



EXERCISE: Understanding My Own Culture

INSTRUCTIONS: Write down your answers to these questions to find out more about your family's culture.

Does my family have any strong cultural identity with a cultural, ethnic group or race? How do we show or participate in that as a family?

Do we have any religious affiliation or belief system that affects the way we live? What are our family's strongest values and beliefs?

What holidays and celebrations do we enjoy in our family? What rituals are associated with these celebrations?

Are there any foods that have been passed down from generations that our family enjoys? Is there a certain kind of music or songs that our family enjoys or plays or sings? Where did we learn those songs?

What are our extended family relationships? Do we have an older generation that influences us or is involved in our lives? How do we treat our elders? Are they involved in child rearing at all?

Was someone in our extended family raised with another language other than English? Is that language still spoken in the family? Are there phrases or words that we use with other family members that persons outside the family may not understand?