

# MATES Junior Activity Resource Guide

Goal: Positive Attitude & Identity

Activity Type: Individual  
Relationship Stage: Any

## Activity Name:

“Culture Cloud”

## Objective:

To discuss the positive things about the mentees culture

## Preparation Time:

None

## Activity Duration:

30 minutes for creating and discussing

## Required Material:

- Paper
- Pencil/marker

## Instructions:

- In the middle of a sheet of paper write “what makes up your culture?”
- Surrounding this statement, draw 6 clouds. At the top of each cloud, write the name of a category: values, food, clothes, music, language, stories
- Talk with your mentee about their culture, and fill in the clouds with things they like about their culture. E.g., values = family-oriented, go to church, lots of humour; stories = myths or legends; language = favourite words or phrases in their language

## Further Notes:

- This is a very flexible activity, so feel free to adapt it to fit the cultural background of yourself and your mentee. E.g., you could complete separately if you come from different cultures. They can learn from you too!
- If your mentee doesn’t know much about their culture (which is common amongst urban youth who have grown up in New Zealand), this is a chance for them to do some research. They could even take it home to complete with family if they wish.
- Alternatively, if there is another culture your mentee is interested in, they can use this as a basis for doing some research on that culture.
- Try tying the activity to their culture’s language week in NZ (e.g., Samoan Language Week, Maori Language Week) or a national holiday (e.g., Emancipation Day or National Tonga Day in Tonga, or Independence Day or Mahatma Gandhi’s Birthday in India)