

NATIONAL PTA® REFLECTIONS®

Entries from all grades and all abilities WELCOME!
Questions? Email nbreflections26@gmail.com



2026-2027
**CALL FOR
ENTRIES!**

What My **CULTURE** Means to Me

★ Explore
the arts
and express
yourself! ♥



REFLECTIONS CONVERSATION STARTERS

1 WHAT MAKES YOU, YOU?



What is something
about your family
that helps make you
who you are?



2 TRADITIONS THAT CONNECT US



If you could keep ONE
family tradition forever,
what would it be—and
why?



3 TELL ME THROUGH FOOD



Is there a food that
reminds you of your
family, culture, or a
special memory?



4 THE SOUND OF YOUR STORY



What song, sound,
music, or saying
reminds you of your
family or where you
come from?



5 A SPECIAL PLACE



What place feels
like a part of your
story? What would
you want others to
understand about
that place?



6 WHAT HAS BEEN PASSED DOWN?



What is something
someone in your
family has taught
you that you hope
you never forget?

What would YOU
want to pass on
someday?



7 SHOW US YOUR STORY



If you could show
someone ONE thing
that explains what
your culture means
to you, what would
you choose?



DANCE CHOREOGRAPHY



FILM PRODUCTION



LITERATURE



MUSIC COMPOSITION



PHOTOGRAPHY



VISUAL ARTS



There is no single definition of culture—and no single way to tell your story.

YOUR CULTURE. YOUR STORY. YOUR ART. YOUR VOICE.

★ PARENTS CAN HELP START THE CONVERSATION, BUT THE IDEA AND CREATIVE WORK SHOULD BELONG TO THE STUDENT.