

ACTIVITY: CULTURE BOX

PAUSE. REFLECT. SHARE.

A "culture box" contains at least three physical objects that represent important parts of one's life story, especially as related to their social identities. 'Social identities' are things like race, gender, ethnicity, age, ability status, religion, sexual orientation, socioeconomic class, job status, or nationality. The goal of the box is to help others gain a deep understanding of some of the experiences that have made participants who they are, including joyous and/or difficult struggles related to their identities.

PREPARATION AND OUTCOMES

Participants should be informed the activity is taking place in advance of the meeting; each participant should bring three items (or representations of items, such as photographs). The goals of the culture box activity are as follows:

- To practice authentic sharing.

- To create space for participants to think and share about various aspects of who they are.

- To assist in building community.

DISCUSSING THE CULTURE BOXES

Allow participants 1-2 minutes to share their items.

- Why they chose the item.

- What meaning it has for them.

- How does it help communicate to others who they are and what their background is.

If they did not bring an item, encourage them to describe an item that they feel still represents their culture box. Once everyone has shared, thank the participants for speaking.



UMBC

Division of Institutional Equity

**CENTER FOR
SOCIAL JUSTICE DIALOGUE**

CONNECT WITH US:

CSJDialogue@umbc.edu

my.umbc.edu/groups/CSJD