



cam·bio | \ 'kambē, ō \
meaning "change"
noun (Spanish)

Sharing Heritage and Family

Each person we interact with has their own set of identities, cultural touchstones, characteristics, and family experiences. In Cambio, we believe that providing opportunities for people to share their own experiences, values, and cultural practices encourages connection, builds understanding, and creates a more inclusive environment.

These two activities can be used to build community in different settings, with staff groups and community groups, in professional development or at special events.

Ticket to Ride

This activity gives participants a chance to talk with another person, building one-on-one connections. Encourage folks to pair up with someone they don't already know. After talking with one person, and at the suggestion of the facilitator, participants will switch partners to connect with someone else. The facilitator can prompt participants to talk about the first question again, or suggest moving on to the second question.

PREPARATION

Materials: It's not required but can be fun to provide small pieces of colored paper ("tickets") for each person. Invite participants to write their name on these tickets. Members of each pair can exchange tickets to help them remember the names of those they spoke with.

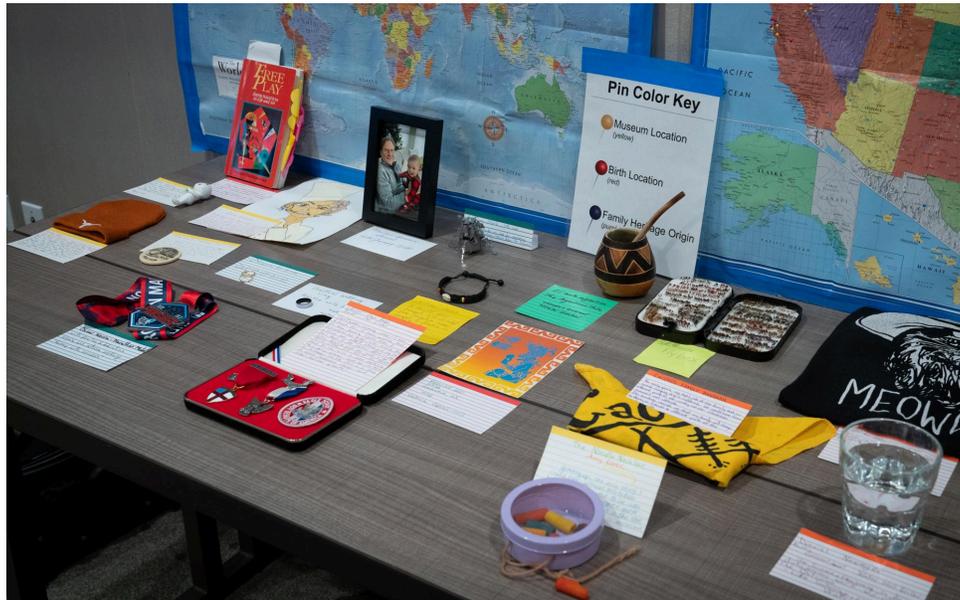
Time: 3–5 minutes per question, for a total of 15–45 minutes, depending on how many pairs there are, and how many of the following questions you address.

PROCESS

1. Talk with your partner about a favorite childhood meal.
2. Talk with your partner about where you grew up and how that has shaped who you are today.
3. If you were to introduce someone to your family by sharing a meal with them, what would you make (or buy) and why?
4. What is a favorite holiday tradition for you or your family? Why?

Cultural Touchstones

This activity gives participants a chance to think about and share dimensions of their identities.



PREPARATION

Materials: In advance, ask participants to bring an object that they feel represents their identity. Also provide 3x5" index cards, pens/pencils, and a display table.

Time: 30 minutes or more

PROCESS

1. In advance, encourage participants to choose an object that represents their identity and bring it with them to the activity. This might be something from their home, an article of clothing, something they have received, something that is symbolic—whatever has value to the individual and represents an aspect of their identity that is important to them.
2. Once participants are gathered together with their objects (holding it in their mind if they weren't able to bring it physically to the gathering), encourage them to talk in pairs about what they have brought. Be sure to start with sharing in pairs before sharing with everyone, as people may feel self-conscious or reserved about sharing in a large group at first. After sharing in pairs, encourage the group to find a new partner to share their object with.
3. Once participants have shared their objects with at least three people, create a small 'museum' display on a table so others in the room can see the objects people have shared. Encourage participants to take an index card and write a short description of the object, similar to a label you might see in a museum. (Ensure that the objects can be kept safe in the room where you are meeting, so participants feel comfortable leaving their objects on the table.)

4. To conclude the activity, invite the group to notice similarities and differences in the types of objects and dimensions of diversity that folks have shared. Remind everyone that different dimensions of diversity are important to different people depending on their lived experiences, family heritage, and perspectives.

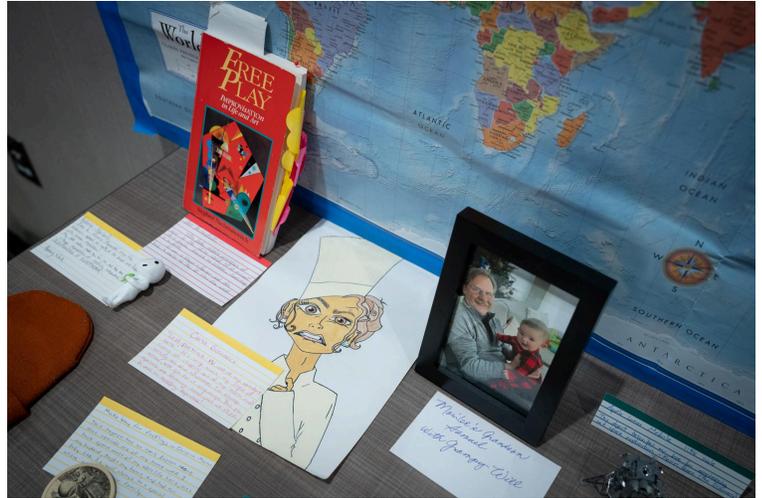


Photo credit: Helen Pelster, Cambio Cohort 3

For more curricular resources focused on engaging with Latinx audiences, reconceptualizing STEM, or shifting organizational practices, go to CambioExperience.org/Resources.



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