

FAST FACTS



12+
People



45
Minutes



\$0



Med Risk
Level

Concentric Circles

(Adapted from Dr. Kathy Obear, Alliance for Change Consulting)

Purpose of Activity: To get students to understand their background and be able to share that with others so that learning takes place.

Objectives/Learning Outcomes:

By actively participating in this activity, participants will:

- Engage in authentic conversation
- Learn how to share their background and feelings

Materials Needed:

- Space big enough for the activity
- List of questions to ask the group.

Ground Rules:

- Be fully present and participate at your own comfort level – challenge by choice.
 - Follow up - What does it mean to be “fully present”?
 - Follow up - What does “challenge by choice” mean?
- Push yourself outside of your comfort zone – the most learning happens when we are a little bit uncomfortable.
- Listen respectfully, share air time, and encourage others to participate.
- It’s ok for us all to be at different places with the things we discuss today.
- Show respect for one another’s beliefs, values, and experiences.
- Respect and maintain privacy.

Disclaimer:

- This is an activity that will ask people to disclose some personal feelings. Be aware that those feelings may cause some emotions to stir.

Facilitation Guide:

- Start by gathering the group and having them count off to form two equal groups.
- Have the 1’s circle up facing toward the inside of the circle.
- Have the 2’s go inside the circle and find a partner they may not know.
 - You can always have the group rotate if the partners seem too familiar.
- Each partnership will talk for three minutes about a topic given by the facilitator.
- After both partners have spoken, have the inner circle rotate to the right or have the outer circle rotate to the right. This will ensure that there would be different partners each time.



FAST FACTS



12+
People



45
Minutes



\$0



Med Risk
Level

The following is the list of questions or statements to have the partnerships talk about:

1. Find 10 ways you are similar to your partner.
2. Find 10 ways you are different than your partner.
3. Talk about a time when you felt like you mattered.
4. Talk about a time you were treated as less than by someone or a group.
5. Think about a time you felt uneasy or uncomfortable about a group of people and then something happened and you shifted in your views. What was that turning point in your awareness? What caused you to be a little more open-minded?
6. Talk about a time when you saw something disrespectful and you spoke up to create greater positive change.

Discussion Questions:

- What did you notice as you tried to find similarities and differences?
- What happened that helped you feel you mattered? You were respected and valued?
- What were your feelings when you were treated less than? What did you do?
- What are some of the differences people have that tend to get treated as less than in society? on campus?
- Why would we do this activity? How does this relate to creating inclusive communities?
- What can you do to create inclusive communities?