

**Culture Wheel Activity** – find out who you are, so you can find out where you can go! (*Hint: anywhere you like.*)



*This tool can be used as a group activity, or easily adapted for individual reflection and response.*

## Supplies

- Large cards or small posters with one (1) culture component on each\*
- Space for small circles of participants (4-8 per group)

## Culture Components

### Low Risk

- Knowledge & Stories
- Traditions & Rituals
- Language, Words, Phrases, & Nicknames
- Food & Drink
- Arts & Music
- Techniques & Skills
- Tools & Objects

### High Risk

- Values & Conflict
- Ethnicity(ies)
- Home
- Greater Community & Surroundings/Neighborhood
- Race
- First Language(s)
- Religion & Spirituality

## Activity

Step 1 – Divide the group into circles of 4-8 participants facing inwards.

Step 2 – Explain that this activity will require sharing one's own culture with others in their circle. Describe each component category and distinguish High and Low risk elements. Guide students to show empathy and to share and receive without judgement.

Step 3 – Give each person one card/poster and ask them to stand on it with the words facing upwards; try to avoid duplicates in each group.

Step 4 – Ask participants to share their culture as it relates to the component on which they are standing. Strongly encourage inclusion of as much detail as possible. After each person has shared, the group will rotate and share another component until everyone has shared from each component.

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Step 5 – Processing. This may be done collectively, or as an assignment, with the following prompt questions.

1. How did the activity make you feel?
2. Did you have anything in common with fellow participants? If so, what?
3. What do you like about the activity?
4. What, if anything, made you feel uncomfortable during the activity?
5. Are we often given time to share these things with each other? Why or why not?
6. Do you usually ask these questions up front when meeting someone new or when you are developing a work relationship? Why or why not?

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## KEY POINTS

Take time to learn deeply about one another.

It is important to develop more intentional relationships in order to understand other more.

Be inquisitive after this activity! Seek to learn more about each other.

## EXPLANATIONS & EXAMPLES OF THE COMPONENTS

Traditions & Rituals – collective events that are important part of your culture; e.g., heritage events, holidays

Language & Words - unique dialect, words, or language; e.g., *Fitna*=about to

Phrases - a lesson or riddle; e.g., The grass is always greener on the other side. The early bird catches the worm.

Nicknames - another name referred to a person for a reason or not; e.g., Boo, Winnie the Pooh

Food - traditional food, snack, or drink; e.g., Chicken & Waffles, curry, crawfish

Art & Music – concepts of ‘what is art?’, sounds, songs, or genres; e.g., Juke Joint Genre, Rock, Soca

Techniques & Skills – activities or produced items generally considered representative of your culture; e.g., rug weaving, beading, cultural body art, games

Tools & Objects – historical items often used in a culture-specific manner or with cultural meaning; e.g., totems,

Values - intangible things that are important to you or a group you identify with; e.g., honesty, time-keeping

Conflict - the methods or habits in which you or a group you are connected with address conflict; e.g., direct, indirect, with humor

Ethnicity(ies) - cultural group(s) you feel a part of; e.g., African American, Haitian, Jewish, Cherokee

Home - the place you live: sounds, smells, things you see; e.g., bright colors, ethnic art, incense

Greater Community & Surroundings/Neighborhood - your current natural setting and structure of your immediate space outside of your home. As a child or current; e.g., Town home community, lots of trees and young families; fields of cotton, corn, tobacco, dirt roads

Race - the racial group or groups you identify with; e.g., Black, White, Latino/Hispanic, Asian, Indian/Native American/ Indigenous

First language - the language that was spoken by you in your home as a child, including dialects; e.g., English, Spanish, Patois

Religion & Spirituality - religious group or groups you identify with or do not identify with; e.g., Muslim, Southern Baptist, Atheist, Buddhist