

Race to the Wall

This exercise is recommended for use, when time permits, as a way of re-energizing participants. It may be especially helpful after lunch, when people may need a small amount of exercise to restore their energy for the afternoon session.

To introduce the exercise, advise participants to stand shoulder to shoulder, holding hands, to symbolize a choice to share power equally. Take a step toward the wall...

Take a step toward the wall...

1. If you have a 4 year post-secondary degree or more advanced education
2. If you are a Christian
3. If you are a man
4. If you are between 25 and 50 years of age.
5. If English is your first language
6. If your annual income, as a family, exceeds the national median of \$ _____ (about \$45,000)
7. If you are free of a mental or physical disability
8. If, as a child, you had 50 or more books in your home and read some of them
9. If you are ordained
10. If you are a native-born citizen of the USA
11. If you can self-identify as “white or Caucasian” in the US Census
12. If you now occupy or have ever occupied a professional position
13. If you have exercised leadership in an organization
14. If you do not have a discernible regional accent
15. If you ever owned a home
16. If you identify as a member of the middle or upper class
17. If you have ever been quoted or pictured in the newspapers, television, YouTube, or some other public venue.
18. If you have or have had an office with your name on a plaque on the door