



# RELAY YOUR FEELINGS

TYPE:

Diversity

GROUP SIZE:

Any

MATERIALS:

Handouts, large sheets of paper, pens, blindfolds, ear plugs, & rope

INTRODUCTION:

We are going to participate in an activity that will help us gain a better understanding of what it is like to live with a disability. I will divide you into teams and give each of you further instructions. Please follow the directions that I give you. A leader will be assigned to each group. I will give you each a role to assume and your group leader will inform you of a task to complete.

DESCRIPTION:

Group members will participate in a relay race while experiencing one or more disabilities. Through this activity, group members will encounter obstacles faced by those living with a disability.

PROCESSING:

- How did you feel about participating in this exercise?
- What challenges did you face?
- How did these challenges impact the race?
- How were you able to complete the task?
- How did your team work together to overcome obstacles?
- How does this exercise relate to everyday life and our organization?

OUTCOMES:

- Heighten Sensitivity
- Foster a Sense of Trust
- Expose Feelings

REMEMBER:

- Introduce the exercise
- Explain it thoroughly
- Process it completely