

# Tearing Off Your Labels

## 8. *One of a Kind*

**Spatial Requirements:** Regular classroom setup: Little or no space required

**Activity Type:** Group

**Grades:** 1-12

**Group Size:** 2 or more

**Time:** 5-10 minutes

**Introduction:** Through this activity, students will learn that their own unique strengths, talents, abilities and personalities can help them tear off their negative labels.

**Materials:**

- 1 piece of letter-size paper per student

**Activity:**

Give each person a letter-size paper with the instructions to fold the paper in half, then fold in half again in the opposite direction. Give them the instructions to completely tear off two of the four corners. They can make big tears, small tears, creative tears or any kind of tear as long as the two corners are completely torn off. Have everyone at the same time unfold and open up their paper. Have them hold up their papers so all papers can be seen. You will notice that all the papers are unique and different.

**Processing the Experience:**

- Why were all the papers different when everyone received the same instructions?
- Even though we do have some similarities, why are we all different?
- What positive character traits do you have that set you apart?
- How do you let people see “the real me”?
- Why is it important to put our energy and effort into our strengths and goals?
- What can you do to show the “real me” more often?