

In My World Exercise

Place the appropriate colored bead in your cup for each of the following:

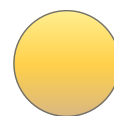
Each member of your household
Your next door neighbor (to right)
Your next door neighbor (to left)
Your neighbors across the street/ road
The neighborhood you grew up in
The elementary school you attended
The high school you attended
The colleges (if applicable) you attended
Your current best friend
Your boss/ supervisor at work
Your co-workers
Your social group / friends
Club or organization you are most active in

Your pastor/rabbi/spiritual guide
Your church/synagogue/mosque
The grocery store where you shop
The lead character of your favorite TV program
The author of your favorite book / recently read
The person you purchased your last car from
Your favorite singer / singing group
Main character in your favorite movie
Your organization
Your Physician
Your Dentist
Your Stylist/Barber

Bead Key


 **White**
represents
White – White American

 **Black**
represents
African American

 **Gold**
represents
Hispanic/Latin American

 **Yellow**
represents
Asian American

 **Red**
represents
Native American

 **Multi**
represents
Multiracial or Foreign National

Process questions:

- What is in your awareness about the representation in your cup?
- What does your cup tell you about your lived experience?
- What does it tell you about your possible biases?
- What does your cup tell you about your opportunities for building social trust?