

7 THE EXCLUSION GAME

Aim

To enable participants to experience exclusion and domination in a safe environment encouraging empathy and solidarity with others

Time

30 minutes

Materials

Sheets of sticky dots in three different colours

What to do

- Divide participants into three groups. Place a dot on the forehead of each participant: Red for one group, Green for another and Blue for the third.
- Tell participants that Greens are all in their 30s and 40s and that they have all the power. Give them chairs to sit on and sweets. Tell the Reds that they are all over 65 years old and to stand together with their noses touching one wall and not to look around or talk. Tell Blues that they are all under 18 and that they must do exactly what the Greens say. You can give Greens some suggestions for instruction such as hop on one leg, do press ups, make animal noises, pretend to be elephants.
- Repeat with Blues being in their 30s and 40s and having all the power, Reds being under 18 years old and following Blues instructions and Greens being over 65 years old with the noses against a wall.
- Repeat with Reds being in their 30s and 40s and having all the power, Greens being under 18 years old, following their instructions and Blues being over 65 years old with noses against the wall.
- Bring the group back together in a circle. Ask all participants to remove the dots from their head and to shake out their arms and legs taking deep breaths.

It is important to ensure participants shake out any anger built up in the game and have the opportunity to discuss how the game made them feel.

Discussion Questions

- How did each participant feel at each stage of the game?
- Does this game reflect how people of different ages are treated in Ireland? How are young people treated? How are old people treated?
- What other groups in Ireland experience exclusion?
- Where does exclusion and oppression like this happen around the world?