



## Unpacking Traditions and Customs

This exercise is helpful in unpacking the generational influences on long held traditions. Participants are asked to think about what influences such traditions and customs and are asked to think about what traditions are associated with. (Facilitator can also start the discussion with a bag of props related to popular traditions e.g. Christmas, Valentine's Day, Halloween, etc. if they feel that this would help encourage discussion):

- Family e.g. football teams, Sunday dinner.
- Faith
- Community e.g. Orange/Hibernian walk, gala days, volunteering
- Peers e.g. go out on a Friday night, Activities
- Individual –
- National – Scottish traditions e.g. burns night

In a group, participants are asked what is positive and negative about these traditions in order to determine how they have shaped their sense of identity and belonging and faith whether or not they follow these traditions themselves. Then, participants are to discuss who has a major influence on them within the family unit/ home life.

Possible questions to ask:

- Where do these traditions come from?
- Do they believe them?
- Are they important?
- How did they come about?
- Who it was that taught them these traditions?
- How do these traditions tie into sectarianism today?

Please note that these exercises might bring up sensitive issues for participants, which need to be dealt with effectively. If you have any questions regarding this resource please call 0141 222 2166 or signpost participants to our appointments team or our Relationship Helpline.

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Appointments: 0845 271 2711

The Relationship Helpline: 0808 802 2088