

## **Self Reflection Exercise**

At your next staff meeting, explore your experiences with attitudes about difference by having teachers answer these questions on their own. Ask them to choose one that jumps out at them and write out on a colorful piece of paper (or virtual bulletin board).

Post answers somewhere you can see it in your meeting space so that you have it as a reminder of our experiences of difference.

- The first time I became aware of differences was when ...
- As I was growing up, my parent(s) taught me that people who were different from us were...
- As I was growing up, my parent(s) taught me that people who were like us were ...
- A time I was mistreated because of my own difference was when ...

- A time I mistreated someone for being different was when ...
- I feel most comfortable when I am around people who ...
- I feel least comfortable when I am around people who ...
- The memories I have of differences affect my role by ...