

CROSS THE LINE EXERCISE

The purpose of this exercise is to gain an appreciation for how we move and identify in our skin, and how this makes us feel in environments where we work and live. Our diversity is not only in our DNA: It is how we move, what we think about, and what we identify with that makes us feel good and that we belong. It is more about our similarities than our differences. Inclusive leadership is about creating a safe space that allows us to build trust. “Building trust is our compass to achieve ”big things together: It connects us.

Draw a line down the center of the room. Choose a spokesperson to lead the exercise. Everyone will stand on one side of the line and face each other.

The leader will read a statement. ‘You will cross the line’ if the statement pertains to you. Once we glean where everyone is, go back to your original spot and we will proceed to the next statement. There is no pressure to cross the line if you don’t feel comfortable doing so. Let’s explore who we are, so that we can respect one another for who we are. Silence. No judging and have fun...



‘Cross The Line’ if you:

Are the first in your family to go to college.

Have spent more than one year of your adult life outside of the United States.

Were born outside of the United States.

Have 1 or more siblings.

Are the oldest of your siblings.

Have waited until the last minute and crammed for an exam.

Are an only child.

Are multiracial.

Speak English as your only language.

Worry about balancing career and family.

Have felt threatened because of your race.

Know someone who has been threatened because of their race.

Have done a good job in supporting friends, family who have felt threatened because of their race, sexual orientation, or nationality.

Have been uncomfortable at some point in this exercise.

Can play an instrument well.

Have been bullied or mistreated by someone.

Live in the same state you grew up in.

Have lived in more than the United States.

Prefer waffles to pancakes.

Prefer SUVs over cars.

Like to travel.

Have been to more than half of the states in the United States

Still own a MP3 player.

Think summer is the best season.

Still own an CD player.

Think dessert should be served before dinner.

Prefer online shopping.

Watch reality shows.

Are a vegetarian.

Prefer Coca-Cola to Pepsi.

Speak multiple languages.

Like to watch sports, live or on television.

Have lied during this exercise.

DISCUSSION:

How do you feel right now after participating in this exercise?

What did you learn from this exercise?

What surprised you during this exercise?

What might we draw from this exercise that might help us in our daily interactions with other people, i.e., customers, family, colleagues

How did you feel when you didn't cross the line?