

Are you what you wear?

Group activity worksheet



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Developing an emotionally intelligent school involves commitment, time, and planning. VisionWorks teaching programmes systematically build emotional intelligence and profoundly improve the climate for learning.

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Written by teachers for teachers

Are you what you wear?

You will need:

- something to write with
- an A4 sheet of blank paper

The purpose of this activity is to think about how we judge other people by their appearance.

Action:

Think of someone you really like; I mean like a **lot** –not just quite like. It could be a relative or a friend.

Now think of the qualities you really like about this person. It is nothing to do with the way they look. Write a list of their **qualities**.

This would be things such as:

- their sense of humour
- the values they have
- their kindness
- their loyalty
- and so on. It is nothing to do with the way they look. Write a list of their qualities.

honest
creative fun

Now take a piece of blank A4 paper and create a colourful representation of the things that you like about this person. Write/draw the qualities, seeing if you can make your work reflect how wonderful this person is.

When everyone has finished, look at the pictures below. Have a discussion about whether or not the person you like so much would become a different person if he/she were to wear any of these clothes or hairstyles. Would he or she lose the qualities you like?

Did you know that, in the 21st century, kids are more likely to be attacked for the clothes they wear than for any other reason? Sophie Lancaster was attacked and killed when she was 20, simply for dressing as a Goth.

Now have a discussion (be honest!) about the judgements you make about the way people look. Ask yourself, does the appearance make the personality or is it simply the surface?

Discuss:

Should we all have the freedom to dress as we wish? If yes, why? If no, why not?

Are you what you wear? *continued*

1



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3



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