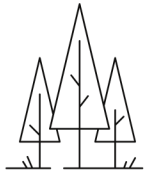


# Who Am I?



## No Child Left Inside Activities | Bryn Lottig

A reflection activity where participants may gain profound insights around identity and power

### PREP:

This activity can elicit strong feelings. It is prudent for the facilitator to explore their own emotions around identity, privilege and power before leading this activity with others.

### Step-by-Step Instructions for PLAY:

- Invite participants to write down five sentences that answer the question “Who am I?”
- Next, challenge them to add five more.
- Once they have ten sentences, instruct participants to review their list and cross out two statements. Consider the aspects of their identity they are willing to forgo and continue this process until only two defining traits remain.
- Remind participants that their identity may shift depending on the environment.
- Next, introduce the concept of privilege and how identity factors into systems of power. Distribute blank “Power and Privilege” wheels, Guide each participant to place themselves within various identity categories on the wheel, reflecting on how proximity to power changes based on these identities. Emphasize that having power is not a cause for shame but an opportunity to recognize one’s potential to drive change. It’s about understanding which voices hold more weight and can advocate more safely against systemic inequalities.

### Reflect:

- What insights did this activity reveal?

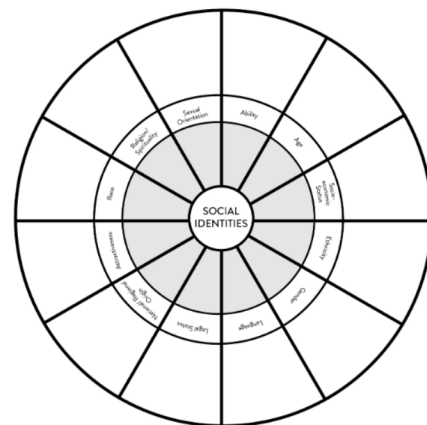
### Connect:

- Were there any surprises, or was it as expected?

### Grow:

- How does your background influence your perception of privilege and power?
- How has this exercise influenced your perception of privilege and power?

SOCIAL IDENTITY WHEEL



WHEEL OF POWER

