

Culture and Identity Activity



The Culture and Identity Activity is designed for two or more participants to deep dive into exploring their culture and identity and consider the impact experienced when parts of culture are damaged or taken away.

Participants are guided to think about five aspects of their life that are special or unique to them - the things that shape who they are, their culture. Participants will get a glimpse at what it's like to have elements of their culture taken away. The activity includes group discussion questions, to help participants explore the impact this activity has had on them.

At the end of this activity participants will understand that we all have culture. When we understand our own culture, we gain a deeper acceptance of, and respect for, the cultures of others.

This activity can prompt emotional feelings for participants. It's important to acknowledge this and allow time for participants to reconcile their feelings.

HOW TO DO THE ACTIVITY

1. Hand out the Culture and Identity Activity worksheet. Introduce each of the five aspects of culture:
 - **People** – Who are the most important people in your life? Who would you make a major sacrifice for?
 - **Place** – Where do you feel you most belong or feel connected? e.g. the beach, family home, a city or town.
 - **Values** – What are the most important values to you and your family, that influence what you do and how you do it / behave? e.g. show respect
 - **Customs** – What activities / celebrations are special and unique to you, your family or your friends? These may be ongoing traditions or things you've created e.g. milestones, events, ceremonies
 - **Language** – How do you communicate through words, stories and actions to connect with the people you care about?
2. Ask participants to write their answers to the questions in each column.
3. Give participants the opportunity to share some of their responses and why they're important to them.
4. Ask participants to swap worksheets.
5. On the worksheet in front of them, ask them to cross out any two columns and then hand it back. Do this quickly without any discussion or even too much thought.
6. Facilitate a group discussion. Ask participants:
 - a. How did it feel to have the things most important to you, things that shape who you are, your culture, taken away? Why?
 - b. How does it impact the remaining columns?
 - c. How might your identity, your understanding of who you are, be affected by this loss?
 - d. What if the same thing had happened to most of your friends and family?
7. Continue the group discussion, focussing on how this relates to Aboriginal and Torres Strait Islander people's experiences throughout Australia's history. Ask participants:
 - a. How do you think having people, place, values, customs or communication taken away impacted First Nations people?
 - a. Why might this have an impact for generations to come?
8. A common reaction after this activity is, What do I do next? Often, people want to go deeper in their journey of learning more. A great place to start is the Australians Together website. You'll find stories, articles and resources to help build on the insights gained throughout this activity.

DOWNLOAD [Culture and Identity Activity Worksheet](#)