Personal is/and political exercise

**Step 1:** Take fifteen minutes to reflect on your socio-cultural identity: 1. How do you self-identify? 2. What do you know about your family roots/histories? Please write your reflections down.

**Step 2:** Imagine that you had to justify and defend your identity to someone. How would you go about doing it? What would you say? Please write your reflections down.

**Step 3:** Read through your narrative so far. Take a couple of minutes to reflect on how different or similar do your experiences and narrative are/might be from the Indigenous peoples in NH? Please write your response down.