

Charades: We Are All Unique

Purposes of activity:

1. To introduce the words and concepts associated with *unique* and *diversity*
2. To help participants start feeling responsible for taking care of their own bodies

Materials Needed:

- Small slips of paper
- Pens or pencils

Instructions:

1. Pass out 4 or 5 slips of paper to each participant.
2. Ask each participant to write down 4 or 5 things about themselves (one per piece of paper). Give them some ideas. For example: personality traits (usually being happy, funny, worried); things they like to do (playing basketball, reading, spending time with their grandparents); physical features (being tall or short, having long or short hair); home life (having sisters, living with their grandparents). Move around the room as they're writing to see if anyone needs help.
3. Collect all the papers and put them into a pile. *[Note: if you have a big group, consider breaking into two teams at this point.]*
4. Pick up one piece of paper from the pile and, without any talking, act out what it says. Have the group guess what was written on the paper. Then ask participants to raise their hands if that emotion, action or circumstance is true for them too. Point out that it's true for some people, but not everyone, in the room.
5. Now, ask for volunteers to act out what's written on the other pieces of paper (or until you've run out of time). Give as many people as possible a chance to act out the words. Keep reminding the group that many (if not all) of the personal descriptions do not apply to everyone.

Suggested Group Discussion:

1. Was it fun to be the person acting out the charade? Was it fun to guess? Why?
2. Did you learn something about the other people in the group?
3. Are we all just alike? Do we all like to do exactly the same things? Do we all act and sound just like each other?
4. Do you know what the word unique means? It means one of a kind. The game we just played shows how each person is unique. Not one of us is exactly like someone else. We're each a little different. We don't all like exactly the same things. We don't look exactly alike. We each have unique bodies and unique personalities. That makes it especially important that we each take care of ourselves and stay healthy. No one can replace us. We're each one of a kind. So, each of us has something different to contribute to our families, communities, and to the world. If we don't stay healthy, we won't be able to do that.
5. Have you ever heard the word diversity? That means that people aren't all the same. Life sure wouldn't be very interesting if we were all just the same. It would be worse than eating the same thing

for every meal, every day, every year or playing the exact same video game all day, every day for the rest of our lives. Without diversity, we'd probably get pretty bored.