

# Pause. Notice. Choose.

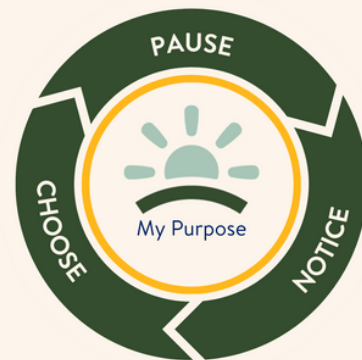
## My Belonging

### Exploring Cultural Connection

Ask everyone to pick a partner.

Choose who will speak first and who will listen.

Tell Your Story: Meaningful Cultural Experience



#### Facilitator Check In

- Everyone just take a moment to pause, notice how you are feeling in this moment, notice your thoughts, or how your body feels. Take note of this.

#### First Storyteller

2 minutes first storyteller shares a meaningful cultural experience that they have, partner actively listens.

1 Minute, the listener reflects what they learned, first storyteller listens and clarifies.

#### Switch

#### Second Storyteller

2 minutes second storyteller shares their meaningful cultural experience, partner actively listens.

1 Minute, the listener reflects what they learned, first storyteller listens and clarifies.

#### Facilitator Check In

Now everyone take a moment to pause, notice how you are feeling after this exercise. Check in with your thoughts and how your body feels.

- I would like to hear from a couple of you, who would like to share what they noticed?

#### Facilitator Debrief

You can have each person introduce their partner to the entire group (this takes time), making sure that they respect confidentiality. Or you could ask for a few people in the group to share what they learned from that experience. All answers are acceptable, it is important to honor the participants lived experience.

- How did it feel to tell your story?
- How did it feel to be listened to?
- What did you learn?
- We have had practiced two ways to be more present: One was sensory, the other was a mini vacation with meaningful culture experiences. How might you use one or both of these practices in your daily life? Did one serve you more than the other?