



Cultural Appreciation

Understanding Ourselves and Others

Goal: Learn about traditional languages, values and customs from your cultural background.

Tip: Celebrate your unique cultural ways of life, language, art, and traditions. For example, speaking the Dakota Sioux Language and participating in cultural teachings such as attending Pow-Wows, Sweat Lodges, Traditional Feasts and Naming Ceremonies.

Why is this important? Learning about your own culture helps you understand the importance of cultural diversity, and traditional values.

References: Dockery, A. M. (2020). Intergenerational transmission of indigenous culture and children's wellbeing: evidence from australia. *International Journal of Intercultural Relations*, 74, 80–93. <https://doi.org/10.1016/j.ijintrel.2019.11.001>

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