

JUSTICE ACTIVITIES

THEME: Equality



5-20 People



20+ Minutes



High Risk

TITLE: MICRO-AGGRESSION BINGO

A small to medium group art activity

Introduction: This activity invites the participants to assess their own experiences of micro-aggressions based on the phrases on the bingo card. Have the participants cover the spaces that match their given, received, or witnessed experience and have the "winners" share if they are open to it.

The game is played the same way as traditional bingo with the "winner" making a line of five spaces. If no one "wins", begin calling out the experiences and allow the participants to mark them as called out and discuss how those experience might make someone feel and/if the participants have said any phrases.

Online or In-Person: Both

Goal(s): The goal of this activity is to allow the participants to learn what a micro-aggression is, how it is hurtful, where these aggressions come from.

Materials:

- A computer or tablet
- Link to Bingo Cards: [Click here](#)
- Link to Bingo Phrases: [Click Here](#)
- Video introducing Micro-Aggressions: [Click here](#)

Expectations:

- The group watches the Micro-Aggression video
- There is discussions about who these micro-aggressions affect, who is using them, and what do they imply.

Leader Notes: Prior to this activity, let the participants know that you will be discussing sensitive topics and that the environment is a safe-space to share their experiences. If you are playing this virtually, send out individual bingo cards by screen-shotting and emailing them individually.