

Table Discussion Guidelines

**On your table is a talking piece.
Please use this piece to facilitate discussion.**

Honor the talking piece by speaking only when you are holding it

Tell your truth as you are comfortable to share

Listen well, practicing kindness; avoid side conversations, comments or questions.

The talking piece is passed around the circle from person to person.

Only the person holding the talking piece may speak.

It is always okay to pass the talking piece without speaking; just say "I pass."

Speak from the heart.
Listen from the heart.



Discussion Questions

Use these three questions for guided discussion.

Recall what you wrote down about how you were feeling at the beginning of our time together. Share around the circle, how you felt when we first started and how you are feeling now following the morning discussions.

Think about a time that you have experienced racism and how you reacted to the situation. Share how you felt in that moment and what your reaction was. Faced with the same situation, how would you want yourself to react today?

Name someone in your community who is not of your ethnic background you want to talk to about what you have learned this morning.

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