



Cultural Practices Ideas Board

A collection of community practices, traditions, and creative ideas that honor our shared cultural roots.



Lived Experience Grove



**Community
Meals**



**Mindfulness
Practices**



**Storytelling
Circles**



**Cleansing
Rituals**



**Affirmation
Practices**



**Nature
Connection**

Lived Experience Grove



Community Meals

Authentic partnerships through shared resources

Community meals demonstrate the power of shared resources and collective care. When we gather around food, we create authentic partnerships that strengthen our communities and honor the wisdom each person brings to the table - we also make sure that lack of access too food is not a barrier to being in community with others.



Mindfulness Practices

Centering community wisdom and resilience

Mindfulness practices center community wisdom and provide tools for resilience. These practices recognize the expertise that comes from lived experience and support collaborative solutions for healing and growth.



Storytelling Circles

Community-led knowledge sharing

Storytelling circles position community members as leaders and experts in their own transformation. These spaces honor dignity and respect while facilitating peer-to-peer learning and knowledge exchange.



Cleansing Rituals

Cultural assets for community healing

Cleansing rituals represent the strength and cultural assets within our communities. These practices demonstrate how traditional knowledge serves as a shared resource for healing and empowerment.



Affirmation Practices

Recognizing inherent strengths and dignity

Affirmation practices build on the inherent strengths and resilience of individuals and communities. These practices foster equitable decision-making by recognizing the dignity and humanity of every person.



Nature Connection

Collaborative solutions through environmental wisdom

Nature connection practices demonstrate collaborative solutions that honor our relationship with the environment.

These practices represent community wisdom about sustainability and our interconnectedness with all life.

