

 **AIM:** Diversity on the individual level

 **Participants:** 5 - 15

 **Duration:** 20 – 30 minutes

 **Required Material:** empty room for the participants to be able to relax on the floor.

 **Category:** Dialogue exercise / inter-cultural

## OBJECTIVES

### Aim of the exercise

- A. The participant understands differences on an individual level.
- B. The participant compares her/himself to her/his family members and notices the natural differences among them.
- C. The participant concludes that the difference is just the way life is and a general law.
- D. The participant expresses her/his individuality and what characterizes her/him from others.
- E. Defend the right to be different and the uniqueness of each person

## THINGS TO CONSIDER

The facilitator makes sure to raise several points of difference that would lead the participants to think on an individual level.

<b>STEPS</b>	
<b>Preparation</b> (5 minutes)	The facilitator asks the participants to relax on the floor, to close their eyes and to think individually about the three main sources of difference or diversity within his/her family (gender – skin colour – temper – dreams and ambitions – taste in food – political thinking – dress code...)
<b>Activity</b> (10 minutes)	Every participant expresses the three main individual differences (in his/her family) that she/he classifies as a priority
<b>Evaluation</b> (5 – 10 minutes)	The facilitator asks participants to share something new they learnt about themselves and about others, the differences about themselves and others need valuing and compassionate attention.
<b>Conclusion</b> (5 minutes)	Every person represents a value due to his/her genuine dignity, uniqueness, and special personal experience, which enriches his/her community and society. Being aware of individual and collective uniqueness is a main factor for assuming personal identity, differentiating it from other identities. It is not enough for a person to discover that he/she is different; he/ she should be aware of what differentiates him/her and be able to express his/her difference.