



Race Reflections Activity

Examination

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Our Head Circle

We all start life as a “bald”, helpless human who will experience the world in our own unique ways.




Our Eyes:
Family member of
another race?

The shape of our eyes on this drawing depicts how open or restricted our views will develop.

Round wide eyes showing lots of exposure to differences in race. We see and process the differences as we would see and process differences in our other learning experiences. There are multitudes of visuals our eyes are taking in as a child.


If our eyes have an arc – we have less exposure to start with, and just having the top half of the eye shows us there is not a full picture of our eyes until we examine more of our surroundings.

A blue brushstroke graphic with a rough, torn edge, containing white text. The text is centered within the brushstroke.

Completing Our
Eyes:
Thinking about where
and when our parents
grew up...

The amount of real (physical) or perceived segregation between races inversely corresponds with how restricted our childhood vision - our **formative** vision - is.

Notice I am using the term restricted, and not narrow, which implies bias.




Our Left Ear:
Perhaps your parents
used racial slurs?

From our beginnings,
we heard a strong
opinion and label of
race.




Our Left Foot:
Childhood Neighborhood
/ One-mile Radius

As you grew and could explore the neighborhood on your own, you could start to control your exposure to other races in your environment. What was in that larger environment?



Our Nose:
Childhood homes we
visited

If you have a nose you've added another sense to your development of differences (and similarities!) between races. Perhaps you could smell a different kind of meal cooking...



Developing Our
Mouth:
Teacher of another
race

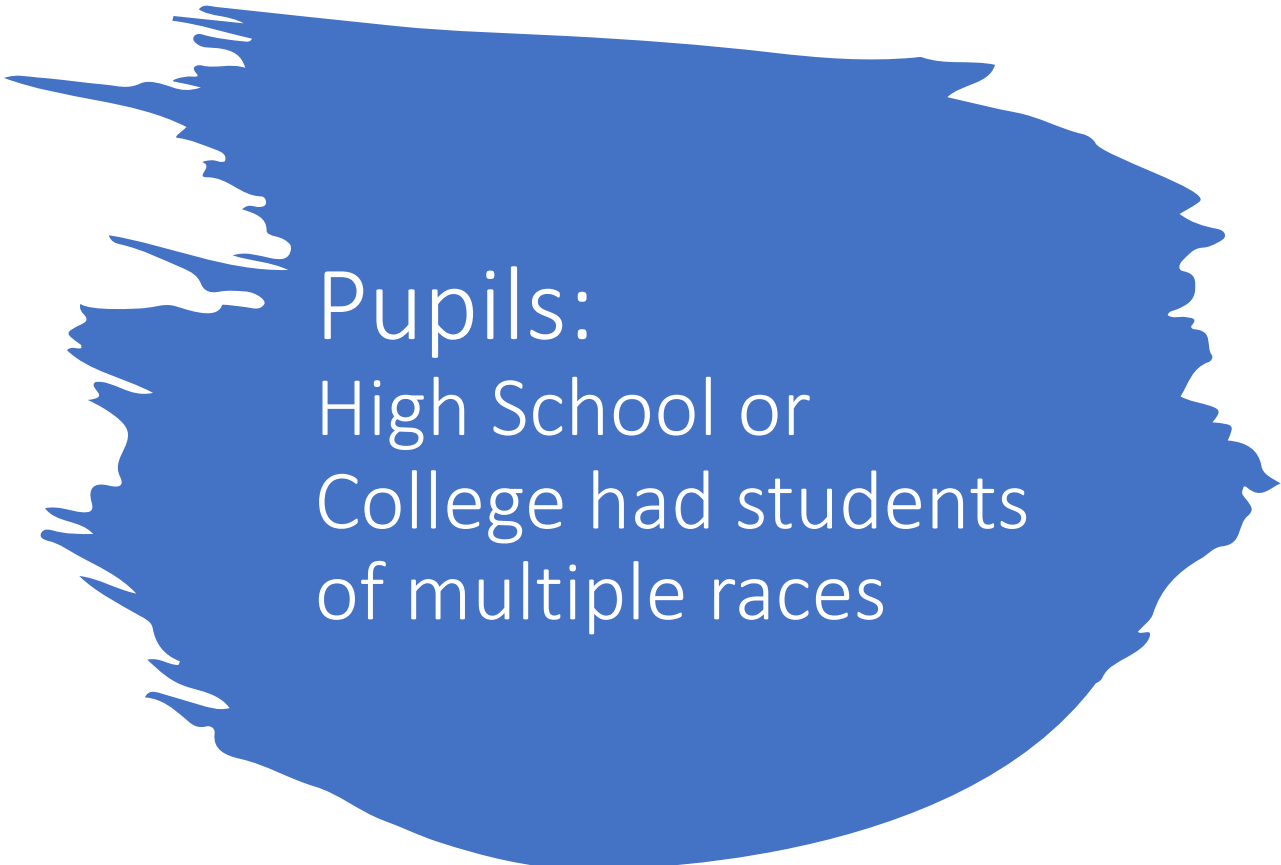
If yes, you now have the ability to communicate on your own, ask questions, learn about the world with an adult of another race outside of your home.

Ideally, this was a teacher that demonstrated trust, communication, and leadership.



Strands of Hair:
God, Tooth Fairy,
Dolls, Santa Claus

You are adding more
“individual style” to your
head with each strand of
hair.



Pupils:
High School or
College had students
of multiple races

If yes:


With this exposure you now have “young adult vision” 😊 and you are able to continue learning about the world side-by-side with students of another race.



Eyelashes:
High School or
College had
interracial dating?

Both eyes: “Young, unbiased beauty” to our eyes (at a developmental time where peers are so important) has been added with this exposure or participation of interracial intimacy within our learning environments.

– the importance of peers will dwindle a bit as we move through the college years.




Right Ear:
High School or College
had interracial conflicts
or racial slurs?

You've gained another
ear – this time as a
young adult.



Strands of Hair:
Boss – a person of
authority

You are adding more
“individual style” to your
head with each strand of
hair.




Strands of Hair:
Church or small
social group with
multiple races?

You are adding more
“individual style” to your
head with each strand of
hair.

A blue brushstroke graphic with a rough, hand-painted edge. Inside the brushstroke, the text is written in white. The text asks about professional relationships with people of other races.


Strands of Hair:
Regular professional
relationship with
doctor, dentist, lawyer,
etc. of another race?

You are adding more
“individual style” to your
head with each strand of
hair.



Left Hand:
Work with a person
of another race than
your own?

You have daily opportunity
to reach out and develop
relationships with all kinds
of people.



Right Hand:
Phone number in your
contacts of a person of
another race than your
own?

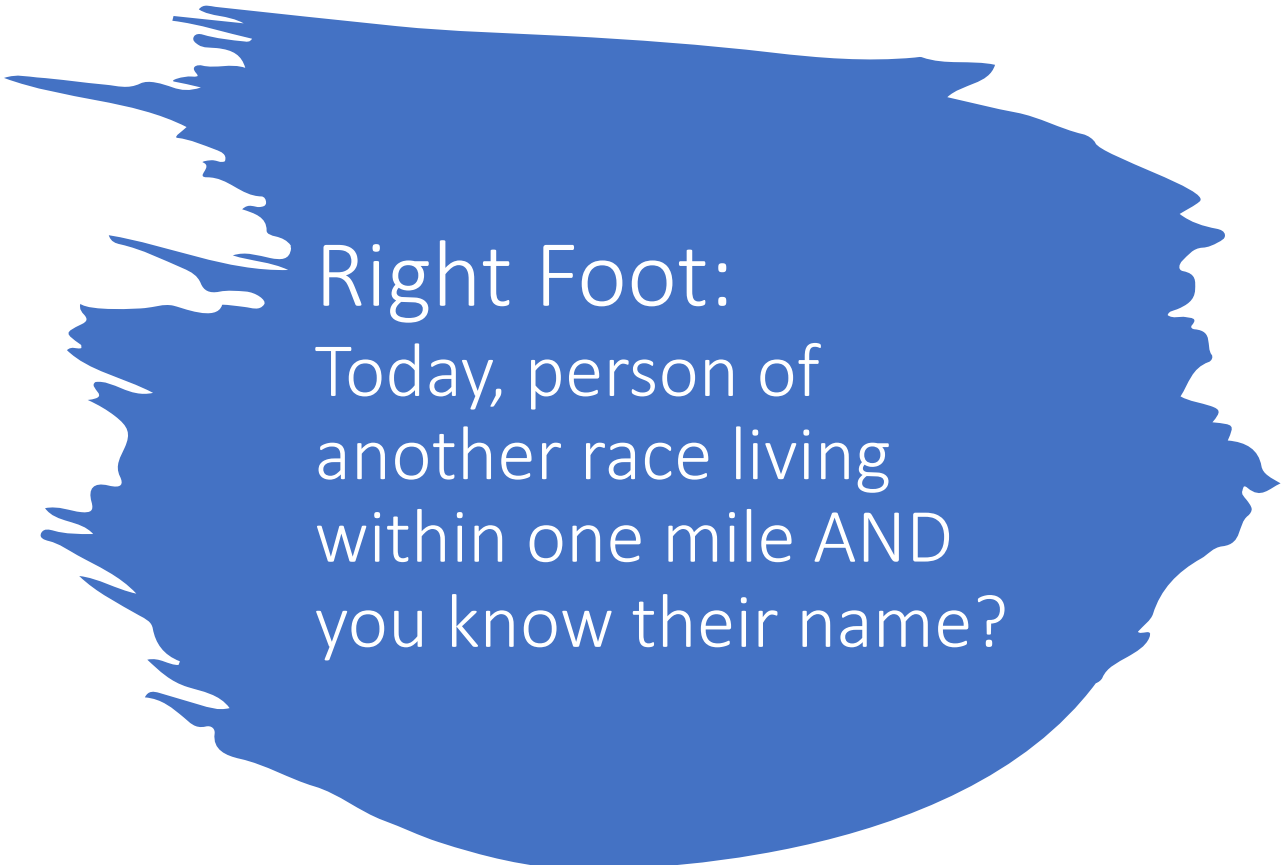
Not only have you reached out, you are living daily life beside all kinds of people who have different views of the world.



Defining Your Mouth:

Daily or weekly conversation with a person of another race than your own?

You can communicate and converse with your *happy smiling **closed** mouth*. It's not quite as open as when you were a child as you now choose your words more carefully.



Right Foot:
Today, person of
another race living
within one mile AND
you know their name?

Keep moving with
those feet and explore
outside [*your comfort
zones*].

Questions?

Up next...

“It takes a lot more of the sort
of nitty gritty, untangling
thousands of knots, as opposed
to just taking one little knot out
kind of a thing.”

Complex / Nature / Nurture

Reflections for ourselves, for compassion toward others

Seen and Unseen – Fear, pressure, strength, pain

Thinking differently →

Understanding, patience communication