

Name: _____

Date: _____

CULTURAL EMPOWERMENT

ICEBREAKER

Think of one object, food, tradition, or phrase from your culture (or a culture you're familiar with) that symbolizes strength, resilience, or comfort for you. Describe the item and why you chose it.

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CULTURAL EMPOWERMENT

PART ONE

Watch the video “AAPI celebs share their most empowering advice” and jot down key ideas or moments that stand out to you.



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CULTURAL EMPOWERMENT

PART ONE

Write an anonymous letter to someone reflecting on your own cultural heritage and how culture shapes us. Share how you see culture reflected in everyday life and how it shapes our identities.

Consider the following prompts:

- Share the importance of seeing your cultural identity represented in media
- Write about how your cultural heritage makes you special or unique
- Explore the importance of respecting our cultural differences
- Share a time you learned about another culture and how it made you feel