

JUST BY LOOKING AT ME

The Purpose of This Activity

This activity will allow participants to disclose some personal information that they may not have had the opportunity to share yet. The goal is to demonstrate that there is much more to a person than what comes out in face-to-face encounters.

Goals: To begin to understand the importance of looking beyond appearances, encouraging self-reflection, and allowing for meaningful group dialogue. This also encourages participants to ask meaningful questions and find out more information about their peers.

Estimated Time

2-3 minutes each participant + 15 minute debrief

Materials

None

Introduction

When we allow ourselves to judge someone based on their appearances, we miss out on getting to know the real person and important information about them. “Just By Looking At Me” allows us to disclose a piece of our identity that is not “obvious” to others. You will also be asked to share why certain parts of your identity are important for you to disclose.

How to Play

1. Form a circle with chairs or sitting on the floor if participants are able.
2. Participants will be asked to say the following prompt: “My name is ____ and I am from _____. One thing you cannot tell just by looking at me is _____. This is important for me to tell you because _____. ”
3. For students with different learning and remembering capabilities, it will be useful to write this out on a sheet of paper to pass around as a “script.”
4. Demonstrate the prompt by filling it in and reciting your own to model the exercise.
5. Allow participants to share their own after emphasizing listening skills and respect.

Suggested Debriefing Questions

1. What are 1-2 words that describe what this activity was like for you?
2. How did you feel when you said your statement?
3. How did you decide what to share about yourself?
4. Did any of your peers’ responses surprise you? Why?
5. How can you find out meaningful information about your peers in the future? What is the value in that?

Things to Consider

- Participants can choose to disclose high or low risk responses. Be open to anything that participants may want to share, and encourage them to say what is important to them at the time of the activity.
- Depending on group size, you can have participants share 1-2-3 things, etc.