

# Home Extension Activity

## UNDERSTANDING BELIEFS AND VALUES INTERVIEW SHEET

INTERVIEWER

**Directions:** Interview another person about their culture, values, beliefs and opinions.

PERSON BEING INTERVIEWED

1. Where were you born?

2. Do you know where your ancestors came from? If so, where?

3. What traditions do you have in your family or the people you live with? (For example, on holidays we go to our family's house.)

4. What do you believe in? (For example, eating healthy keeps my body ready to play sports.)

5. What do you value? (For example, I value people who tell the truth or I value my friends opinions.)

6. What are your talents and strengths?

7. What do you think makes you unique?

