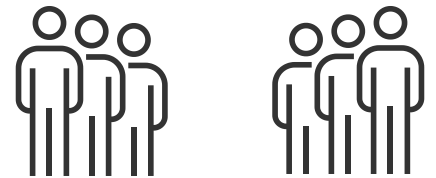


THE MEET IN THE MIDDLE GAME

OBJECTIVE This is a light hearted game to help demonstrate complexity and nuance when we look deeper into the labels we place on ourselves.

HOW TO PLAY

Step 1: Ask students if they identify as an introvert or an extrovert. Have them line up on opposing walls based on their selection.



Step 2: Tell students that you will ask them five questions. For every question they largely agree with, they should take a step towards the opposing wall. Be sure to take a pause between questions so students have a chance to reflect.

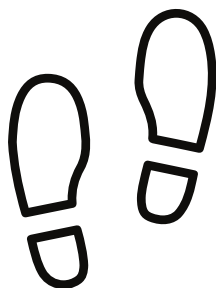
1) Do you sometimes like to go to parties?

2) Is there an activity you enjoy doing all by yourself?

3) Are you comfortable being in large groups?

4) Do you feel energized after getting some peace and quiet?

5) Do you enjoy socializing with friends at lunch?



THE MEET IN THE MIDDLE GAME

Step 3: Ask students to observe where everyone is now at in the room. What do they notice? Where is everyone standing? Do they still feel like they are one thing or another?

Step 4: Ask students if they've heard of an ambivert. Mention to them it's a person who exhibits both introvert and extrovert tendencies. Ask students to think about why they categorized themselves as an extrovert or introvert. Have a few share. Do they still feel that description is accurate?

Step 5: Ask students the following debrief questions:

- 1) How did it feel to be on opposing walls?
- 2) What happened when we dug a little deeper? Did we have more in common than we initially thought?
- 3) Did you find it beneficial to label ourselves as introverts or extroverts? If so how?
- 4) Do you see any dangers in us labelling ourselves? If so, what?
- 5) As a society, do we label ourselves in other ways? What are the consequences of such labelling?