

# Left Out

**Introduction:** There are very few situations in a young person’s life that are more traumatic than being left out of the “in group” whatever that is at the moment. The wanting to belong is so strong that we see kids getting mixed up with groups that they may not really want to be a part of, but they are desperate to be a part of something. This activity addresses the problem from the person’s point of view that is on the outside looking in.

**Directions:** Have the entire class stand up and gather in a circle. Explain that the object of this activity will be to follow the commands you give. You will call out a number and they will have to form themselves into groups that are made up of that number. Between each command, be sure the group mills around. If they don’t then the same people will always group together.

For the first few times let them practice and see how fast they can do it. If there are any people left over after the groups have been formed, they are to stand still and jump back in the game during the next command.

As an example, you will call out the number three. Everyone in the group has to find two partners and form a group of three people. Give them only about three to five seconds to find a group. Before you call out another number, be sure that the groups mill around. Then you might call out five, no one may stay in the same group so everyone goes looking for a new group of five people.

After a few practice rounds, explain that from now on if you do not get in a group then you must go to the side and stand - these people are out of the game. The game continues until you have only a few people left and you call out the number two. Someone loses and the couples that are left are the winners. It is recommended that you play this elimination round through at least twice before you stop.

## Debrief:

- Was there anything hard about this activity? What was it?
- How did you feel when you were not able to join a group and were out of the game?
- What words can we use to describe these feelings?
- How easy was it to keep finding a new group to join every time a new number was called out?
- What is a clique
- What can this activity teach us about cliques
- Are cliques bad or good? Explain
- Describe the different groups that are found in our school.
- How do some people feel when they are not in a group?
- Does everyone want to be part of a group?