

Activity 5

Exploring identity

Aim: To help children understand that we all belong to different groups. We have some things in common with others but we also have different abilities and qualities that contribute to our uniqueness as human beings. **Time:** 20 minutes. **Age:** 5+. **What you need:** Large open space, eg hall or gym.

What to do

Ask the children to stand in a circle holding hands. Call out a characteristic or description from the list (right). Any child fitting that description should come into the middle and form another circle (if possible) then return to the original circle.

Now ask the children to suggest characteristics, and repeat the process.

Discussion

- Did the groups in the middle always have the same people in them?
- Did boys and girls belong to the same groups?
- Can you always tell a person's characteristics just by looking at them?
- Were groups always the same size?
- Are children all equal?
- Which group surprised you most?
- Was anybody ever left out? How did that make them feel?
- What are the good things about belonging to a group?

CHARACTERISTICS TO CALL OUT

Boys

Children with more than three brothers and sisters

Children wearing glasses today

Children who love *Charlie and Lola*

Children who love *Thomas the Tank Engine*

Tall children

Children who don't like football

Very kind children

Children with a pet cat

Children with a pet crocodile

Children who like chocolate

Very noisy children

Children who know the meaning of their first name

Children who can speak another language

Children with hair past their shoulders

Children who have been to another country

Children with a birthday in the summer

Children who go to school

Children who sometimes wear special clothes



Source: *Our World Our Rights*, Activity 13.

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