



Just My Size Learning Exercise

Learning & Skills: Respecting Differences
Highlighting Similarities
Building Self-Esteem
Building Self-Confidence

Time & Tools

Total Time: 15 minutes
Necessary Tools: Pencils or pens and blank paper
Optional Tools: Flip chart or writing board

Step 1

1. Give everyone a pencil or pen and a blank sheet of paper.
2. Tell everyone they will be performing an exercise that focuses on similarities and differences.
3. Tell everyone to place their hand on the sheet of paper and draw an outline of their hand.

Step 2

1. After everyone has finished drawing their hand outline, have each person exchange their drawn hand with someone else. They can make the exchange with someone sitting to their left, to their right, sitting in front, or sitting behind.
2. Have everyone place their actual hand over the drawn hand of the other person's hand they received.
3. Tell everyone to see how their hand fits in comparison to the hand of the other person.

Step 3

Note: For this Step, if a flip chart or writing board is available, capture this information for viewing by everyone.

1. After all individuals have exchanged their hands, ask the following general "take away" question:

What does this exercise say about our differences and our similarities?

Take Away Examples

Note: Below are some “take away” examples from the exercise. If the attendees do not mention these, the exercise leader could mention them.

1. We all have differences.
2. Sometimes differences can be large.
3. Sometimes differences can be small.
4. Our differences can be useful.
5. Our differences can be beneficial.
6. Our differences can have value.
7. We all have similarities.
8. Our similarities can help us overcome our differences.

Optional Additional Question:

How could you use the ideas from this exercise in your personal life or your work life?

Adjustments to Just My Size Exercise:

1. Have each person keep their hand after they finish drawing. Then, have each person move around the room and try to locate someone who has a drawn hand that is closest in size to their hand.
2. Change the Time: The time for this exercise is based on 6 – 10 people. If the number of attendees is larger or smaller, you will need to adjust the time.