Mindfulness-Based Anti-Racism (MBAR) Pre-Session Assignments

MBAR Part 1:

Media
- The Space between Self-Esteem and Self Compassion. Kristin Neff explains how self-compassion improves our well-being while emphasizing interconnection and shared humanity. (19 minutes)
- How 'white fragility' reinforces racism. Dr. Robin DiAngelo explains what white fragility is and how it functions. (5 minutes)

Reflections. As you prepare, reflect on both your mindfulness practice journey and your journey to practice anti-racism:
- What has been the most powerful and meaningful for you in these two domains?
- How do they connect (if they do)?
- What intentions are you bringing to MBAR? What wonderings?

MBAR Part 2:

Media
- Episode Three - The House We Live In

Be sure to scroll down to Episode 3 of "The Power of Illusion." You will also have to log into Kanopy using your WSU credentials; it's a free membership for WSU faculty, staff, and students. After watching the film, "The House We Live In," answer the following question: Two weeks from now, what will you remember most from the documentary and why? You will share your answers to this prompt during the session.

Writing Assignment

The second homework assignment is a self-reflective exercise: Think back to the earliest time you thought about your race/ethnicity or realized you had a racial identity. It's okay if you don't remember all the exact details. Think back on the experience and how it felt at that moment. Write a paragraph describing as much as you can about that experience. We will discuss this assignment during our next session.

Note. There is no pre-session homework for the third session (MBAR Part 3).