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## Labels

Mon, 02/09/2013 - 10:42 -- SALTO EuroMed

### **Type of tool:**

Activity

### **Duration:**

30-60 min

### **Topics addressed:**

Anti-racism

Social inclusion

**There is a strong relationship between what is expected of us and how we behave. Using labels, the tool encourages a discussion about the effects of stereotyping people in order to raise awareness of the effect of our own behaviour on others.**

### **Aim:**

This tool is for participants working on stereotypes.

### **Step by step process:**

Write one characteristic on each label: lazy, clever, sleepy, shy, selfish, stupid, playboy, funny, slow, cute, hyperactive, friendly, childish, dictator, aggressive, easy to manipulate, boring, sad, happy;

Decide one task for the group: create a symbol/sculpture cooperatively regarding the image of minorities in Basque country;

Place one label on each participant's forehead but don't let them know what's written on it;

Explain the task to the group and they must treat each other according to the labels, without ever using the word on the label & without telling them.

### **Debriefing:**

Start by asking people if they could guess their label and then go on to ask about:

- How did each participant feel during this activity?
- Was it difficult to treat people according to their labels?
- Did anyone begin to "prove" their label?
- Did someone labelled "witty" begin to tell jokes and behave more confidently?
- What sorts of labels do we put on people in real life? How does it affect them and how does it affect the way we think about them?
- In real life, who are given some of the labels used in this activity? Do they reflect the reality or are they valid?

### **Materials and resources:**

- 6 blue sticky labels;
- 6 yellow sticky labels;
- 6 white sticky labels;

- 3 red sticky labels;
- 2 black sticky labels;
- 1 green sticky label.

**Rating:**

No votes yet

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