

COURSE 3.1 Handout: Playful Cultural Connections

(Revised 2026)

Here are some playful and fun ways to learn more about a child's culture while building trust and strengthening your relationship.

1. Cook or Bake Together

- Ask the child if there's a favorite family recipe they'd like to make.
- Let them teach you how their family makes a certain dish or snack.
- If they're young, turn it into a fun activity by letting them help mix, decorate, or taste-test.

2. Listen to Music or Dance

- Ask the child about songs or music their family enjoys and play them together.
- Create a mini dance party featuring music they like or songs their family sings at gatherings.
- If they're comfortable, ask them to teach you a dance or rhythm they've learned.

3. Storytelling and Books

- Read books or folktales together that reflect their cultural background.
- Ask them to share a story their family has told them or create a fun storytelling session where they get to make up their own.
- Write a short story or draw a comic together about a cultural hero or tradition.

4. Playing with Toys and Games

- Participate in imaginary play or with dolls, figures or toys that reflect the child's aspects of the child's culture and identity.
- For older children, use games like charades, trivia, or scavenger hunts highlight cultural elements (e.g., trivia about foods, festivals, or traditions).

5. Explore Movies or TV Shows

- Watch a family-friendly movie or show that reflects their culture or one their family enjoys.
- Pause to ask questions like, "Does this remind you of anything your family does?"

6. Participate in Activities or Events

- Attend events that connect to their culture like festivals or holiday celebrations.
- Work together on art and craft projects that represent their cultural identity.

7. Learn Together

- Suggest researching information about their heritage by watching online videos or exploring websites together.
- Turn it into a fun “class” where they teach you a word, phrase, or activity related to their culture.

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