

Activity: Social Identity Matrix



Purpose

To consider, individually, and as a group: What does it mean to show up as your authentic self? Who are you? What identities do you want to affirm in this space together?



Audience

Teams of adults and/or students



Suggested Time

10-25 minutes



Materials

Copies of the social identity matrix; one per person

Topic (minutes)	Details
Introduction (1 min)	Introduce the activity and pass out the handout.
Individual think time (5 min)	Individually circle your responses in each of the four columns. There can be any number of responses and columns can contain the same or different responses. Facilitation hint: Play music in the background during this time.
Individual selection (1 min)	Each person should individually select two identities they want to share and have affirmed in this space.
Share out (4 min+)	In each option, sharing is optional. Option 1: Whole group , have each member introduce themselves using the sentence stem, "I am name. I am <u>identity 1</u> . I am <u>identity 2</u> . Option 2: In trios , have each member introduce themselves using the sentence stem, "I am name. I am <u>identity 1</u> . I am <u>identity 2</u> . Option 3: Another size combination. Perhaps pairs then partner with another set of pairs, for example.

<p>Group reflection (5-10 min)</p>	<p>As a group spend a few minutes reflecting on the activity. Pick from the following questions to help prompt discussion/reflection.</p> <ul style="list-style-type: none"> • What surprised you about this activity? • How did this activity feel? • Did any ah ha's come up for you? • What was easy or hard?
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Identities that you think most often about	Identities that you think least often about
<p>Race Ethnicity Socio-economic class Gender Sexual orientation Age National origin First language Physical/developmental ability Religion/spiritual affiliation Other identity</p>	<p>Race Ethnicity Socio-economic class Gender Sexual orientation Age National origin First language Physical/developmental ability Religion/spiritual affiliation Other identity</p>
Your own identities you would like to learn more about	Identities that have the strongest effect on how you see yourself as a person
<p>Race Ethnicity Socio-economic class Gender Sexual orientation Age National origin First language Physical/developmental ability Religion/spiritual affiliation Other identity</p>	<p>Race Ethnicity Socio-economic class Gender Sexual orientation Age National origin First language Physical/developmental ability Religion/spiritual affiliation Other identity</p>

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