


THE UPS AND DOWNS OF DIVERSITY*

▶ ABOUT THIS ACTIVITY

 **Time:** 5-10 minutes

 **Objectives:** By the end of this session, participants will be able to:

- Have a respite from heavy brain work.
- Physically release some tension.

 **Materials:** None

 **Preparation:** None

Instructions

1. Tell the group that you will be reading off a list of groups to which participants might belong. As you read the list you would like them to stand up if they belong to a particular group, if they wish. If they do not want to, they do not have to. As each group stands, the others will give them an enthusiastic round of applause.
2. Choose from and add to this list as appropriate:
 - Firstborn children
 - Middle children
 - Youngest children
 - Only children
 - Adopted children
 - Parents
 - Adoptive parents
 - Twins
 - Vegetarians
 - People with divorced parents
 - People of African heritage
 - People of Hispanic heritage
 - People of Native American heritage
 - People of European heritage
 - People of Asian heritage
 - Members of AA, NA and other recovery groups
 - Gay men, lesbians, parents, friends and allies of gays and lesbians
 - Anyone with a personal or family history of mental illness
 - Anyone with HIV or who has a family member with HIV
 - Left-handed people
 - Bilingual people
 - Trilingual people
3. Process briefly by asking:
 - How did it feel to be acknowledged? To acknowledge others?
 - What do you think the point of this exercise is? (If no one “gets it,” make sure the point is made that this may be the first time someone was affirmed or acknowledged for something that frequently makes them just feel “different.” Differences are normal and add to a group.)

* This module is part of the online toolkit Building Blocks to Peer Success. For more information, visit http://www.hdwg.org/peer_center/training_toolkit. This module comes from the Lotus Women's Peer Education Training Manual, Center for Health Training and Women Organized to Respond to Life Threatening Diseases (WORLD), 2008.