**Acceptance Exercise No. 1: Sharing Traditions**

**Introduction:** While we may not be able to “walk a mile in another person’s shoes” we still can experience some of the cultural and spiritual traditions that many of our neighbors practice. We do so by dressing in traditional garb and sharing personal holiday stories or one- to two-minute readings taken from a spiritual or native text.

**To Begin:** 1)Ask participants to arrive wearing something related to their heritage OR something they would wear during one of their favorite holidays or spiritual gatherings. For one person, this could mean arriving in a kimono or wearing a turban. For another person, this may be wearing a peace mala or cross.

2) Ask participants to also bring a short poem, scripture or story that resonates with them or relates to their personal upbringing. Some people may also choose to tell a story vs. reading a text. Options include sharing a children’s story unique to a particular country, a passage from a favorite book or a glimpse at how one person’s family likes to spend Christmas Eve.

**Activity:** Participants will take turns explaining the meaning of their clothing/accessory of choice and will then share a short story with the group.

**Taking it Further:** To expand on this exercise, try one of these options:

1. Host a Multi-Cultural Day where people bring food in from their native land and have a feast.
2. Ask participants to find a passage about or from a culture they know nothing about and share what they’ve learned.
3. Have participants arrive prepared to teach something to the group from their cultural experience: a dance, an affirmation or simply how to say, “Have a nice day,” in their native tongue.

**Follow-Up Questions:**

*What did you learn today that you didn’t know before?*

*What were some of the similarities between the various experiences shared today? How were they different?*

*Was there something from today’s discussion that surprised you? If so, what was it?*

*Did sharing your traditions with others cause you to look at your own beliefs in a new way? If so, how?*