

“Seeing ourselves clearly”

Theme

Exploring identity, unlearning bias, and nurturing reflective teaching practice

Quote

“We don’t see the world as it is, we see it as we are” - Stephen Covey



Objectives

- Reflect on the cultural and personal identities that shape our worldview
- Recognise how implicit bias influences perception and interaction
- Apply reflective strategies (pause-name-choose) to disrupt bias in real time

Activity	Focus
Identity mapping	Visualise personal and cultural identities
Check in time	Emotional grounding and quote reflection
Bias in action scenarios	Recognise and unpack implicit assumptions
Mini-lesson: The Brain and Bias	Understand cognitive shortcuts and stereotype threat
Reflective dialogue: The Stories We Carry	Share and humanise bias work
Journalling for teachers	Commitment to ongoing reflections

Notes

Resources

- Identity mapping worksheet
- Scenario cards
- Notebook/journals
- Pens/pencils