**Doll Exercise Reflection Log**

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| ***Track what comes up in your body, heart and mind as you do the exercise*** |
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**The Doll Exercise Reflections**

**Notice:**

* **Sensations**
* **Resistance**
* **Magical moments**
* **Aha! moments**
* **Shut down moments**

**Be curious about what came up for you and what came up for others, if working within a group**

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| **Did you notice any body sensations? when did they happen?** |
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| **What feelings arose and when? Are they still present?** |
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| **Did you notice any thoughts come into your mind? At what point did these happen?** |
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**The Doll Test Reflection Log**

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| ***Track what comes up in your body, heart and mind as you watch the video*** |
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**The Doll Test Video Reflections**

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| **How did it feel when you noticed that positive attributes were associated with the white doll and the negative attributes were associated with the Black doll?** |
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| **How was it when you noticed the realisation in the Black children when they were asked the question "who do you look like?"** |
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| **How was it for you, when you noticed the trauma and the pain and the sadness that is held in the bodies of these children?** |
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| **What came up for you in your body, heart and mind?*** Did you experience any body sensations? Did these link to any feelings or thoughts?
* What emotions, if any, did you notice? Are they still there or have they changed or disappeared?
* Did you notice if you moved more into thinking as you watched? What thoughts came up for you and when?
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**Primary Socialisation Pre-learning Reflections**

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| **At what age should parents/carers start talking to children about differences and sameness; in particular, conversations about gender, race, ethnicity, class and ability?** |
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| **At what age do you think schools need to start discussing differences and sameness with children?** |
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| **At what age does it become more difficult to educate children on differences and sameness?** |
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**Primary Socialisation Pre-learning Reflections**

Look back at your answers to the primary socialisation pre-learning reflections. Now you know more about primary socialisation, would you change your answers?

Notice what is happening in your body as you reflect, be curious about what is coming up for you and what is coming up for others, if working within a group:

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| **Were there any surprises or discoveries?** |
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| **Did you notice any feelings of shame, discomfort or resistance?** |
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| **Did you have any moments of satisfaction or relief?** |
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| **Did you notice yourself shutting down or not listening? At what point did that happen?** |
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| **Can you feel your body, heart and/or mind wanting to take action? If so what do you want to do?** |
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