

## BREAK ACTIVITY: “Labels Stick”

SUPPLIES NEEDED: Post-it notes with roles/labels written on them

Put one label on each person’s back, as they re-enter the room from BREAK.

Possible labels:

spoiled	cute
genius	shy
“big mouth”	bully
responsible	messy
athlete (jock)	crybaby
handicapped	druggie
trouble maker	giggly
brat	class clown

Add other words as needed.

INSTRUCTIONS: Mingle with each other (use timer for about a five minute exercise). React to others according to their label. DO NOT tell others what their labels are; simply treat them according to their role.

PROCESS:

How did you feel?

Who thinks they had a negative label? How did that feel? What did you consider doing, because of how you were treated?

Who thinks they had a “positive” label? How did that feel? Did you feel pressured? Are “positive” labels always a good thing?