

BRIDGING THE DIVIDE

At one time or another (maybe even now!) you may have felt that you don't truly belong, whether due to the color of your skin, where you live, or where you're from. This feeling of unbelonging arises from the feeling that who we are on the inside differs from how we feel we are perceived on the outside. Use this worksheet to provide insight into what 'belonging' and 'not belonging' really feel like so that you may find a way to bridge the divide between who we have been told to be, and who we are.

To start, write down how you identify racially/culturally and how you feel you are perceived by others.

How I identify racially/culturally:

How I feel I'm perceived by others:

Reflecting on these words, take a few moments to close your eyes, and take several mindful breaths to ground yourself into the moment and to set an intention for the art you will make.

Choose collage images that correspond with the words written above. After you've finished collecting the images, write down any observations you had about the images you chose.

Using both sets of images, create a collage as a symbolic self-portrait on the back of this worksheet or any piece of paper. There's no right or wrong way to do this!

When you've finished, take a few minutes to journal – what's the story of this creation? What are the past, present, and future of this collage? Reflect on your observations about your process, your art, and yourself.

Above all, just as you have created this very meaningful work of art, know that it is you, and only you, who gets to define who you are and who you want to be; and just as you have found this window of time to bridge the divide within yourself, know that you can find belonging in any and every space that you enter.