



ACTIVITY: 'ACT LIKE THIS'

TIME: Approx. 15+ minutes
SIZE: Groups of four or five
SPACE: Empty room
RESOURCES: Deck of playing cards (optional)

The aim is for students to experience a potentially alienating situation.

The result should be that students gain an understanding of the kinds of behaviours that result in others feeling either included or excluded from a group.

1. Select one person who will leave the room and become the 'outsider' (this might be done by drawing a Joker from a reduced deck of cards).
2. With the 'outsider' gone from the room, the others must select an adverb in which everyone must act when the 'outsider' returns. The adverb could be 'slowly' or 'suspiciously' or 'nervously'.
3. Go outside and inform the 'outsider' he/she must go back inside and within two minutes determine the secret adverb that is binding the group together. The outsider can strike up conversations, and shake hands etc. in order to gain clues. The outsider can request the others to perform certain actions in the manner of the adverb (e.g. adjust your socks, comb your hair).
4. If the outsider guesses correctly, another 'outsider' is randomly selected. However, if wrong, he or she must select a partner to become a fellow outsider for the next round.
5. Stop the activity. Commence discussion.



DISCUSSION SUGGESTIONS

- What did those who had turns as 'outsiders' think and consequently feel when trying to figure out the adverb? What did they do to try and fit in?
- What did those who played only 'insiders' think and feel as you watched the 'outsider' trying to fit in? What did you do to help exclude or include the 'outsiders'?
- For those who played both 'outsiders' and 'insiders': What was the major difference/s in your thinking and feelings between the two roles?
- For those who played 'insiders': How would you describe your Sense of Belonging with the other members of your insider group? Why?
- For those 'outsiders' who successfully worked out the adverb: What thoughts went through your mind when you got the word? How did you feel?
- For those 'outsiders' who failed to work out the adverb: What thoughts ran through your mind when you realised you'd never 'fit in'? How did that make you feel?
- In real life, what are some mechanisms that some groups use to exclude others (e.g. words, behaviours, qualifications, reduced access to valued things)? Are these all bad? Why/why not?