

Activity Name: Breaking Stereotypes

Instructions: Reflect & write 10 minutes

- 1 Name a few things that are true about you above, at and below the waterline.
- 2 Choose one of your identities that DOES NOT Fit a common stereotype. Explain.
- 3 Is there a time or story about a time you were a stereotype? How did it make you feel? How did you handle this situation? or write a just because poem
4. Do you ever find yourself stereotyping others? How do you pause and see people for who they really are?

Purpose: To develop empathy, self reflection and build understanding

Materials: Journaling materials (paper, pen, computer, etc)

Visuals:

