



WHO ARE YOU

Time Needed: 10 minutes

Objective: to highlight similarities and differences between class /group members. This is a good ice breaker activity, especially for participants who haven't worked together before.

Materials:

- Masking tape

Activity:

Before beginning, place two long lines of masking tape on either side of the room. Everyone stands side by side, on one side of the room. Tell the participants that they cannot speak during this activity. Read a statement from the list below and have the participants who have experienced what you read walk to the line for a few seconds and look at the other people on the line, and then return. If space is limited, this activity may be altered to 'Stand up if ...'

Alternatively, another way to run the activity is to have all participants stand at one end of a court. Each time a statement applies to them, they take one step forward until someone reaches the other end of the court.

Walk to the line/take a step forward if you ...

- like the colour red
- like pizza
- watch reality shows
- play a sport
- play an instrument
- have ever been in a car accident
- have ever cried yourself to sleep
- have parents who are divorced
- have ever failed a subject at school
- have ever thought you were fat
- have ever been made fun of because of the way you looked
- have ever wished you had different hair
- have had a crush on someone who didn't like you back
- have ever had a fight with your best friend
- have ever been terrified
- have ever judged someone based on their appearance
- have ever judged someone because of their race
- have ever wanted to be part of a more popular group
- have ever lied to your mum or dad
- write in a diary or journal
- have ever wished you were thinner
- have had your parents betray your trust
- have ever cheated on a test or in an assignment
- have ever lied to your friends
- have ever felt peer pressure
- have ever dressed in a particular way or done something to impress your friends
- have ever cried because you felt out of control
- know someone who has cut (or burned) themselves (only for teenagers)
- know an adult that drinks a lot or does drugs (only for teenagers)
- know another student that drinks or does drugs (only for teenagers)
- feel like sometimes you don't really know who you are

Discussion Question:

- Name one thing that surprised you about this activity.