





KNOW YOURSELF

CULTURAL EMPOWERMENT



INTRODUCTION

Today, we will:

- * Identify a cultural item that brings comfort
- Watch and discuss a video of AAPI celebrities sharing their most empowering advice
- Write a personal letter reflecting on your own cultural heritage, the cultures of others, and how culture shapes us.







SEL CONNECTION



Today, we will develop **self-awareness** and **social awareness** through identifying a meaningful cultural object, writing a letter about your experience of culture, and learning to celebrate cultural difference.









ICEBREAKER

CULTURAL METAPHOR CIRCLE





ICEBREAKER



CULTURAL METAPHOR CIRCLE

- 1) Think of one object, food, tradition, or phrase from your culture or culture you know that makes you think of strength, resilience or comfort.
- 2) Take a minute to think about why you chose it. What does it mean to you? Write a few notes in your graphic organizer.





ICEBREAKER



CULTURAL METAPHOR CIRCLE

In groups of three, take turns sharing the items you picked and why it's meaningful to you.











LETTER TO MYSELF











LETTER TO MYSELF

Define **CULTURE** in your own words.







LETTER TO MYSELF



The customs, arts, social institutions, and achievements of a particular nation, people, or other social group







LETTER TO MYSELF

- 1) Watch the video, "AAPI celebs share their most empowering advice".
- 2) As you watch, jot down any key ideas, emotions, or moments that stand out to you.









LETTER TO MYSELF

- What stood out to you after watching the video?
- What's your experience blending cultures with loved ones (family, community, friends, etc.)?
- Has there ever been a moment or time when you felt uncomfortable because of cultural difference?
- How have your parents' or grandparents' or any other family member's heritage and culture influenced you?
- Is there anything you've learned about the culture of a significant person in your life that grew your understanding of them?







LETTER TO MYSELF

Write an anonymous letter to someone reflecting on your own cultural heritage and how culture shapes us. These letters should share how you see culture reflected in our everyday lives and how it shapes our identities.

As you write your letters, consider the following prompts:

- Share the importance of seeing your cultural identity represented in med
- 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











CELEBRATING OUR STORIES: VOICES OF CULTURE









READING CIRCLE

JOIN THE CIRCLE

Sit together in a community circle to listen, learn, and reflect.

ANONYMOUS LETTER READING

Letters will be passed out randomly. You may volunteer to read one aloud—or your teacher will read it.









READING CIRCLE

Reflect on the letters we read.

- Did any letter remind you of your own experiences?
- What new perspectives did you gain from someone's cultural story?









GALLERY WALK

SILENT WALKTHROUGH

Letters will be displayed around the room. Walk through silently, reading each one with care and respect.

LEAVE A NOTE

Use sticky notes to leave affirmations like:

- "This really spoke to me."
- "I feel this too."
- "Thank you for sharing."









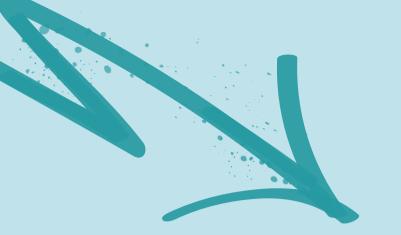
GALLERY WALK

As a group, we'll share a few thoughts:

- A line that stuck with you
- A feeling you're leaving with
- One way you'll show respect for cultural differences moving forward









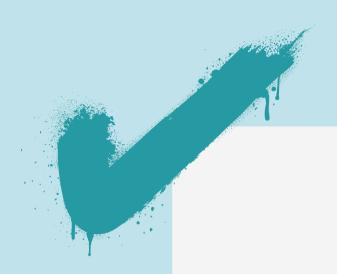
SEL MIPS





SEL TIPS





TiP #1

BE OPEN AND CURIOUS, NOT JUDGMENTAL

Tip: When someone shares something different from your experience, ask questions to understand not to compare or judge.

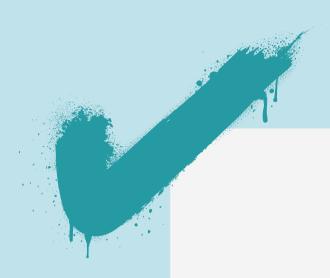
Why it matters: Curiosity builds empathy and helps you learn more about yourself and others.





SEL TIPS





TiP #2

CONNECT CULTURE TO IDENTITY

Tip: Think about how your background shapes what you value, how you speak, what you eat, or how you celebrate.

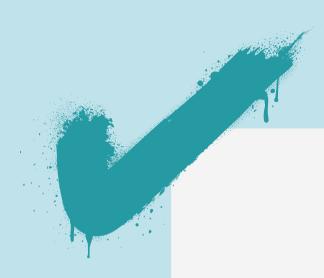
Why it matters: Understanding your own culture helps you appreciate others' experiences and strengthens your self-awareness.





SEL TIPS





TiP #3

LISTEN WITH YOUR WHOLE SELF

Tip: When someone shares their story, show you care with eye contact, nodding, and asking thoughtful follow-up questions.

Why it matters: Active listening builds stronger relationships and helps everyone feel seen, heard, and valued.



