Concern Managing Life with Brother Learning Etiquette Chores Cooperation Welcome Home Hug Frustration Exguisher The Family Picture Example of Parent and Child Unchanging character Bento Moge Moge Language Secret Nickname Slow Life Fiesta Smiley Project Day off Princess Embarassing Song Privileged Kid Holding Hands before Sleep High Five of Our Own Role of Itadakimasu Role model for Eating Caring for Spiffy-Looking Geeky Naming Hoping for Luck Jump to the World Baton of Affection Politely Talking Scorching Duty Person Caring for Objects Division of Teaching Youngest is the Standard Calling "Chan" Playing with Nature Pochi Pochi Language Good Luck Charm Time for mom and me	One on One Time Papa Coach Cuddle form Distance Line of Relief Adventure Guardian Line for Freedom Backing up Enthusiasm Gently Watching Over Delicate Caring Inquiring Mind Guardian Free Support for the Interest Supportinif Spirit of Inquiry Freedom to Start Love Lunch Box All Out Push Appropriate Interference Hidden Bachup Squad 3000yen Rule Pursue the Like Decisive Independent My First Adventure Flip the Switch Gift of Options Accepting Everything Supporting Enthusiasm Encouraging the Wil	Advice from Grandmother Dad Tutor Individual Time to Enjoy Dinner Communication Time Pre-Dinner Mini Lesson Men and Ladies' Day Morning Review Express the Will Activity Report Dinners Start with a Prayer Everyday Breakfast Taste-Testing Hobbies Lunch Request	Finding the Accomplishment Father's Back Photo Talk Bathroom Goal Poster Work Report Memories in the Workplace Observing the Adult Touring the Workplace Energy for Motivation Introducing the Exciting Job Socializing with Families Moms' Assembly Mom Consultation Meeting Share the Fun	Review our Growth A Journey to Collect Memories Memories of the Seasons Matching Goods Out for Birthdays New Year's Promise Growth Album Birthday Charms				
Keep Your Identity	Stay out with Trust On Equal Footing Inspire the Responsibility Entrance to the Adult Scale of Importance Freedom of Choice Equal Nickname Declaration of Seeing as an Adult Expand the Possibility A Challenging Trip Equal First name Calling Respect what You Want Rely on Self-disciplined Respecting Hobbies Request Time Signal to Start	Sweet Home Town Lessons from Grandmother Cooperative with Neighbors Fit in the City Grandma School Neighborhood Family Suburban Network Relatives' Party Motivation Supporters Adults Connection Wide Communities Warm After School Dinner from Two Grandma's Caffe Master of Games Brothers from Another Mother Families' Camp	Warm Connections Sharing Household Creating a Grand Event Knock out Tennis Competition Marathon Family Run Habits of Making a Habit Family Cycling Time Family Skiing Time Cultural Exchange Oppotunity Garden Activity Party Decorators Family BBQ Exciting Cooking Piggy Bank Dream Apply Specialties Huge Secret Surprise World Domination Map New Challange Mission Unity Marathon A Trip Leader Sharing the Same Passion The Unity for Welcoming Team Work for Celebration Garden Dinner Planners for a Trip Our Own Destination Original Travel	Family Project Family Project	Leftover Arrangement The Best Meals Word Chaining Schedule Board Bonus Challenge BBQ Day Our Movies Late Saturday Night Show No Plan Camping Foreign Meals at Home Road-Trip Vacation End of the Week Refreshment At Home Birthday Unique Holiday Events Silly Dad Papa's Kitchen Beloved Family Pets My Unique Embroidery Cleaning Race Welcoming Household Household Mission Family Anniversary Day Simple Connections Unique Questions Dress Up Dinner Family Performance Chore Games Fuess the Footsteps Special Fridays Bed-Time Chorus Cooking Challenge Hidden Bunny At-Home Vacation Change Seats for Dinner Our Family's Mascot Dog Spouse Meal Post-Dinner Chat Time One of a Kind Gift Mom-Made Patch Take Care Message Message from Dad Memorable Game Time Family TopicMaking Only on the Weekends Connecting with Games Balcony Party Sunday Break Every Night Test of Luck Dad's Skits Weekend Hobbies Showcased Hobbies Book Exposure Exposure to Nature Gift from the Kids Welcome the New Chef Child-Parent Ensemble A Great Adventure with Grandpa Good Night Cum Multi-Household Party Trip Routine				
Family Time	On Our Way Home Family Study Room Morning Cirde Saturday Spouse Stroll Guy Time 4 Generation Girls Talk Everyone's Indivisual Plans Visit and Vacation in One 8 PM Assembly Boy Time and Girl Time Husband and Wife Time Brothers' Bond Relaxing Family Time Time for Chilling Papa Bonding Time Train Connections Thanks to the Obvious According to Plan Drinks with the Family Unplanned Gathering Individual Connections Forced Connections Separate yet Together Mom is a Friend Heartwarming Dishes Living Room Slumber Party Our Living Room Invitation for Dinner Hobby Exploration Thankful Taste of Home Together with Games 6 AM Fun Birthday Party Ticket Secret Shared Notebook Combine Hobbies Shopping Separately Post-Breakfast Talking Time Time to Gather After-Meal Game Time Living-Class Room Vacation Freetime The Day of Tasting Four Seasons Take Over the Message	Training for Decision Making Time to Face Myself Freedom of Decision Take care of your want Calling by First Name Request Time Signal to Start Chore Duty Yearly Reflection Meeting Time for Silence Life-Sized Dad Say it's Delicious! Bond in a Long-Distance Study Abroad at Grandma's Mom Appreciation Day Mother' s Day Dayle Chore Experience Extracurricular Support	Invitation to a Dialogue Message with a Chat Morning Walk Share Clothing Practice Mate 3 Generation Girls Penny Savings Challenge Trigger TV Connected Door Reconcile through Soccer Gathering in front of the TV Chat after Traveling Gathering Room the Sun in the Houce Shoulder Massage Negotiation Straightforward Message Stay Connected through Cooking Together Session Home with Daddy Family Bookshelf Kickoff Lunchbox Reconcile Sponge Cake Serving Meals Learn from Seasons Time to Learn Together Place to Decide Open Wallet Into Life Meeting Decisions Watched Over Switch to Speak Politely The Topic for Conversation	Chance to Reflect Chance to Reflect	Share my Favorites Book Concierge Group Practice Show Housework Outdoor Classroom Castle Viewing Course "Outdoor" Family Share What I Like Home-Grown Meal Concert Persuasion Show the Fun Share our Knowledge Before Bed Book Art Exposure Book-Worm Origin Trigger Bento Each Pace of Living Business Trip Story After School Chat In House Field Trip Workplace Friend Trip Seeing the Contribution Talk with Proper Nouns Daily Presentation	See the Outside World See the Outside World	How we Keep Memories How we Keep Memories	In House Field Trip Workplace Friend Trip Seeing the Contribution Talk with Proper Nouns Daily Presentation	Day to Day Memory Album Birthday Pearl
Cheer Up!!	Sibling Bond Heatfelt Letters Family Cheering Squad Connection Making Diary Happy Special Friday Buddy for Curiosity My own Secretary Silence of Love Smily to Encourage Gently Blame Sowing the Seeds of Dream Envelope with Understanding Investment for Interest Hiking for a Change Anything Adviser Pursue your Like Daily Seeing off Support Enthusiasms Followup Curiosity My Life Senior Relative Cheering Squad Onigiri Charm One Question a Day Coping Smile Stuffed with Love	According to Plan Drinks with the Family Unplanned Gathering Individual Connections Forced Connections Separate yet Together Mom is a Friend Heartwarming Dishes Living Room Slumber Party Our Living Room Invitation for Dinner Hobby Exploration Thankful Taste of Home Together with Games 6 AM Fun Birthday Party Ticket Secret Shared Notebook Combine Hobbies Shopping Separately Post-Breakfast Talking Time Time to Gather After-Meal Game Time Living-Class Room Vacation Freetime The Day of Tasting Four Seasons Take Over the Message	Academic Partner Straight Feedback Explain, Don't Scold Hobby Exploration Switch to Speak Politely Place to Decide Open Wallet Into Life Meeting Decisions Watched Over Deepen the Dream Appeal Presentation Speak Openly Consultation in the Car Beloved Grandparents Expressing Real Feeling Take Over the Message	Think Together Think Together	In House Field Trip Workplace Friend Trip Seeing the Contribution Talk with Proper Nouns Daily Presentation	See the Outside World See the Outside World	How we Keep Memories How we Keep Memories	In House Field Trip Workplace Friend Trip Seeing the Contribution Talk with Proper Nouns Daily Presentation	Day to Day Memory Album Birthday Pearl