

## Subtopic 5: Can I Try That?

### *Overcoming Stereotypes & Barriers*

We've talked about planning but what happens if things get in the way of doing activities you want to do? Sometimes people think certain activities are only for a certain gender, or only for certain people. That's not true! Everyone should be able to try new things. Those are barriers to trying out new things, and there are other barriers or roadblocks as well. It is important to examine and think about potential roadblocks to determine if they are real or just perceived and we can figure out how to overcome the barriers. Sometimes there are other roadblocks. Some of the barriers are real and sometimes perceived.

### **Student Goals:**

- Notice stereotypes and how they make us feel.
- Talk about real and imagined barriers.
- Practice cheering for each other.

### **Timeframe**

**Flexible timing/ adaptable format:** Can be completed in short segments or extended across multiple sessions.

### **Example Conversation Starters**

- "Have you ever wanted to try something but felt nervous to do so?"
- "What would you try if nobody judged you?"
- "How can we help others feel included?"

### **Activity Options**

#### **Barrier Busters:**

Kids write or draw something they want to try. Then brainstorm with the group: What might stop you or get in the way? How can we help?

Use recess or other real life examples:

- Ask someone new to play with you
- Try a new game at recess or a new after school activity
- Sit with someone new at lunch

**Share Out:** With each activity shared have other students think about if they, too, would like to try to activity mentioned.