

## **Educational Resources- K-6th**

Activity: Discover Ourselves and Others

Subject: Any

Prep Time: 30 minutes to pick age appropriate questions (list is included but feel free to come up with questions appropriate for your class)

Activity Time: 30 minutes plus discussion time after

### **Activity Description:**

1. Have students line up in a straight line, as if they are about to start a race.
2. Read the following, "I will read the statements aloud. Please step forward if it applies to you."
3. Read each statement in a clear voice, pausing slightly after each one.
4. When you have finished statements, ask students to take note of where they are in the room.
5. Tell everyone when you count to three run as fast as you can to the finish line.
6. Review guidelines for civil discourse. Have everyone gather to discuss. Thoughts could involve who got to the finish line first, why it is fair or not fair, how we never thought we had a privilege or that something could hold us back. Try to avoid debates about which groups are more oppressed than others. Discuss privilege in a less confrontational way.

### **Possible Discussion Questions:**

1. If you are right handed, take one step forward.
2. If English is your first language, take one step forward.
3. If one or both of your parents have a college degree, take one step forward.
4. If you can find Band Aids at your grocery stores that are the same color as your skin, take one step forward.
5. If you take public transportation to get to school, take one step back.
6. If you go to school with people who mostly look like you, take one step forward.
7. If you feel unsafe in your neighborhood, take one step back.
8. If your family has a house cleaner or lawn service, take one step forward.
9. If you studied the culture of your ancestors in school, take one step forward.
10. If your teachers do NOT look like you, take one step back.
11. If your family owns a computer, take one step forward.
12. If your parents paid for a tutor or coach for you, take one step forward.
13. If you have ADHD, dyslexia or another disability, take one step back.
14. If both of your parents are still together, take one step forward.
15. If you have ever had to skip a meal because there wasn't enough money to buy food, take one step back.
16. If you have an invisible illness, take one step back.
17. If you were not allowed to play a sport because you were not a boy or not a girl, take one step back.
18. If the main character in your favorite movie look like you take a step forward.
19. If your family speaks another language at home than at school, take a step back.
20. If you feel comfortable wearing a hoodie in your neighborhood without someone thinking you should not be there, take a step forward.
21. Look to the left and look to the right of you, if you don't look like one of them, take a step back.

*Email information or photos of what you did to [info@givesevendays.org](mailto:info@givesevendays.org) or share on Facebook at GiveSeven-Days. Please include your school name. Use #GiveSevenDays and #BeTheRipple when posting on social media.*

- 22.If you are happy with the way you look, take a step forward.
- 23.If you ever tried to change your appearance, mannerisms, or behaviors to fit in more, take a step back.
- 24.If anyone thought you like spelling or math because of the way you look, take one step back.
- 25.If you feel like you have to dress a certain way to feel safe, take a step back.
- 26.If you have a physical disability take a step back.
- 27.If you always feel safe calling the police, take a step forward.
- 28.If you have more than 50 books in your home take one step forward.
- 29.If the President of the United States usually looks like you take one step forward.
- 30.If your teacher looks like you, take one step forward.
- 31.If your principal looks like you, take one step forward.
- 32.If you need extra help in school, take one step back.
- 33.If your classmates don't want to sit next to you at lunch, take a step back.
- 34.If English is your first language take a step forward.
- 35.If you have ever been bullied or made fun of for something you cant change such as color of your skin, religion or the way you learn, please take a step back.
- 36.if you feel like your parents are too busy to spend time with you, take a step back.

### Older Student Possible Questions:

1. If you feel unsafe walking by yourself at night, take a step back.
2. If you are able to move through the world without fear of sexual assault, take one step forward.
3. If you or your family left their homeland because you were not safe, take a step back.
4. If you can hold hands with your romantic partner in public without fear or ridicule or violence, take a step forward.
5. If you were ever discouraged from an activity because of race, class, ethnicity, gender

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