

just by looking at me

Purpose: Demonstrate that there is much more to a person than what may meet the eye. Understand the importance of looking beyond appearances, encourage self-reflection, and allow for meaningful group dialogue. Encourages participants to ask meaningful questions and find out more about peers.

Time: 2-3 minutes each participant + 10-15 minute debrief

Introduction: When we allow ourselves to judge someone based on their appearances, we miss out on getting to know the real person and important information about them. This exercise is called "Just By Looking At Me", and it allows us to disclose a piece of our identity that is not "obvious" to others. You will also be asked to share why certain parts of your identity are important for you to disclose.

How to Play: Form a circle with chairs or sitting on the floor if participants are able.

Participants will be asked to say the following prompt:

"My name is ___ and I am from ____. One thing you cannot tell just by looking at me is ____. This is important for me to tell you because ____."

Demonstrate the prompt by filling it in and reciting your own to model the exercise. Allow participants to share their own after emphasizing listening skills and respect.