

Identity Explorer

Use this activity to start thinking about issues related to identity and diverse communities.

1. Think of yourself as the cover of a book. What would others notice based just on what they can see when they look at you?

Your gender?

Your age?

Your race?

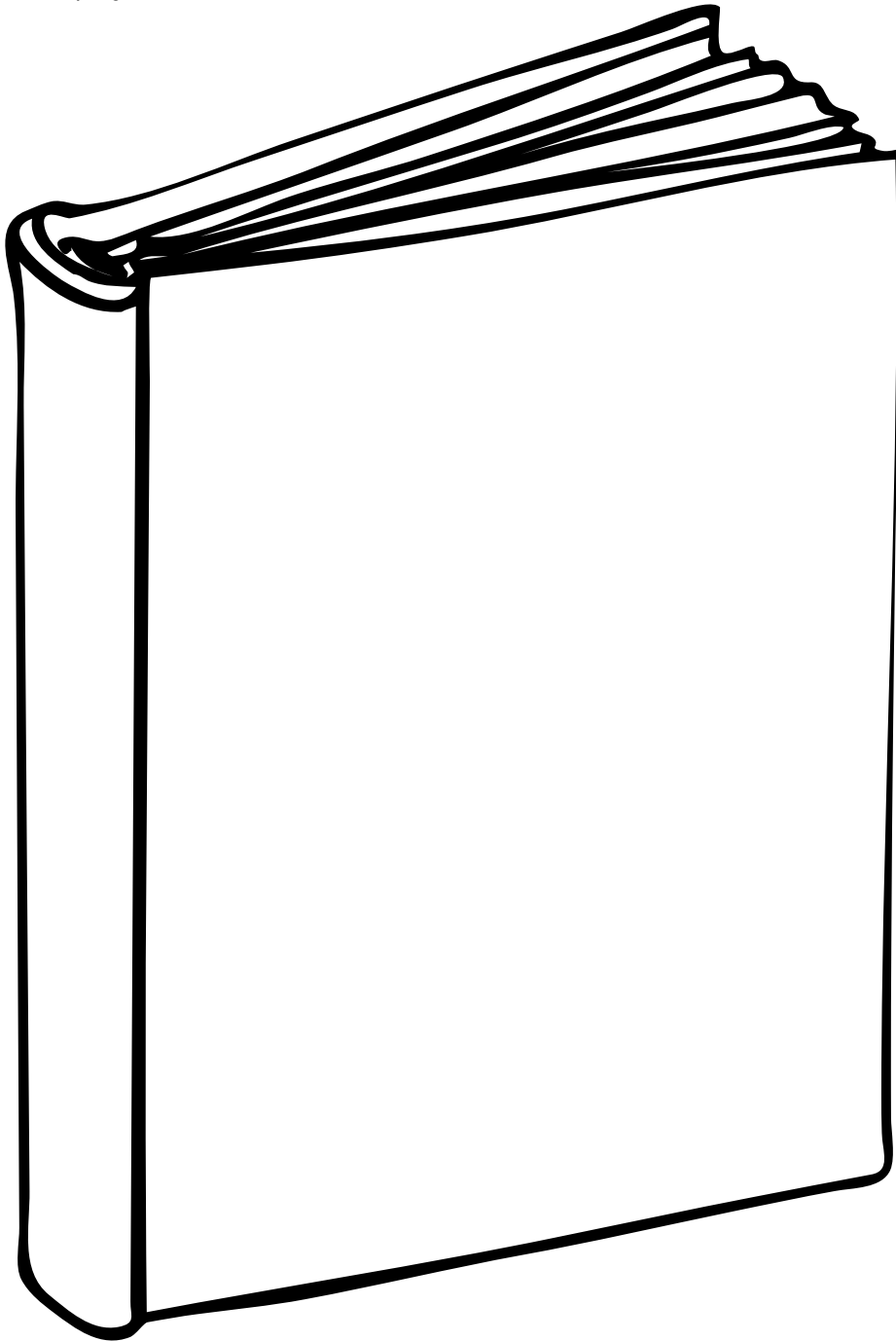
Other physical characteristics?

Your religion – do you wear any visible articles of faith?

Your membership in a group – do you wear any type of uniform such as a school or team uniform?

Your interests – do your clothes or accessories show your favorite band, athletic team, book, or other activities?

What other parts of your identity are visible?



Draw the cover of your book.

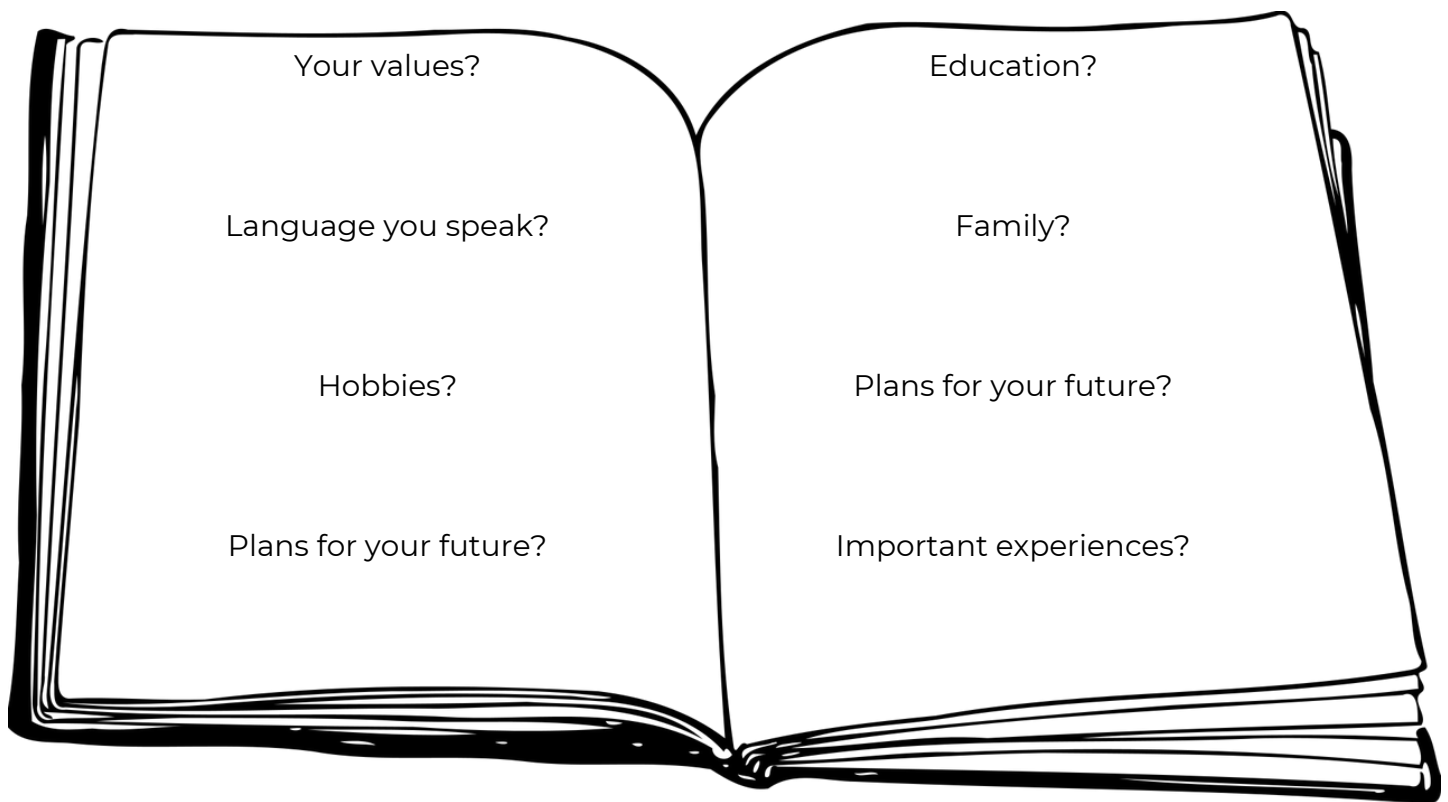


Kaur Foundation

Envisioning a society that promotes cultural awareness and inclusiveness for all.

2. Now, think of the contents of your book – what is inside that isn't visible on the outside? What important parts of your identity would not be visible on the cover?

Fill in the things about you that cannot be seen on the outside.



What else is not visible from the outside?

Reflection & Discussion Questions:

1. Compare the inside and outside of your book. What assumptions might people make about you based on what they can see on the cover? Are those assumptions accurate?
2. Are there ways that you (or other people) choose to show or hide parts of your identity based on visible appearance? How and why do you (or other people) choose which aspects of your identity to make visible?
3. What happens when we make assumptions based on someone's outward appearance? Should we 'judge a book by its cover'? How do you feel when you are judged on appearance alone?
4. How do stereotypes or biases play a role when we judge people based on their outward appearance?
5. How are people judged or perceived when they have visible articles of faith or other types of membership?
6. How can we make sure that we learn about who people are on the inside, not just who they seem to be on the outside?