**What fills my bowl**

Background

The handout is an image of adult hands passing a bowl to a younger pair of hands across the table. I was inspired by a common thread in many of the stories I read from the Brilliant Boba Project - we are being handed stories, lessons, memories, skills, and more from those who came before us. These things shape our identities, who we are, and how we relate to the world. This activity is meant to help you identity and share those things visually OR in another way that feels aligned with you.

Instructions

Using the handout, fill it in with what is or has been handed to you from people before you - they can be guardians, grandparents, ancestors, neighbors, teachers, etc. You can use the sheet in a couple of different ways:

1. Think about what has been passed down to you or what is still being passed down to you:
   1. What is filling your bowl?
   2. What stories have you heard around your identity?
   3. Do you share certain traits or talents that run in your family?
   4. Are you learning things from those around you - a recipe, a dance, a song, how to play an instrument, a language, etc?
2. Fill the bowls with images, words, phrases, cut out images from other sources to fill it
3. OR you can use the sheet to brainstorm another way to present what’s being given to you to fill your bowl - is it a dance? Dance it instead of drawing it. Is it a song? Sing it. Is it a story? Share it aloud. Don’t be limited by the paper.

Activity prepared by Zulynette Morales, 2021