

# “LET ME IN”

## Instructions:

1. Divide the group into two subgroups. All of the participants will be in Group A except for three to four who volunteer or are chosen from Group B.
2. Have all members of Group A form one circle facing inwards. Ask them to grasp hands with the people on either side.
3. Group B members should stand about 20 feet from the circle.
4. Give the following instructions:  
“The task of the people in Group A is to keep out anyone who tries to break into your circle. The members of Group B are to try whatever means they choose (within reason) to try to break into the circle. Any questions?”
5. Instruct one member of Group B to approach the circle and try to break into it.
6. After about 30 seconds, send the last one or two members of group B.
7. In another 30 seconds, send another member of Group B
8. At this point, usually at least one Group B member successfully breaks into the circle.
9. End this part of the activity and ask participants to sit down in a circle for processing.
10. The following are suggested processing questions:
  - a. How are you feeling right now?
  - b. To Group A: What were your strategies to keep them out?
  - c. To Group A: How did your feelings change as more and more B-ers tried to get in?
  - d. To Group B: What were your strategies?
  - e. To Group B: What were your feeling as you tried to get into the circle
  - f. If Group B succeeded: How did Group B feel to finally break in?  
How did Group A feel when Group B got in?

How is this activity similar to what it’s like when members of different minority groups try to “break into” the mainstream society?

- a. Members of the “in group” fight to keep “them” out
- b. Both sides feel frustrated, anger, hurt
- c. It’s hard if only just one person works alone, but it gets easier if all the members of the minority group work together from different angles and avenues.
- d. The in-group doesn’t give in easily

How does it feel to be members of the “out group”?

- a. Alone
- b. Angry
- c. Powerless
- d. Like something is wrong with us