Tools for Talking

My culture and
what it means to me

This activity is to help you to think about your culture and what it means to you. You can use it to help you talk to your support worker. It will help them to understand more about you and your culture.

Watch the video called 'My culture and what it means to me' with your support worker.

What do you think?

- Have you got any questions about the video?

- Is your culture like this?

- What did you think was important in the video?
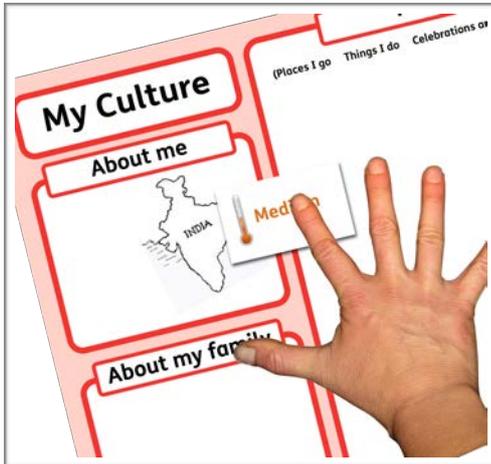
What is your culture like?

Have a look at the poster. It has some ideas of what culture can mean to people.

Now use the worksheet to explain your own culture.

Write or draw on the worksheet to explain some things about your culture.

2

What do you think about your own culture?

Use the stickers to show what you think about the different parts of your culture.

Stick one of the stickers next to each of the things you have written or drawn to show whether it is:

- Hot - that part of your culture is really important to you

- Medium - that part of your culture is quite important to you

- Cold - that part of your culture is less important to you.

3

Think about the cultural activities that you take part in

A cultural activity is when you do something which is part of your own culture.

It might be a way of dressing, listening to music, going to a place of worship or eating certain foods.

● Who do you do these activities with?

● Does your family do the same things or are there things you like to do differently?

● Is there anything you would like to do more of?