



Label Me

Explore how the way that we treat others affects a group's ability to work together

TIME

10-20 minutes



TEAM STAGE

Norming, Performing

MATERIALS

Labels, materials for task

SUMMARY

Groups understand their dynamics better by playing specific roles throughout the activity. The trick is to figure out what their role is based solely on how others act.

SET UP

- Prepare labels for this activity ahead of time. Possible label ideas include:
 - Ignore me
 - You don't understand anything I say
 - I'm your best friend
 - I act like I know everything
 - Compliment me a lot
 - I'm really smart
 - Laugh at my mistakes
 - You think I'm stuck up
 - I get on your nerves
 - You think I'm a bully
 - I'm a mean person
 - You really like me
 - Laugh at everything I say
 - ...or make up your own!
- Choose a task for the group to complete. It should be something simple but that requires communication and strategy, like building the tallest house of cards or a popsicle stick bridge. Use whatever supplies are easily available!

INSTRUCTIONS

- Break participants into groups of four to eight.
- Put a label on each participant's forehead so it is visible to others but they cannot see their own label.
 - **Facilitator Note:** Be intentional about which label you give to each participant based on what you know about them and how they might respond to being treated that way.
- Tell participants to treat each person in their group the way they would if the label were true. Be sure that nobody tells each other what label they have on their forehead.
- Explain the task that each group must complete.
- Give the groups five minutes to complete their task.
- After five minutes have the group stop, and give them a few minutes to guess what their label was and discuss. Then bring the entire group together for a final debrief.



VARIATIONS

- Instead of assigning a random task to complete, have participants do something that they would naturally do - like facilitate a meeting, plan a project, or participate in a teambuilding activity - with their labels on.
- For a similar activity, try [Who Am I?](#)
-  **Large Group:** To facilitate this activity for a small group, have all participants complete the task together rather than in small groups.
-  **Online:** To facilitate this activity virtually and ensure that participants do not see their own label, first have everyone hide their self view and close their participants window. Then, change each participant's name to their label. Choose a task such as designing an amusement park or creating a story. Create a shared document for participants to use and create breakout rooms for each small group. When the activity is over, have participants turn their self view back on to see the label they were given. [\[click here for video\]](#)

DEBRIEF QUESTIONS

- What:
 - How did your group do with the assigned task?
 - What was easy or difficult about treating your group members the way their labels told you to?
 - So What:
 - Why is it important to recognize the ways we treat other people?
 - How can our treatment of others affect our ability to accomplish tasks as a group?
 - Now What:
 - What can you do to be more mindful of the ways you treat the people in this group?
 - How can you hold yourself and each other accountable for treating the people in this group equally and respectfully?
-  **Facilitator Note:** These questions can be used to guide your debrief, however, pick the questions that best match your group's experience and add or change questions as needed.