

My Culture in Five Senses

What makes you and your culture special? Sometimes, we may feel like being “different” than others – for the way we look, for eating different foods, or for speaking different languages – is a bad thing. Whenever being “different” makes us feel unhappy, thinking about the special details of our cultures and heritages can help us remember how our cultures actually make us unique and important.



Using the 5-4-3-2-1 technique, use each of your senses to think about details that remind you of your culture and heritage. Try to notice small details that your mind would usually tune out, such as distant sounds, or the texture of an ordinary object.



What are 5 things you can see? Look for small details such as pictures, clothing, or objects in your home that remind you of your culture and heritage.



What are 4 things you can taste? Think of a meal, snack, or candy that reminds you of your heritage. Focus your attention on its flavors.



What are 3 things you can hear? Think of songs, words, phrases, family members’ voices, or sounds of objects that remind you of your culture and heritage.



What are 2 things you can smell? Try to notice scents in your home or the smell of foods that remind you of your culture and heritage.



What is 1 thing you can touch? Notice the feeling of objects, textiles, or fabrics that remind you of your culture and heritage.

Remembering the defining features of our cultures and heritages through our senses can shift our focus from feeling unhappy about our differences, and toward feeling proud of the details that make us special.