

Step Inside (Cross the Line)

(15 minutes)

Begin by creating a taped circle on the floor in the center of the meeting space, large enough to hold all members of the group. Invite participants to gather, standing *outside* of the circle.

Explain:

- This is a silent activity.
- I will give an instruction about who may enter the circle. If you're included, cross the line and step inside the circle.
- Once you're in the circle, get in touch with what it feels like to be included. Do you feel uncomfortable? proud? accepted? judged?
- At the same time, if you remain outside of the circle, observe how *you* feel, too.
- Remember to remain silent.
- After a few seconds, I'll ask those in the circle to step back out.

Begin with the following instructions. Let those who step into the circle remain inside it in silence for 10-15 seconds before asking them to return to their places outside of the circle. Feel free to add other instructions of your own. *Suggested instructions:*

- If you were born in the United States, step inside.
- If you were born in a country other than the United States, step inside.
- If your parents were born in the U.S., step inside.
- If your parents were born outside the U.S., step inside.
- If you are Caucasian (or African-American, Asian, Hispanic, etc.), step inside.
- If you are Christian (or Catholic, Protestant, Jewish, Hindu, Buddhist, etc.), step inside.
- If you are male (female), step inside.
- If you are the oldest (or youngest, middle) in your family, step inside.