



## Inside/Outside

### **Belonging:**

Feeling like you are part of a group while knowing you are special for who you are.

### **Objective:**

Students will be able to create a visual representation of how they believe others see them and how they see themselves.

### **Materials:**

Brown paper bags; small pieces of paper; markers.

### **Steps:**

- Have students decorate a brown paper bag with words that describe how they believe others see them (e.g., loud, class clown, football player).
- Invite students to write down characteristics of who they really are on slips of paper and put them inside the brown paper bag. Encourage students to write down information that their classmates may not know. Each student should write at least three characteristics.
- Ask students to sit in a circle and place the bag so that others can read the words on the outside of the bag.
- Next have students pull out the slips of paper and read aloud who they are on the inside. Each person should read one at a time.

### **Personal Reflection:**

Instruct students to write an advice column for other students. They should answer the question: How can we be more accepting of others and stop judging others before we get to know them? Encourage them to include tips on how students can really get to know someone. Suggest they share an experience when they were judged or labeled before or when they have judged someone else.

