

UNDERSTANDING YOURSELF & OTHERS

Curriculum

Are you curious about other people, and do you want to learn more about yourself? Learn how to shape attitudes, share beliefs, and deal with peer pressure. Visit a mall and complete the following activities:

1) You can learn a lot about people by watching them in a public place. Observe body language (gestures, facial expressions, posture, etc.) and listen to what people say. Observe and share at least five observations.

2) Every culture develops social norms or ways of interacting with people (such as how close to stand to another person). Observe what happens when you break these norms. How difficult is for you to do the activities below?

Sit right next to a person at a relatively empty table or bench

Ride an elevator facing the back instead of the front



3) How do you feel and act when you wear different types of clothing? How do you judge others, who may wear different clothing? Observe people who are dressed differently than the "norm" (either more formally, more casually, riskier, modern) and discuss your "first impression".

4) Find out how well retailers represent women. Observe different retail outlets in a mall and answer the following questions:

How well does each retailer appeal to yourself, older women, younger girls?

Does the retailer only appeal to one age group? What is it?

Does the retailer discriminate against women, men; younger, or older?

What could the retailer do to attract more customers?

Divide each large group into four small groups.

Give each small group a sheet of paper with one of the four situations from above.

Allow each group 20 minutes to collect their data.

Each group meets back at a pre-determined location as one and shares their observations.

Each group is then given another situation and 20 minutes to collect data.

After each session, discuss the observations.