



Big Brothers Big Sisters

## Cultural Experiences

A large part of development for children is being exposed to different cultural experiences. As a Big, there are many local events that are low-cost or even free for you and your Little to enjoy. Below is a list of events with information to find out more. Find one that looks interesting to you and enjoy new a cultural experience with your Little!

### **Please Note:**

As with all activities you take your Little on, please be sure to have permission and approval from their parent or guardian before taking them to the cultural event.

### **Some topics you and your Little could discuss:**

#### *Dealing with the “S” Word....Stereotypes!*

Stereotypes are generalizations that tend to put people in boxes. It tends to make them unable or unwilling to incorporate new information and experiences. On the other hand, generalizations are used as a starting point but allow for the incorporation of new information and/or experiences. In BBBS independence’s work, it is important to recognize stereotypes we may have and work to transition them into generalizations. We can do this by:

1. Seeing the person FIRST
2. Recognizing the stereotypes we may have
3. Reframing to generalizations

Oftentimes, we can misinterpret behaviors based on cultural differences. These misinterpretations can affect how we work. *The DIE model* is an approach that allows us to examine a situation from a more objective place and determine how we are reacting to our observations and interpretations of what we see.

- Describe: Objective: “what you see”
- Interpret: Subjective: “what you think you see”
- Evaluate: Judgment: “how you think/feel about what you think you see”



<b>Philadelphia</b>		
<b>What</b>	<b>Where</b>	<b>More Info...</b>
Buddhism & Meditation 101	Amitayus Kadama Buddhist Center	<a href="http://www.meditationinphilly.org">www.meditationinphilly.org</a>
Presbyterian Church Services	Tenth Presbyterian Church	Sunday Services at 9 am, 11am, and 6:30 pm
Quaker Worship Services	Monthly Meeting of Friends in Philadelphia at 4 <sup>th</sup> and Arch	Sundays at 10:30, Wednesdays at 7pm.
Dancehall Sweat presented by Raediant Movement	Gwendolyn Bye Dance Center on Lancaster Ave	<a href="http://www.phillyfunguide.com/event/detail/440846869/Dancehall%20Sweat">http://www.phillyfunguide.com/event/detail/440846869/Dancehall Sweat</a>
Japanese Tea Ceremony	Shofuso Japanese House and Garden	<a href="http://www.shofuso.com">www.shofuso.com</a>
A Life Once Lost: A Metal Residency (groove metal)	Kung Fu Necktie	Mondays at 8pm, <a href="http://www.kungfunecktie.com/calendar.php">http://www.kungfunecktie.com/calendar.php</a>
MC Chris (hip hop artist, voice actor, writer, and improvisational comedian)	Union Transfer	<a href="http://www.r5productions.com/event/131129/">http://www.r5productions.com/event/131129/</a>
Aesop Rock (underground hip hop)	Union Transfer	<a href="http://www.r5productions.com/event/121177/">http://www.r5productions.com/event/121177/</a>
Free Outdoor Urban Yoga	Comcast Plaza	Thursdays at 6:30 <a href="http://www.facebook.com/#!/urbanyogaphilly">http://www.facebook.com/#!/urbanyogaphilly</a>
Zumba Fitness Classes	Philly Dance Fitness	-Mondays 6:15-7:15pm @ Performance Garage 1515 Brandywine Street-Art Museum -Tues/Thurs & Sat 7pm-8pm @ Major Movement Studio 1624 South Street, Rittenhouse <a href="http://phillydancefitness.com/zumba/">http://phillydancefitness.com/zumba/</a>
Mural Arts Tour	Varies	The City of Philadelphia Mural Arts Program <a href="http://muralarts.org/tour/tours-offered">http://muralarts.org/tour/tours-offered</a>
Free Self-Guided walking tour of Chinatown	Chinatown, 10 <sup>th</sup> and Arch	<a href="http://www.upenn.edu/nso/2008/events/PennTracks/chinatown.pdf">http://www.upenn.edu/nso/2008/events/PennTracks/chinatown.pdf</a>
Spoken Word Poetry	Varies	Event calendar: <a href="http://www.poetry247.com/philadelphia/">http://www.poetry247.com/philadelphia/</a>
Rodin Museum	Art Museum District	<a href="http://www.rodinmuseum.org/284-237.html">http://www.rodinmuseum.org/284-237.html</a>
East African Art Exhibition	Indigo Arts, No. Liberties	<a href="http://indigoarts.com/news_eafrica2012.html">http://indigoarts.com/news_eafrica2012.html</a>
<b>Suburbs</b>		
Shakespeare in the Park, poetry classes, etc	Wayne Arts Center	<a href="http://www.wayneart.org/events">www.wayneart.org/events</a>
Arts and Entertainment on the Main Line including Bryn Mawr Film Institute and First Fridays	Main Line	<a href="http://www.mainlinevideoguide.com/entertainment.html">www.mainlinevideoguide.com/entertainment.html</a>
Places of Worship in the Suburbs	Suburbs of Philadelphia	<a href="http://www.mainlinevideoguide.com/worship.html">www.mainlinevideoguide.com/worship.html</a>
Buddhist Meditations and Lectures	Radnor Friends Meeting House in Villanova, PA	<a href="http://www.philabuddhist.org/pages.php5?name=38">www.philabuddhist.org/pages.php5?name=38</a>
Yoga Class		Jivala Mind and Body Studio in Bala Cynwood and Jenkintown offers a free class to new students <a href="http://www.afcfitness.com/promos/promo-jivala.html">http://www.afcfitness.com/promos/promo-jivala.html</a>
Free Summer Performances throughout July	Elkins Estate, 1750 Ashbourne Road, Elkins Park	<a href="http://www.whitepinesproductions.org">www.whitepinesproductions.org</a>