

LENS Project

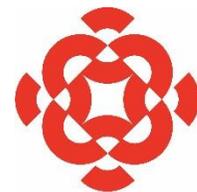
The Iceberg

Ages All Ages!

LENS Skill Sense of Self

Why? When I explore my identity and personal qualities, I can better understand and express myself to others.

Materials Paper
Pencils/pens
Markers/coloring utensils



**TACOMA
ARTS LIVE**



Summary

In this activity, participants will explore their culture and identity to develop **Sense of Self** skills by framing culture like an iceberg, some parts of ourselves are visible others and some are under the surface. Participants will create their own “Cultural Iceberg” as they explore and express the aspects of culture that help make them who they are.

Directions

1.) Establishing Understanding

First, define what “culture” means. According to the dictionary, culture is “the set of shared attitudes, values, goals, and practices that characterize an institution or organization.” As a group, brainstorm as many different examples of culture you can think of.

Examples: foods, holidays, communication styles, music, games, stories, approaches to problem-solving, concept of time, etc.

For a visual aid, look at the “Cultural Iceberg” at the end of the lesson. Notice that there are “surface” culture aspects that are more outwardly visible, and “deep” culture examples that are less visible to others because they describe our attitudes and how we think.

2.) Personal Iceberg

Each participant will now create their own personal iceberg with their culture and aspects of their identity. Using a clean piece of paper, have each person draw a unique iceberg shape on their paper. Wait to draw the dividing line between “surface” and “deep” cultures. Try to use the majority of the page so there is plenty of space inside the iceberg.

Next, participants will fill in their iceberg with the aspects of culture that are particular them as an individual. As a family, there may be many similar representations on each person’s iceberg! Think of



ways to represent culture beyond words – consider colors, images, and symbols that can also represent aspects of identity (i.e. flags or religious symbols). Be sure to organize the iceberg with “surface” examples toward the top and “deep” culture examples toward the bottom.

Ideas for Personal Culture Exploration:

- What special foods does your family make and/or eat?
- What traditions do you have associated with certain holidays?
- What activities does your family do together?
- What are expectations around how you speak to older members of your family, such as grandparents?

Once the iceberg is filled in, each participant should now think about where their dividing line is – what is culture that we see on the surface, and what are things that are deep or less obvious to others?

3.) Sharing

Each person then shares their iceberg with the rest of the group, selecting 3-4 specific things to share. As a family, discuss what is similar across everyone’s icebergs (i.e. religious symbols, holiday traditions, etc.) and what is different (i.e. hobbies, communications styles, etc.)

4.) Reflect

Discuss or write your thoughts about the following reflection questions.

- What was your attitude toward this exercise at the beginning? What was your attitude at the end?
- How did it feel to represent your culture on paper? How did it feel to share with others?
- What was it like connecting with others about each of your cultures?

Other ways to Play:

1. For further exploration, identify the 3-5 aspects of culture that are most important to each person and rank them by order of importance. How is this order similar to or different from your family members?
2. Consider doing this activity or sharing your creation virtually with friends or family members. When working with family members from other generations, notice where your values or identities are similar or different
3. Consider creating your iceberg in a digital medium such as Publisher, Canva, etc.

The Cultural Iceberg

Surface Culture

Food
Flags Festivals
Fashion Holidays Music
Performances Dances Games
Arts & Crafts Literature Language

Deep Culture

Communication Styles and Rules
facial expressions gestures eye contact
personal space touching
body language tone of voice
handling and displaying of emotion
conversational patterns in different social situations

Notions of:

courtesy and manners
friendship leadership
cleanliness modesty beauty

Concepts of:

self time past and future
fairness and justice
roles related to age, sex, class, family, etc.

Attitudes toward:

elders adolescents dependents
rule expectations work authority
cooperation vs. competition
relationships with animals age sin death

Approaches to:

religion courtship marriage raising children
decision-making problem-solving