

Opening: 4 Square Breathing- Breathe in for 4 sec; Hold for 4; Exhale for 4; Pause for 4. Repeat as you see fit.

Round 1: Give everyone an index card. Ask them to take a minute to write or draw their response to these questions:

- On a scale of 1-10, how much do you think your race shapes who you are / your life experience this far?
- Why did you answer this way?

Then, go around and ask them to share their answers.

Round 2: Give everyone a few minutes to respond to the next question on the back of the card.

- Can you share a specific memory of a time that someone made a judgment about you because you were white, Black, Latino, African, Nepali, etc.? (This could be about skin color, race, religion, gender identity.)

Round 3: What connections can you make / want to say / ask?

Possible Round 4: Is there anything else anyone wants to add? (Let people know it's fine to pass on this round.)

Round 5: What is one thing you learned, or a new idea you have after hearing each other's stories today?

Note: Using the note cards gives students a chance to write or draw to get their thoughts together. Also, if you think students won't be comfortable sharing, you can collect the cards for each round, mix them up and re-distribute them. Then, students would read someone's answer aloud, but it wouldn't necessarily be their own. This can feel safer if your group isn't totally used to sharing.