



What's a Cultura Card?

Cultura Cards are quick and easy to use resources for sharing culture and heritage with children. Each card introduces a cultural artifact or tradition and a hands-on experience to explore the topic deeper.

The cards cover a range of topics that can spark new conversations about history and culture, especially about each family's own cultural experience.

Family life is complex and fast moving. Sharing cultural knowledge doesn't happen easily. Sometimes we need a focused activity to have a deeper conversation about a tradition or a historical event that still impacts our life today.

Sharing cultura has to be intentional, as opportunities present themselves while driving down the street and seeing a mural, or eating salsa prepared with a molcajete. The experiential activities offered through cultura cards make it easier to introduce new information through stories and hands-on experiences.

Children who grow up knowing their family's history and heritage are more confident, develop resilience and are more successful in school and later in life.



Las Posadas in Laredo, TX

Sharing traditions, history and experiences

There are many beautiful traditions in our Borderlands heritage, among them celebrations, music, food, games, and even the clothes we enjoy wearing. Most people are unaware of how these traditions came to be and how they have evolved over the centuries.

The history of the borderlands, which were once a part of what is now called México are not taught in schools, so it is up to families and educators to find innovative ways to introduce these topics to children. The Cultura Cards can help.



Painting Cascarones in San Antonio, TX





Create a Cultura Card

You can be part of the movement to create free resources for families by helping to write **CULTURA CARDS** on topics that you think are unique. It is especially important to create new cards from different regions or different ethnicities.

What are the parts of a cultura card?

- The overarching category or classification
- A name or title for the idea, for the concept rooted in culture
- History and background and its relationship to our daily lives
- Simple instructions to create a project whether that is an artifact, an experience, or a shared story
- Materials and supplies
- New words being learned!
- TEKS as a bridge to academics
- Extend the classroom activity with a home experience to engage the family
- Your name, your title, your affiliations to schools or organizations (if applicable)
- A photograph of someone doing the activity
- Present your activity at the annual El Día del Niño festival (optional)

Resilience is the process of adapting well in the face of adversity, trauma or stress.

This is especially important in the Latino community as many of our children face challenges including language barriers, cultural conflict, identity issues, high poverty rates, and even discrimination or school segregation.

Children are not born with resilience. It is a special quality that emerges through interaction with others at home, school, and in the community.

Resilience emerges through a child or young person's interaction with others - at home, at school and in their communities. In other words, relationships are key to resilient outcomes.



Parents learning to use Cultura Cards

Click here to share your cultura Card so that we can publish it, or
Email your finished **CULTURA CARD** to info@somosculturaymas.org

