



# How to preserve your culture in your new world!



NEURO EMOTIONAL LITERACY PROGRAM

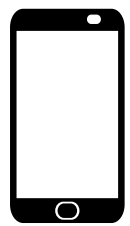
## Formula of Success for Cultural Dissonance

1. **Recognizing:** Know that your children will be changed and affected by the new culture.
2. **Connection:** Be the child's friend and show unconditional support. Change is always scary.
3. **Negotiation:** Make compromises on the changes you accept and the self-representation.
4. **Interest:** Make your ethnic and cultural lineage interesting and include them in this story.
5. **Blend:** Create a mixture of your culture and the new culture and make them feel part of both worlds.

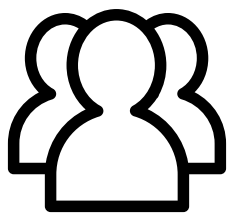
## How to maintain your culture in a new country



Maintain your native language



Keep in touch with people from your home



Join a group that centers on your culture



Attend organized cultural events



**Accept change!**

## Activities to Implement Culture

1. Treasure hunting for information
2. Cook native recipes
3. Play childhood games from your country
4. Tell stories about your original country
5. Play dress up with native outfits
6. Organize cultural celebrations/ parties
7. Play musical chairs/ karaoke with local music
8. Create a family tree
9. Play dictionary with native language
10. Watch movies/ series from your country



## Ways to adapt to your new culture!

1. Compare both cultures through books and entertainment.
2. Encourage your children to ask questions and research the new culture together.
3. Play a game to research the new culture's history.
4. Understand the new celebrations/holidays.
5. Use the "Activities to Implement Culture" list with the new culture.
6. Research and discuss what the changes will be so everyone is prepared.
7. Once a month create a meal from your new culture.
8. Play a memory game with similarities of both cultures.
9. Compare both cultures(including clothing, music, food...)
10. Listen to music from the new culture.

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