

## LABELS

|                              |  |
|------------------------------|--|
| <b>This is</b>               | A planning activity in which participants treat each other differently based on written labels they wear on their foreheads  |
| <b>The purpose is</b>        | Participants learn firsthand how it feels to be treated a certain way because of generalizations or prejudices. They learn how this hampers good communication   |
| <b>Use this when</b>         | The group needs to appreciate the diversity of its members better. Individuals are approaching each other with preconceived notions about them. Labels and prejudices are getting in the way of communication and collaboration.   |
| <b>Materials you'll need</b> | A set of six labels for each group. Labels should be large enough that participants can read them from several feet away.<br>Labels can be directive or simple.<br>A sample is attached.   |
| <b>Here's how</b>            | <ol style="list-style-type: none"> <li>1. Divide the group into teams of six.</li> <li>2. Distribute a set of six labels to each team, face down.</li> <li>3. Each team member sticks a label on the forehead of the person next to him/her.</li> <li>4. All participants can read what is on each person's label, but not their own. Do not tell anyone what is on his/her own label.</li> <li>5. Give the teams a task to plan (a community service project or fundraiser).</li> <li>6. As they discuss, they must respect the label each participant is wearing. React and respond according to what it says.</li> <li>7. After 7 minutes, even if the task is not complete, stop the teams and discuss.</li> </ol> |
| <b>Ask these questions</b>   | <p>What happened? Did you accomplish the task? Why or why not?</p> <p>How satisfied are you with the outcome? Why?</p> <p>How did you feel about treating people with these labels? Did it get easier over time? Why?</p> <p>How did you feel about the way you were being treated? What was your reaction then?</p> <p>How does this activity related to our chapter?</p> <p>Have each group member guess his/her label before ending the activity.</p>   |
| <b>Tips for success</b>      | <p>Use your judgment in dividing teams, some groups may have more or less than 6 members.</p> <p>Some people may be reluctant to adhere to the label. As you observe, encourage participants to take the labels they see to heart and act accordingly.</p>   |
| <b>Try these variations</b>  | <p>Try different labels or different combinations of labels with different teams to explore various themes or dynamics</p> <p>Precede this activity with an activity to reinforce creativity and individuality. Have each participant make a paper hat from newsprint. Then affix the labels to their hats and have them wear them for this activity.</p> <p>Make the labels represent different roles on a project.</p> <p>Have only one group of six to eight participants with labels do the task, while the rest of the group observes.</p> <p>Have the team discuss a real chapter-related issue or problem during the activity.</p>  |