



ROBUST HEALTH MIND, BODY AND SPIRIT

From “Who?” SUGGESTED RECIPES:

As the cake bakes (exploring our evolving identity)

1. Interview, if feasible, people from your upbringing or their generation regarding the narratives of their lives. You may consider asking them about the events that stand out in their memories and what meaning they gave to these events.
2. Research books, films, music, poetry and other media that occurs to you about people you share a heritage with—especially works created by them.
3. Investigate about values, sayings, and practices passed down. Question the possibilities that there were positive intentions in all of these, but the “vehicles of transmission” could use revision.
4. See if you identify what larger narrative in a community (e.g. religious, family, professional) influenced the narrative of individuals.

RECOMMENDED VIDEO: The danger of a single story, aTED Talk by Chimamanda Ngozi Adichie