

Inclusion... Exclusion...

Age:	9-10 years old
Time:	15 minutes
Location:	Indoors/Outdoors
Group Size:	10-20
Activity Level:	Moderate to active
Materials:	Multicoloured stickers or coloured cardboard
Principal Value:	Inclusion
Other Values:	Respect for diversity, acceptance



Reference

Prepare for this activity by consulting the **User's Guide** for instructions, *How to use this toolkit* (p. 8), and descriptions of *inclusion* (p. 14), *respect for diversity* and *acceptance* (p. 15).

Purpose of the game

To concretely experience inclusion and exclusion in different ways. In addition to contributing to the development of empathy, this activity aims to sensitize children to the difficulties faced by people who are regularly excluded or marginalized (e.g. some kids in a group, homeless people, and people with disabilities) and to foster attitudes and behaviours that reflect inclusive practices.

Object of the game

To form groups of children according to shared elements based on the instructions of the game leader.

This game can also be used to form teams.

Note: In order to increase the impact of the game, it is important not to reveal to the children the results that you are seeking, i.e. to have them experience inclusion and exclusion.

How to play

This activity takes place in 2 stages:

Stage 1: Inclusion

1. Prepare the coloured stickers. The total number of stickers should equal the number of players, but there should be 2-6 different colours
2. Ask the children to form a circle with everyone facing the outside of the circle.
3. Ask the children to close their eyes and tell them that you will be placing a coloured sticker on their foreheads. Every child will know the colour of the other children's stickers but not their own.

4. Ask the children to walk around the play area. At your signal, tell the children to group themselves with children with the same colour sticker. They must do this without speaking. If, for example, you have used 3 different coloured stickers, the children must form 3 groups as quickly as possible. Make sure every child is included in a group.
5. Once the groups are formed, start the game over by putting a new sticker on every one's forehead. This time ask the children to form groups where everyone has a different colour sticker. Again, make sure every child is part of a group.
6. You can go further with the experience by repeating the game a third time. This time, distribute stickers so as to form groups of different sizes. For example, if you have 15 players, distribute 9 blue stickers and 6 green ones. Once again, make sure that every child is included in a group.

Stage 2: Exclusion

1. Repeat the game a fourth time, placing new stickers on the children's foreheads. This time, distribute the stickers in order to form 2 groups of around the same size. However, make sure that one child is excluded by giving them a colour that is different from the others. For example, if you have 15 players, distribute 7 blue stickers, 7 green stickers and 1 white one.
2. Observe the different reactions.

Reflection

Start a discussion on exclusion and the children's experience when they were the victims of exclusion or were responsible for it.

- How did you feel when you found a group of people you could join?
- How did you feel when you couldn't find a group to join right away? Were you afraid that there was no group for you?
- (To the child who was excluded in Stage 2 of the game) How did you feel when all the every group rejected you?
- Have you ever had similar experiences at school, at camp or with your friends?
- Have you ever excluded friends, telling them that they could not play with you?

Complementary games which promote inclusion

See Activities 18, 19



You can download other games from the following website:

<http://www.equitas.org/toolkit/>