What’s in your bowl?

Instructions

• Gather in groups of two or three people
• One person begins to answer questions below
• The other person summarizes what he or she heard the first person say
• Repeat the process until all people have had a chance to tell their story and hear what another heard

Questions

• **Describe your culture** (in whatever way you define that) as it shaped your life and worldview in your early years. What values guided your life?

• **Who were “your people” when you were growing up?** How did being a part of your family/group/community shape and form you?

• **Who were people on the outside of your group?** How did you become aware of them; how did you feel toward them; and what experiences influenced your feelings?