

PEACE DAYS ACTIVITY 2022

Introduction

Inclusive and rights-respecting communities are places where all young people, without distinction, feel like they belong, feel respected and feel happy. They are communities where young people can share their ideas and opinions, practice their culture, express their identity, and actively participate in making decisions that affect their lives.

Goal of the activity

The purpose of this activity is to develop empathy and respect for diversity as well as to foster inclusive and rights-respecting actions. This activity explores the right to be treated fairly and the responsibility to be inclusive of others. By having children experience and discuss exclusion, the activity encourages them to take action for equality and inclusion, as a step toward addressing racism and other forms of discrimination.

Discussing exclusion, racism and discrimination

The activity asks participants to think about situations of racism and discrimination, to explore what it feels like to be treated unfairly, and to discuss how to adopt more inclusive behaviors. As the activity unfolds, some participants will be excluded from part of the activity. It is okay if some of the group members who were eliminated are sad or unhappy; this is an important part of the activity. Talk about their feelings together during the group discussion. The group discussion is also an opportunity to discuss their individual and collective actions and the impact this has on others.

It is essential to facilitate the group discussion as soon as the activity is over so children can debrief the activity, any feelings that arose, and share their solutions for change. It is also important to have established strong relationships with the children in the group and to ensure a safe space exists for them to participate in the activity and the subsequent discussion.

Exclusion by numbers

Age	6 +
Time	20 minutes
Materials	None
Values	Respect for diversity, acceptance, inclusion, respect, responsibility
Life skills	Empathy, self-awareness

About this activity

The participants form small groups of different sizes, according to a given number. Then, in the group discussion, they think about the importance of inclusion and identify ways to make sure no one in the group feels excluded.

Instructions

1. Ask everyone to move around in the play area.
2. Explain that different people may be left out at times during this activity in order to explore different feelings.
3. Instruct the group on how to walk: like an elephant, like frogs, on tippy toes, taking giant steps, etc. *(for children — remember to adapt the activity to the age group)*
4. After a certain length of time, shout out a number that is smaller than the number of players. Everyone must then quickly form groups containing that number of people. Anyone who does not succeed in becoming part of a group at this point is eliminated for the next step (step 5).
In order not to overwhelm the children and to avoid upsetting them too much, you can invite those who are eliminated to come and stand beside you and help you decide on the next number to call out, or the next movement to use.
5. Now, ask the members of each group to form a huddle and to find something they all have in common. For example:
 - a. A sport they all play
 - b. An activity they all do
 - c. A dish they all dislike
 - d. A colour that all the members of the group are wearing
6. Invite everyone who was eliminated to rejoin the group.



7. Continue the activity for 10-15 minutes. This time, in step 4, use a different number to form small groups.
8. Move to the group discussion.

Variations

Music: Use music to create atmosphere during the activity. You may also want to stop and start the music throughout the activity. For example, stop the music to let the group members know when it is time to form groups.

Something fun: While the group members are in their small groups (step 5), give them something fun to do together. For example:

- Sit in a circle with all of their toes touching
- Sit in a row and pretend to be a train
- Make up a cheer
- Share some favourite dance moves



Group discussion



FEEL:

- If you were eliminated at any point in the game, how did you feel when it happened? How did you feel when you were able to join the activity again?
 - If you were never eliminated, how did it feel?
 - How did you feel about the fact that some people were included, and others were excluded?
-



THINK:

- Have you ever been excluded at school, camp or by your friends? Does anyone want to share their story?
 - Have you ever excluded friends by telling them they could not play with you? Why or why not? How do you think they felt when they were excluded?
 - Do you think it is fair that we exclude people because of who they are or what they look like?
 - Why is it important to include everyone in our group?
 - Why is it important to recognize that we can exclude some people without even realizing it?
-



ACT:

- What can we do to ensure that people who feel excluded are comfortable talking about their feelings?
- What can we do in our group to make sure no one is excluded?
- What can we do at school, at home or with friends to make sure all people are treated fairly, no matter who they are or what they look like, and do not experience racism, discrimination and exclusion?

Challenge

Invite group members to draw a picture of how they feel inclusion can help address racism. Invite them to present their drawing to the group.

This activity is adapted from Equitas International Centre for Human Rights Education's *Building Inclusive Communities: An action guide for young people* used under CC BY-NC-SA 4.0.

