

Diversity Activities

Insider/Outsider

Objectives

To develop empathy for individuals outside the mainstream and find ways to help them feel accepted.

Time

10 - 15 minutes

Materials

- Paper
- Pens

Instructions

1. Distribute paper and pens.
2. Ask participants to answer the following questions. They will not have to share the answers unless they want to.
 - Has there ever been a time in your life when you felt like an outsider?
 - Was there anything that helped you feel accepted?
 - If not, what could someone have done to make a difference in your situation?
3. After participants have had a few minutes to write, ask if anyone would like to share their story. If no one volunteers, move on.
4. Ask participants to brainstorm qualities that could set a person apart from the mainstream and make them feel like an outsider (e.g. disability, mother tongue, income...). Write responses on a whiteboard or flipchart.
5. Ask participants to list specific things they can do in the workplace to make others feel like insiders.