



### 3-4-3 Quick Guide to Breakout Activities for Lesson on *Implicit Bias*

**Reading aloud activity:** We recommend the following books that embody the themes of this lesson plan. After reading each book aloud, ask the children how it relates to the idea of growing up with implicit bias. Children may draw pictures of the story as they listen.

- [The Proudest Blue: A Story of Hijab and Family by Ibtihaj Muhammad](#)
- [When I Was Eight by Christy Jordan-Fenton and Margaret Pokiak-Fenton](#)
- [Something Happened in Our Town by Marianne Celano](#)

**Physical activity:** The children will challenge their natural associations through fun physical games.

1. **Unusual animal movements:** You will call out the names of animals, and in response, the children will shout out a word that describes how that animal moves. Then, invite the children to move across the room using a *different* method of movement than that animal uses. For example, if you say “frog”, they might yell “hop” and then they might slide across the floor like a snake or sprint like a cheetah. Animal ideas: snake, elephant, spider, fish, kangaroo, bunny, gorilla, horse.
2. **Unexpected traits Duck, duck, goose:** Have the children form a circle. Whoever is “it” needs to touch each child on the head and say the name of an animal. But when they are ready to choose someone to chase after them, they have to pick a word that describes a trait that is **different** from the animal they chose. For example, “bunny, bunny, **prickly**” “shark, shark, **snuggly**” or “snail, snail, “**speedy**.”

**Drama/Theater activity:** The children will create skits about this week’s theme, which is *Implicit Bias*. Below are prompts.

- You and your friends are on a voyage to outer space, and you land on Mars. You’ve been taught that all Martians are dangerous and aggressive, and you are afraid to leave your spaceship. The Martians that surround your spaceship seem friendly. How do you get to know them and learn about their culture?
- A new friend has invited you to a family dinner at their apartment. Their family has emigrated from another country, and their grandmother is cooking a meal with traditional foods from their culture. Their family plans to play their favorite music and teach you about their customs. Make a skit about the evening!

**Visual Art activity:** Children will make drawings that help break down stereotypes. They can use markers, crayons, paints, or colored pencils.

- **Portraits that combat stereotypes:** Each child will draw a portrait that represents a contrast to stereotypes. For example, a child might draw someone in a wheelchair who is wearing a superhero cape and has saved everyone in the town from a beast. A child might draw a father playing with dolls with his son. A child might draw a Black woman as Chief Justice of the Supreme Court of the United States or a picture of a family that has two dads.
- **Share stories about the portraits:** Invite children to share their pictures with the group and describe how their portraits help break down stereotypes. Time permitting, children can make multiple drawings to show people in a variety of roles. Children might get new ideas from each other’s drawings.