

Four Cards (Intersectionality) [10-25 min]

Supplies: Notecards & Pens

Topic(s)/Theme(s): Values, Priorities, Respect, Awareness

Directions:

- Write down 4 identities of your personal culture (who are you?)
- Pair up with a partner
- Share your identities
- Self-select one of your own identities to “shed”
- Show your remaining identities to your partner and have him/her choose one of your identities to shed
- Hide your 2 remaining identities and have your partner randomly choose one of your hidden identities to shed

Possible Discussion Questions: How did you feel at each step? Do you have “hidden identities”? Have you had someone dismiss part of you? Do you ever dismiss aspects of yourself? Which was the easiest to tear? Why?

Note (you can do a sample and deeper discussion to launch the “four things” in the beginning. This is an example for adults)

Dimensions of Personal Identity		
“A DIMENSIONS” Age Culture Ethnicity Gender Language Physical Ability Race Sexual Identity Social Class	“B DIMENSIONS” Educational/Background Geographic Location Income Relationship Status Religion Work Experience Citizenship Status Hobby/Recreation Interests	“C DIMENSIONS” [Life Events] Moving New Job Marriage Divorce Health Changes Birth/Death of... Retirement

Three Guesses [5-10 min]

Supplies: None

Topic/Message: Assumptions, Connection, Communication

Directions:

- Ideally partner up people who don’t know each other that well.
- Instruct participants to respond to three questions **WITHOUT TALKING** (just mentally noting responses).
- Questions could be anything, but should be fairly “unimportant” in nature—more “fun facts” related.
- I tend to ask:
 - What is your partner’s favorite type of breakfast cereal?
 - What is your partner’s favorite musical artist or group?
 - What is your partner’s dream vehicle?
- After repeating all three of the questions, give partnerships a few minutes to share and check responses. Most pairs will have some discussion here, so you’ll need to allow 1-2 minutes for this to take place.
- Survey group how many got 3 correct? 2 correct? 1 correct? All wrong? (most groups get all wrong besides a handful who got 1 or maybe 2 correct)
- Discuss/Debrief the assumptions we make about people. Was it more fun to make the assumption or have the conversation? Who are we making assumptions about right now? How can we create spaces for more conversations?

These sample activities are recommend for the “FORCING” phase for internal development for your organization. While some may also work for a community or campus-wide initiative, that should only take place if a core group of leaders is already further along in their Leader Mindset.

Triangle Tag [5-10 min]

Supplies: None

Topic/Message: Control, Communication, Teamwork, Fun

Directions:

- Get participants into groups of 4, and label A, B, C, D
- Each person will have an opportunity to be “the tagger,” “the tagee,” and “the protectors”
- If person A is The Tagger, then B, C, & D would form a triangle by holding onto shoulders. Person C would be the Tagee, and B & D would serve as protectors.
- Person A would attempt to tag person C, while B & D would work to prevent this by rotating around the circle.
- Play 15-30 second rounds changing roles after each round.
- Variations:
 - Have group members hold hands instead of shoulders.
 - This makes it MUCH more difficult for the tagger.
 - Do not allow tagger to dive under or over linked arms to reach tagee.
- Utilize the **5 QUESTIONS** for discussion
- Potential Observations: Protecting? Sacrificing? How did we feel in each role? How did we work with one another?

Four Square Questions [5-10 min]

Supplies: None

Topic/Message: Communication, Teambuilding

Directions:

- Get participants into groups of 4
- Have one person claim the “going first” spot.
- Remind participants about the four square game played in elementary school and basic rules—no hit backs, had to keep the ball inbounds (couldn’t hit it too hard or too soft).
- Encourage participants to begin to do questions with that in mind. Person going first “hits” the first question to someone. Questions shouldn’t be too soft (*what’s your favorite color?*) or too hard (*what do you hate about yourself?*), but should be somewhere in the middle (*what’s something you enjoy doing in your free time?*).
- Once that person has replied to that question he/she “hits” a question to someone else (but not to the person who just asked the question). Ideally he/she asks a different question.
- Participants take turns “hitting” questions around the group.

I AM, I am NOT [10-15 min]

Supplies: Paper, Pencils

Topic/Message: Assumptions, Communication, Inclusion

Directions:

- Participants can make a book (or do a front and back of a card). On the cover/front they write an overall category i.e. “I am a Man”
- On the inside/back they write down a series of assumptions that go along with that overall category that do not apply to them i.e. “I’m not that into sports” “I really enjoy cooking”
- After giving a few minutes to write, have participants share their cards/books with others.
- *Note: This is not an introductory activity. Participants should be familiar or at least comfortable with group before sharing.*

Face Value [10 min]

Supplies: 1 playing card for each member of the group

Topic/Message: Exclusion, Inclusion, Communication, Decision Making

Directions:

- Distribute a playing card to each member of the group
- Do not allow participant to see her own playing card
- Participants should hold playing card on their foreheads and walk around the room interacting with other participants.
- Tell them to “treat each other by the value of the cards they are seeing.”
- After 2-3 minutes of interaction, instruct participants to stand in order
- After participants are lined up, have each participant look at her own card
- Utilize the **5 QUESTIONS** for discussion

Toilet Tag [5-10 min]

Supplies: None

Topic/Message: Energizer, Helping Others or Self

Special Note: *Works best with a LARGE Group (60+)*

Directions:

- Select ~5-10% of the group to be “IT” (*consider using the last group of 10 from Balloon Frantic*)
- Explain that if someone is tagged, he or she is “frozen” in the “Toilet position. Down on one knee, other knee bent with arm straight parallel to leg.
- In order to get “unfrozen” someone must sit on the “toilet” and flush (pushing the arm down).
- After someone is “unfrozen” three times they also become “IT”
- Play 2 rounds.
- Utilize the **5 QUESTIONS** for discussion
- Potential observations: People not “stepping up” and instead playing defensively. People “stepping up” and serving others—placing themselves at risk and/or doing something slightly embarrassing to bring others back into the game.

Mini-message about stepping up to help others get back and participate. Keep mini-message super brief and based on observations of actions group actually did.

Turnstile [25-45 min]

Supplies: large 50' Jump Rope, stop watch/timer

Topic/Message: Communication, Teambuilding, Inclusion, Implementation

Special Note: Requires a LARGE group—60+, but preferably 100+. Also requires a large space—school gym is normally best.

Directions:

- Overall idea. ENTIRE GROUP will get through the jump rope on “One Turn.” A “turn” is made up of several “rotations” of the rope. The very first specified number of people can decide when to go (while they wait for the rotation they want), but after that on every rotation of the rope, a specified number must run UNDER the rope until everyone in the group has successfully gone UNDER the rope in the specified number on one turn.
- PRELIMINARY ROUND (Optional): You could divide the group in half based on some concept: age, gender, grade level, etc. If you do this be sure to divide “only for purposes of size.” Keep the goal language the same, but be sure to not mention any form of competition and/or who is leading or going first. Most groups naturally make it a competition and put down the other side. Before proceeding to the official round, discuss how supportive or unsupportive each “side” was and what false competitions we have in life. Note: Unless I have an especially successful group, I normally stop this one just before or just after one side succeeds. I personally prefer a debrief (when possible) where we can discuss that neither side was successful because we didn’t connect with others.
- TIME ROUND: Set a specific time limit (I find 8-12 minutes work best with 10 minutes being the sweet spot). Inform the group that you’ll give them a few minutes to plan on their own, but once the first group runs under the rope on a rotation time starts and doesn’t stop until the entire group succeeds. I always have groups attempt 4, 6, 8, 10, 12...etc (going up each time in increments of two. If the group is super struggling, I will pause time and “give the gift of time” allowing the group a moment to reset.
- SAFETY NOTES: This activity can be dangerous. I’m always prepared (and have told my fellow jump rope rotator to let go if it feels like someone is going to get tripped). I’m not focused as much on a fast turning of the jump rope as I am about providing opportunities for success. I’m not necessarily turning the jump rope as much as I’m lifting it up. Your shoulder will get sore doing this.

Compiled by

Patrick Maurer
PMaurer Communication LLC
7650 S. McClintock Dr
STE 103-375
Tempe, AZ 85283

619.289.7850
pm@pmaurer.com

www.pmaurer.com