

## Exploring Your Own Cultural Background

Often one of the best ways to understand and appreciate various cultures starts with recognizing our own cultural beliefs and practices. Read each statement listed below and respond appropriately as it pertains to your own cultural practices. As an alternative you could also choose to interview a classmate to explore their cultural background. Share what you feel comfortable with your peers.

### Statements

1. The traditions my family celebrates are

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2. My ethnicity is

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3. In my family we speak the following languages

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4. In my family we practice these ceremonies

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5. In my family we recognize these symbolic symbols

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6. In my family we eat these foods

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