

What's in Your Cultural Backpack?



This activity has been modified from 4-H Ontario's Cultural Diversity project. Thank- you 4-H Ontario!

In this activity, you will be exploring what culture means to you and celebrate the parts of your culture, beliefs, habits and hobbies that define YOU! Canada is a multi-cultural country, making up a population of people that are from all around the World! We each carry different elements of our culture with us wherever we go, like a backpack.

Using the Backpack template below, you will fill out items that best represent each element of your own culture. Aim to include at least eight items in your backpack under the eight different cultural elements. We've provided an example, from the 4-H Ontario Cultural Diversity project, to help create your own backpack.

Example template from 4-H Onatrio's Cultural Diversity Project

Item	Element of Culture	Explanation
Owl	Arts	I collect owls from around the world. I have purchased many of these owls during my travels to other countries. My friends and relatives often pick up others when they are travelling. I like owls that depict a specific culture's method of doing art.
T-Team horse lead and wand	Communication	I use these tools when working with horses. My goal is to communicate with the horse so that we can work together as partners. The tools cue the horse. They do not involve pain because that gets in the way of our working together.
Cross	Beliefs	I am a Christian.
<i>Original Blessing</i> by Matthew Fox or <i>Meeting Jesus Again for the First Time</i> by Marcus J. Borg	Values	I value spiritual development. These are some of the books that have assisted me in my spiritual growth.
Ski boots	Clothing	During the winter, I love cross-country skiing. This is something I share with my son and other friends. It is a great way to get outside and enjoy nature.
<i>Women's Bodies, Women's Wisdom</i> by Christiane Northrup	Literature	I love reading books of all kinds. I particularly enjoy books that talk about new ways of thinking about myself and other people.
Cashews and Apricots	Food	These are two foods that I eat during long-distance rides because my body needs the potassium they contain. I also love their taste.
Series of pictures of various family members	Pride	I am proud of my family and the cultures we represent. That's why I enjoy listening to other people talk about their cultures.



Cultural Backpack Template



Item	Element of Culture	Explanation
	ART	
	CLOTHING	
	COMMUNICATION	
	PRIDE	
	LITERATURE	
	FOOD	
	VALUES	
	BELIEFS	