

MATES Junior Activity Resource Guide

Goal: **Broadened Worldview**

Activity Type: Individual
Relationship Stage: Any

Activity Name:

"Culture Comparison"

Objective:

For mentees with two or more cultural identities to share some of the distinctive aspects of each culture.

Preparation Time:

None

Activity Duration:

20-25 minutes

Required Material:

- Blank paper (A4 or A3)
- Coloured pens/pencils/markers

Instructions:

- Instruct your mentee to write several different headings on a piece of paper: culture, environment, school, food, and people.
- Under each heading, ask them to write the things that are distinct about each culture they identify with. For example, if they are from a Muslim background, culture may include a different language or religion, while their New Zealand culture may include Te Reo or less time spent at church.
- If mentees have lived in different places (e.g., grown up overseas), they can draw on these experiences to make comparisons. Perhaps they grew up somewhere very hot and polluted, and find New Zealand cold and clean comparatively.
- If you have two cultural identities, you can do the activity alongside your mentee and then share your comparisons.

Further Notes:

- This is a free form brainstorm kind of exercise, so mentees can represent this information any way they wish on the paper. Different colours, different shapes, anything.