B-WELL Program



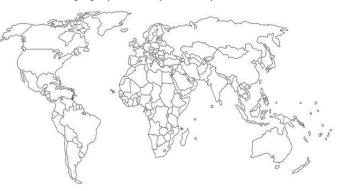
Highlight your country on the map below:

Know My Culture!

Name:

Department:

Family Origin:



My culture is (description)

Insert a picture of you in your traditional attire or an example of what your country attire is....

My country's flag is/are...

Traditions / Holidays

One fun fact....

Favorite culture dish(es)....





B-WELL Program Know My Culture!

Purpose: This activity allows team members to express their cultural heritage and celebrate individuality.

Activity Steps

My Culture

Describe your cultural background in a few words. If you identify with multiple cultures, include them all!

Country Attire

Draw or describe traditional clothing from your culture.

Country Flag

Draw or attach a sticker of your country's flag.

Traditions / Holidays

List any traditions or holidays that you and/or your family celebrate.

Fun Fact

Share an interesting fact about your culture.

Favorite Traditional Food

Name your favorite tradition dish and describe it briefly.

Location on World Map

Point or fill in the location of your country of origin.

Share in your Department

After completing the template, share your card with your team.

Celebrate Inclusivity

Conclude the activity by reflecting on the various cultures represented in your department and celebrate the diversity within your team!

