

Dot to dot

Age	9+
Duration	30 minutes
Group size	6+

Overview

A short activity to raise awareness of the feeling of those who experience exclusion or bullying.

Objectives

- To empathise with people who are excluded
- To challenge the participants' idea of bullying

Materials

- Stickers in different colours, pens and post-it

Step-by-step instructions

1. Ask the group to stand in a circle.
2. Ask the participants to close their eyes. Then put a coloured sticker onto everyone's forehead, dividing up the colours so that there is one participant on its own. For example: 7 reds and 1 blue or 3 greens, 2 oranges, 4 reds and 1 yellow.
3. Then ask the participants to open their eyes again and to group themselves into their colours by saying "No talking, organise".
4. Leave the group to organise themselves into their different coloured groups without talking.
5. Ask when they are done. They can then take their stickers off the forehead to see which colour they had.
6. Ask:
 - How do you feel about this grouping? Are you satisfied? Why (not)?
7. You can repeat the exercise but switch the stickers around so that the lone participant is part of a group and there is a different person on their own. This time you can use a funny sticker for the lone person to make them appear more different.

Debriefing

- How do you feel now? Are you satisfied with this grouping?
- Why are you grouped like this?
- Why is there a person on their own?
- How does it feel to be in the big group?
- How does it feel to be the lone person?
- Would there have been other ways to group yourself?
- Does this happen in real life? Which real situations could this symbolise? Why do these situations happen? *Write down their answers on a flipchart.*
- Who do you think is usually left alone?
- How can we organise ourselves differently in real life so that no one is left alone?

Tips for facilitators

- You could pick out the "leaders" of the group to be the lone participant. Observe how they react out of their "comfort zone".
- Don't explain that this is an activity about bullying.
- You could have several people who are alone with their colour.