

Treat you right

Intro activity

Source: liaisons



40-45
minutes



8-15 people

Topic

Discrimination

Objectives

- Analyse how feelings of discrimination and injustice can bring about negative emotions
- Encourage participants to experience these emotions
- Interact on the physical sensation of emotions
- Interact about controlling one's expression of emotions
- Interact about feelings of exclusion, discrimination, and unjust treatment

Materials

- Treats: small rewards (for example: sweets)
- An easy Sudoku (activity support 1)
- A difficult Sudoku (activity support 2)
- A table and chairs for half of the group

Steps

1. Put a table and chairs out in the middle of the room for half of the group.
2. Form a circle and mark half of the participants (for example with a symbol on their hand).
3. Every participant with no mark on his hand is given a treat, the others are not. If a participant asks why they have not been given a treat or why the others have, or they question other differences in treatment between the two groups, then the answer will be 'because you have no mark', or 'because they have a mark.
4. The 'unmarked' group can take places around the table and are given Sudoku in A3 format with the easy Sudoku and the explanation of how to solve it. They are given a treat and can start solving the Sudoku immediately.
5. Some time later, the marked group gets the other Sudoku, the more difficult one, in A5 format, without further explanation. They are given no treats, and may find places on the floor at the side of the room.
6. The first group that solves the Sudoku and hands you the solution gets another treat.

Jammin
Board



ARTS



NFE



INCLUSION

Debriefing:

- Was this a positive experience or a negative experience?
- Did you experience positive emotions or negative emotions?
- Was the emotion that you felt perceptible in the body?
- What was the trigger for the emotion?
- What emotions did you go through?
- Can you name them?
- How could you see the emotions of others?
- Did you have control over these emotions?