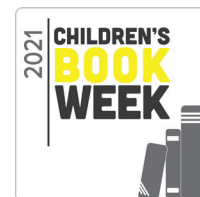


# Identity and Culture

Use these activities to help find your superpower



**SUPERPOWER (noun): a skill, personal trait, or passion that plays an important role in your life, helps you do good in the world, and makes you feel special, happy, and confident.**

Choose one or several of these activities and have fun discovering or reaffirming your superpower! Don't forget to ask for help and permission from your parent, caregiver, or teacher.

Not all of these activities are directly related to superpowers or superheroes, but will still help you to pinpoint your own personal superpower!

**These activities will help you learn about your own culture and the cultures of others as well as exploring who you are as a person and what is important to you.**

- Explore a different country through cooking. Find a recipe and make it for family or friends (ask for help if you need it).
- Think of someone you know that is from a different culture than yours. Interview them to learn more.
- Create an identity capsule and put it in a safe place to open 5-10 years from now. Write a letter to your future self, include items or drawings of items that are important to you now. You can make anything into a capsule; a shoe box, plastic container, wooden box or plastic bag all work great.
- Create an identity map. Start with a drawing of yourself and a list of character traits and beliefs that are most important to you. Then draw your family and make a list of the beliefs that are important to you as a group. Add in your extended family, your friends, or your neighborhood.
- Write a story about a place you have been, or hope to go, in a different country.
- Find and learn about a word in another language that doesn't have a translation in English or about a tradition of that culture. Then share the great find with a friend!
- Ask someone you know who speaks a different language to teach you some key words in that language.
- Think about your life and the elements that have made you who you are. Would you be different if one of those elements was different? What if you grew up in a different place, did or did not have siblings, did not meet your best friend. Write about the person you are, what influences you and then think of an alternate history for yourself.
- Write a short story or poem about a culture or someone discovering their identity.
- Draw a comic strip or page of a picture book that features identity and culture.
- Read one book from the themed book list and share it with a friend or family member.
- Ask for a book recommendation on the theme from a friend, family member, teacher, or librarian.
- You found a great book? Sit down with a parent, family member, family, teacher and read to them your favorite paragraph or chapter so you can talk about it..