

## My Heritage

Number of People	Approximate Time	Items Required
Unlimited	Up to 2 minutes per person	—

It is important to understand a person's heritage and this game allows participants to examine and explore each other's heritage in an enlightening way.

Each person introduces him or herself and speaks about their ethnic heritage or their ancestors. The following items may be discussed:

- Tribulations or trials the person or their ancestors encountered when immigrating to America.
- Traditions the person's observes and how that tradition expresses the person's culture.
- How ethnicity plays a part in the person's every day life.
- What ethnic values a person wants to pass on to their children, students, or coworkers.