

EXERCISE FOR UNDERSTANDING EXCLUSION AND DISCRIMINATION	
Name	Odd one out
Project moment	Awareness Raising Workshops
Target group	Mentees and peers, participating in the workshops
Goals	Understanding the feeling of being accepted as well as excluded from a group and how this relates to discrimination
Methodology	<p><i>Duration: 40 min.</i></p> <p><i>Description:</i></p> <p>Step 1: Participants receive a label each stuck to their backs. There are: 6 blue labels, 6 yellow labels, 6 white labels, 3 red labels, 2 black labels, 1 green label. They do not know the colour of their own label.</p> <p>Step 2: They are instructed to get into groups with others who have the same colour as their own. No one may talk; they may only use nonverbal communication. Once groups have been formed, discuss the process with participants.</p> <p>Step 3: The participants are asked to form groups of 4, having different colours. Once groups have been formed, discuss the process with participants.</p>
Resources	Materials necessary: colour paper squares, tape
Description of development	<p>During Step 2, the participants with less common colours – and especially the one who alone has the green label – feel left out and unwanted.</p> <p>During Step 3, the few people with a different colour are “wanted” in each group, especially the only person who has a green label.</p>

Recommendations

The number of each colour represented varies according to group size but ratio should be followed, especially make sure to have a single green label.