

MATES Junior Activity Resource Guide

Goal: **Broadened Worldview**

Activity Type: Individual or pairs
Relationship Stage: Mid-late

Activity Name:

"Circles of my Multicultural Self"

Objective:

To challenge negative stereotypes and accept positive characteristics of mentees cultural identity

Preparation Time:

5 minutes to create template

Activity Duration:

30-40 minutes

Required Material:

- Circles template on A3 paper
- Pen/pencils

Instructions:

- Create the activity template: fold the A3 paper in half and on one side, draw a circle in the centre of the page, with 6 circles around it.
- Each person writes their name in the central circle. In each satellite circle, write in an aspect of your identity (e.g., ethnicity, religion, gender, class, family member, etc).
- On the other half of the page, each person writes down a stereotype of one part of their identity which they do not think is accurate for them using this form: "I am (a/an) _____ but I am NOT (a/an) _____"
 - E.g., I am a girl, but I am not weak/stupid/a princess, or I am Māori, but I am not lazy/a criminal
- Each person then shares the stereotype and why they do not think it suits them.
- If you want to, try doing a second critique in that form and discuss again.
- Finish off by doing a quick 2-3 minute brainstorm of what is great about each of these aspects of identity, and sharing your ideas.

Further Notes:

- Dealing with stereotypes can be difficult, so this is best suited for relationships which are already established.
- This can be done between mentor and mentee, or even between two mentees who are comfortable doing this together (with oversight from a mentor).