

# 1. AWARENESS: THE REALITIES OF SOCIAL EXCLUSION

## 1.1. OUTSIDERS

### Aim

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An interactive exercise exploring the effects of exclusive grouping on an individual while exploring how we react to experiences of rejection and what it feels like to belong to a group.

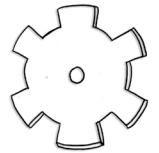


 <p><b>Time needed</b> 10 minutes</p>	 <p><b>Resources needed</b> None</p>	 <p><b>Group size</b> Minimum of 12 people</p>
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### Step-by-step description

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1. Ask someone to volunteer to leave the room. The remainder of the group should divide themselves into groups according to some agreed criterion – for example, hairstyle, eye colour, type of clothing, height or accent. (three minutes)
2. The outsider is called in and guesses which group they belong to. They must state why they believe that group is their group. If the reason is wrong they may not join, even when they have picked the correct group. (four minutes)
3. Continue with a new volunteer, giving as many participants as possible an opportunity to go outside, subject to time.



### Reflection and evaluation

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How do we behave when we belong to a group? Is it easy to reject outsiders? Is it enjoyable? Do we empathise with the outsider or do we enjoy our power? (three minutes)

### Some further tips

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This exercise focuses on the feelings and experience of being rejected rather than on communication. It can be used to focus a discussion on prejudice and how we react to belonging or not belonging. It could be developed into a study of personal experiences.

