

## Labels Activity

### What is it?

The purpose of this object lesson is to create engagement with your audience while addressing various topics for your discussion. Facilitators are able to customize their focus based on the chosen teaching points, but generally, this activity helps to create safe space to address issues of personal rejection and larger societal issues of race, bullying and stereotypes.

Time: 20 min activity  
30 min discussion

### What materials will you need?

You can use anything from post it notes to regular size paper. The smaller size is just as effective. You will also need paper and pens/pencils for those participants who will be recording their thoughts down on paper. Optionally, you can provide an audio blue tooth or small speaker, to play music in the background, while participants implement the directions.

### Directions:

Facilitator: After you have decided on your focus points, you will draw on pieces of post it notes or paper four different symbols, i.e., circles, triangles, squares and one X. The symbols and X represent different groups. Depending on how many are in your audience, provide each participant with a symbol and one person with the X. To capture the outcomes, make sure you identify at least 3-5 participants to observe behavior and capture their thoughts and observations. As the facilitator, will provide only the following direction: "Figure out what you are supposed to do, based on what you see." Give the participants between 5-10 minutes to interact while a group captures their interactions.

Discussion: Depending on your time allowance but minimum 30 minutes as well.

### Guiding Questions:

1. What did we see?
2. What were some specific actions done to other groups?
3. What jokes did we hear?
4. Where do we see this play out in real life circumstances?
5. How did it feel to be the X?
6. Has anyone ever experienced feeling like the X in real life? If, the atmosphere is right and the person is open, please have them share a real scenario. They can leave out personal names of the people they have experienced pain from. 5 min
7. Where do we see people being labeled based on what we see and how they look?
8. Where do we learn these behavior from?
9. What does the Bible say about the alien and the foreigner?
10. How should we as Christians treat others in light of this activity?