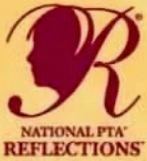


NATIONAL PTA[®] REFLECTIONS[®]

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



2026-2027
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ENTRIES!**

What My **CULTURE** Means to Me



Scan for Official Rules
and Division Guidelines



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.