

### Exercise 3

#### What are stereotypes?

1. Divide the group into two teams and give each team a set of index cards with different groups of people written on them. Make sure the cards are mixed up so that each team has a variety of different groups.
2. Explain to the children that sometimes people make assumptions about others based on their appearance or occupation. These assumptions are called stereotypes, and they can be harmful because they don't allow us to see people as individuals with unique characteristics and talents.
3. Instruct each team to work together to come up with as many positive traits as possible for each group of people on their cards. For example, if a team has the "artists" card, they might write down traits like "creative," "imaginative," "expressive," "talented," etc.
4. Set a timer for 5-10 minutes and allow the teams to work on their cards.
5. After the time is up, have each team share their list of positive traits with the other team. Encourage the other team to ask questions and offer feedback on each group's traits.
6. Next, have each team switch cards with the other team and come up with as many negative stereotypes as possible for each group of people on their new cards. For example, if a team has the "scientists" card, they might write down stereotypes like "nerdy," "awkward," "antisocial," "weird," etc.
7. Set a timer for 5-10 minutes and allow the teams to work on their new cards.
8. After the time is up, have each team share their list of negative stereotypes with the other team. Encourage the other team to ask questions and offer feedback on each group's

stereotypes.

9. Finally, ask the group to reflect on what they learned about stereotypes and how they can apply this knowledge in their daily lives to avoid making assumptions about others based on their appearance or occupation.