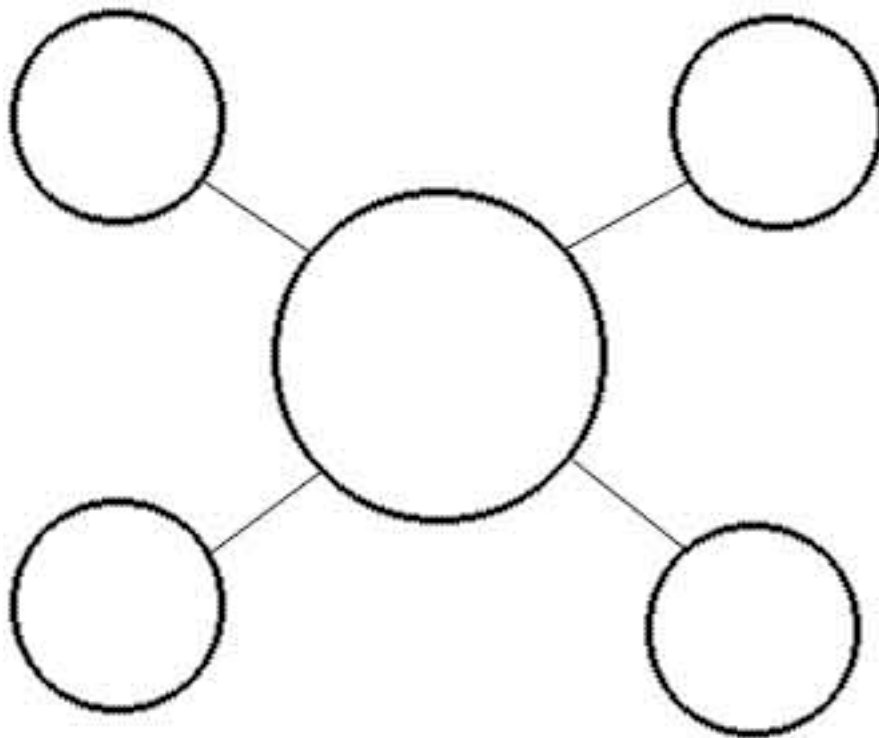


Energizers

The following Energizers can be used to build awareness and to get your group to talk about culture and identity.

Circles of Me

Instructions: Place your name in the center circle of the structure below. Write an important aspect of your identity in each of the satellite circles -- an identifier or descriptor that you feel is important in defining you. This can include anything: Asian American, female, mother, athlete, educator, Taoist, scientist, or any descriptor with which you identify. Four circles are provided, but if you have more aspects you would like to name/discuss, add additional circle(s).



Share

1. Share a story about a time you were especially proud to identify with one of the descriptors you used above.
2. Share a story about a time it was especially painful to be identified with one of your identifiers or descriptors.
3. Name a stereotype associated with one of the groups with which you identify that is not consistent with who you are. Fill in the following sentence:
I am _____, but I am NOT _____.

(For example if one of my identifiers was “Christian,” and I thought a stereotype was that all Christians are radical right Republicans, my sentence would be:

I am a Christian, but I am NOT a radical right wing Republican.

4. If time allows, discuss your 4 or more aspects of your identities and why you chose those.

Source: <http://www.edchange.org/multicultural/activities/circlesofself.html>.

Tell Your Story Timeline

Instructions: Using your poster board or flip chart piece of paper take 10-12 minutes to write or draw your own story. Be as creative as you can. Reference significant events in history and your everyday life that have been part of your path, so far. Remember, challenge by choice. Go as deep as your are comfortable and willing to share thus far with your group.

After you have completed your story, you will have 3 minutes to share your story with your cluster. The Staff and Peer Facilitator should go first. After the exercise, we will post everyone’s story around the room for the rest of the retreat.

Walk a Mile in My Shoes

This activity expands on the theme of predicting and empathizing. Adapted from I can make Change™

Instructions: Split in groups and handout the shoe handout to each person or for other visuals you can use worn shoes or photographs.

Allow students to examine the shoes and make predictions. Fill in the blanks on the form. If using photographs or old shoes, have students make predictions about the shoes, such as:

- Where might the shoes have traveled?
- What hardships might the owner have experienced in those “shoes?”
- What joys might the owner have experience in those “shoes?”
- Who could have owned the shoes?

After students have the opportunity to discuss in their groups, ask students to write about the owner of the shoes. Students should tell the story of the owner of the shoes and explain what he/she may have gone through.

*See next page for handout.