

Identity Walk Activity

Purpose

For this activity, participants will be asked to share a bit about themselves. Participants are encouraged to step outside of their comfort zones to explore diversity by reflecting on personal experiences.

Materials

- 12 sheets of paper/poster board
- Large, black marker

Facilitator Notes

- This is a completely silent activity. Ask that participants be respectful and refrain from making comments, non-verbals, or side conversation.
- Everything shared during this activity must remain confidential. Suggest that if participants want to talk to someone about their participation in the activity they might ask permission first.
- Signs with the following will be posted around the room: ***gender, sexual orientation, role/position on campus, ability/disability, race, ethnicity, religion/spirituality, education, age, physical appearance, marital/relationship state, role in family.***
- As statements are read, students will be asked to move to the sign that best reflects their response. Facilitator should read the following instructions:
 - “As statements are read, please silently move to the sign that you feel best represents your experiences. If you don’t feel that any of these areas fits best for you, you can choose to move to the second or third most fitting, or stand in the center of the room.”
 - “We ask that once you have taken your place in the room that you will quietly observe who is around you and where others are in the room. Take it in and think about what that means for you.”
- The facilitator will read the following statements, pausing between questions to allow participants to move to the appropriate side of the room, observe those around them, and reflect.
 - This is the aspect of my identity that I am most comfortable discussing.
 - This is the aspect of my identity that I am least comfortable discussing.
 - I have experienced the most pain around this aspect of my identity.
 - I have experienced the most joy around this aspect of my identity.
 - I know the least about this aspect of my identity.
 - This is the aspect of my identity that I think about the most.
 - This is the aspect of my identity that I have in common with most of my friends.
 - I feel most judged by this aspect of my identity.
 - This is the aspect of my identity that is most visible.
 - This is the aspect of my identity that I have to defend the most.

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Suggested Processing and Reflection Questions

- What are your initial reactions to this activity?
- What did it feel like in this room?
- Why do you think we decided to facilitate this experience for you?
- Did you learn anything about yourself? Others? What?
- What can you take from this? How will you use it?