



ACE Learning For Liberation Playlist  
[Curated by Holistic Underground]

# Reflection Prompts

## 1. Journal:

What biases or race-based conclusions did I grow up around that I have already begun to dismantle? (If your answer is none, you are not really looking. Even among POC we are raised with negative stories around us about darker shades or internalized racism. We must acknowledge these things before we can transform them)

## 2. Journal:

What are some conclusions I must continue to dismantle in order to be an instrument of equity?

## 3. Activity: Practice 4-4-8 Breathing

The 4-4-8 Breathing technique is great to use when you feel stressed or tense because it can help to calm the nervous system, clear the head of distractions and reduce stress. Here are the steps:

- While sitting, breathe in through your nose for a count of 4, taking the breath into your stomach.
- Hold your breath for a count of 4.
- Release your breath through your mouth with a whooshing sound for a count of 8.
- Without a break, breathe in again for a count of 4, repeating the entire technique 3-4 times in a row.
- Focus on counting when breathing in, holding the breath, and breathing out.