

LOLS - Workshop 5

How to introduce Cultural Resources – Worksheet 1

Start by asking the group to name their favourite colour. Then ask their favourite number.

Use the answers given to highlight that everyone has preferences; likes and dislikes.

Ask a few members of the group to share the food they most dislike.

Make the point that if everyone else in the group enjoyed this meal, should they be expected to enjoy it too? Or should they be able to choose the meal that fulfils them the most, even if it is different?

Use the answers given to highlight that everyone needs to identify and direct their preferences for what will allow them to eat well. Individuals must therefore also identify and direct their preferences for wellbeing.

Explain that cultural resources are behaviours, actions, and strategies identified by individuals that provide stability and enjoyment in wider life. These resources can be leaned upon more heavily in times of adversity.

Share your own cultural resources, and when you might use them, in order to illustrate examples.