



This or That

Think of a cultural norm that feels important to you. Imagine someone tells you they disagree with it. What happens if you listen, pause, and search for understanding?

Empathy

Respects Differing Cultural Norms



Mindfulness Principle: Suspend Judgment

Skill Focus: Respectfully recognize differences in cultural norms.

Preparation Materials: Pen or pencil, paper *optional: colored pencils

- 1
 - We are all different people. We have our own cultures, which means that we all come with different ideas and views about life.
 - Although we all have different perspectives, it is important to remain respectful and open-minded about different cultural norms. Keep in mind that no one's opinions are right or wrong.
 - How do you react when experiencing the cultures of others?

 - 2
 - Let's find a partner and discuss differences within our cultural norms. You and your partner will both write down at least 3 traditions that you have in your household.
 - Exchange papers and read your partner's traditions.
 - Choose a tradition from the list and envision yourself participating in this tradition. How can you remain open-minded while participating in this tradition?
 - What opinions can you share with your partner about their tradition?

 - 3
 - Did you respectfully listen to your partner's opinion about your family tradition? How did you demonstrate this respect?
 - Reflect on your thought process as you envisioned yourself embracing someone else's tradition and opinions. Remember that we all are unique in our own way and our cultural norms help us to value diversity within others.
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- A decorative background at the bottom of the page consisting of soft, blended pink and purple watercolor washes.