

# ***Unfolding Identities: Workshop 4***

## **Belonging**

### **Objectives:**

- To encourage an awareness of what it might mean to belong or not to belong.
- To consider how to encourage others to feel that they belong.

### **Resources: Sarah's film,**

#### **Activity 1: 15 minutes**

##### **Show Sarah's film**

Class to feedback their thoughts about Sarah's sense of belonging  
Initiate discussion around the following questions;

What do you imagine gives Sarah a sense of belonging?

What do you think might make Sarah feel that she doesn't belong?

How do her experiences of belonging correspond to your own and how do your experiences differ?

#### **Activity 2: 20 minutes**

Ask class to work in pairs and to consider:

One place or a situation which gives them a sense of belonging and what makes them feel this way?

Ask each other why do feel a sense of belonging in these places or in these situations?

Ask students to feedback on behalf of their partners.

Repeat activity, but this time thinking of a place or situation in which they feel or have felt that they don't belong, taking into consideration the reasons why this might be.

Take feedback as before and summarize what has been learnt

**Activity 3: 10 minutes**

In groups: Ask the students to summarise how feeling a sense of belonging and then how feeling they do not belong can impacts on us. Can conclusions can be drawn about what may motivate behaviour?

**For example, a sense of belonging can result in:**

increased self esteem  
feelings of happiness  
being confident to learn new social skills  
thoughtfulness towards others.

**a sense of not belonging can result in:**

feelings of isolation  
feeling misunderstood  
feeling unfairly judged  
experiencing anger or sadness  
becoming withdrawn

**Teacher's notes for a double session:****Activity 4: 15 minutes**

Ask students to continue to explore how different circumstances can create a sense of belonging. How they would encourage a new person in an area of their life, either school or home to feel that they belong. Working in small groups ask students to consider positive and sensitive ways of encouraging a new person to feel a sense of belonging,

A spokesperson for each group to share thoughts with whole class  
Encourage the class to reflect on how their own behaviour can include or exclude others.

**Activity 5: 20 minutes****Equipment/materials required: a range of props**

Create a drama activity, asking the students to imagine taking a journey and the kind of situations and places which could occur which may foster a sense of belonging or of not belonging.

To create this journey the learners can create a narrative with characters and props.

Allow 5 minutes at the conclusion of the session for any final thoughts or evaluations from the class on this topic.