



Activity Name	THE DRESS
Goals	Talking about difference and tolerance
Description	<p>Is this dress GOLD and WHITE or BLUE and BLACK</p> <p>Both are true.</p> <p>Show the images of the dress. People will see this dress coloured different. Both are right.</p> <p>Discover this together and talk about how surprising this is and what can this tell you about having a different vision on things and share your thoughts respectfully.</p> <p>And another way is with the letter M and W.</p> <p>When I am on one side, I will always say, this is an M. The person from the other side will always say, this is a W. both are right.</p> <p>Train the group to convince the other with what you see, but don't tear down the opinion of the other.</p>
Type of activity	ice breaker/groups discussion
Duration	10 minutes
Space & Materials	https://en.wikipedia.org/wiki/The_dress
Learning Outcomes	Participants will experience that what I see is not the only way to see things.
Module	Recognising our own contributions to hate speech and bigotry
Source	Human Library Rozet training human books

Module 2 - Unit 1

Through your glasses



Activity Name	Imagine this
Goals	Learn about our own limits and judgements/subconsciousness
Description	<p>One person tells a story, the others close their eyes.</p> <p>The story told is and flat description of a crowded park. For example:</p> <p>At the park entrance, you see a parent with a child. The child runs to the ice wagon, where the seller sits at a chair in the sun, waiting for a customer. You see a couple in love and security in the other corner that looks at the entrance. Etc etc.</p> <p>When the story is finished, the storyteller asks how it was for everybody. Some could see clear, others maybe not.</p> <p>Then: how did everybody look like. Together with the storyteller, the group talks about the characters' appearance. You will see that many are the same. Even the very open-minded will discover how much we are pre-programmed in our expectations.</p> <p>For example, the parent with the child becomes a mother in most brains.</p> <p>The couple in love: a girl and boy, the security a man. Etc. etc.</p>
Type of activity	Storytelling/ ice breaker
Duration	10-20 minutes
Space & Materials	A written description of the park situation. Make sure that in this description, genders, sexuality and cultural divergence are taken out.
Learning Outcomes	<p>Being aware that making assumptions is a natural thing.</p> <p>Being aware that it is possible to train your open mind, once you know how your brain works</p>
Module	Recognising our own contributions to hate speech and bigotry
Source	Human Library Rozet training human books