Energizers

Better Together

Age Duration Group size

6-12

10-15 minutes

8+

Overview

A game where the group forms two groups based on whether or not they have common interests; making children realise that similarities go beyond gender differences.

Objectives

- To allow participants to realise that they have similar and different interests
- To help and encourage participants to understand that interests go beyond gender differences
- To begin the process of learning about gender

Materials

Music and music player (you could play the Jack Johnson song 'Better Together')



Step-by-step instructions

- 1. Ask the children to dance around the room on their own or in small groups whenever the music is playing.
- 2. Explain that when the music stops, you will shout out a question. If the answer is 'yes' then they have to form a group with all the other people who answered 'yes.' Once the group is formed, the children can all hug or hold hands. When you shout 'better together' then everyone should group together in one big group. Ask the children to try and notice who else is in their groups whilst they play the game.
- **3.** Play the music and shout out a different question each time the music stops. You can choose your own or use some of the example questions below (try to get a mixture of questions that are concerned with gender stereotypes and gender-neutral questions):
 - Do you like bananas?
 - Can you ride a bike?
 - Did you have bread for breakfast?
 - Are you wearing anything red?
 - Do you like reading?

- Do you have brown eyes?
- Do you like playing football?
- Do you have long hair?
- Do you have a sister?
- Do you like cooking?

Debriefing

- Who else was in your groups? More girls or more boys?
- Did it make a difference if you are a boy or a girl when choosing your groups?
- Were you surprised by how many differences there were in the group as a whole?

Sum up that everyone has different things they like and do not like; things they can and cannot do and everyone has different physical characteristics. Explain that we have many more differences and similarities than being a boy or a girl and these differences and commonalities are usually far more interesting!

Tips for facilitators

If a child is alone in the centre or on the outside they may feel excluded or hurt. If this happens, join the child who is alone.