

THE LABELS WE CARRY



ORACY LAB
EMPOWERING VOICES IN EDUCATION AND BUSINESS

LESSON PROCEDURE

1. **WARM-UP (5 minutes)**

- Begin the lesson by asking students if they have ever heard the phrase "Don't judge a book by its cover."
- Encourage a brief discussion about the meaning of this phrase and why it is important.
- Introduce the topic of labels and stereotypes, asking students if they have ever been labelled or witnessed someone being labeled unfairly.
- Allow for a few examples and reactions from the students.

2. **PRE-VIEWING ACTIVITY (10 minutes)**

- Show the students the title of the video clip, "The Labels We Carry."
- Ask them to predict what the video might be about based on the title alone.
- Write their predictions on the board.
- Ask students to brainstorm a list of labels or stereotypes they have encountered or heard about in their lives. Write these on the board as well.

3. **VIEWING THE VIDEO CLIP (10 minutes)**

- Play the video clip "The Labels We Carry" for the students.
- After watching, allow a moment for students to process their thoughts and emotions.
- Encourage them to note any labels or judgments they noticed in the video.

4. **POST-VIEWING DISCUSSION (15 minutes)**

- Lead a discussion using the following questions:
 - 1.What did you think of the video clip? Did it match your predictions?
 - 2.What labels did you notice in the video? How did they affect the main character?
 - 3.How did the main character's perception of himself change throughout the video?
 - 4.Do you think the video accurately represents the invisible labels people carry in society? Why or why not?
 - 5.Have you ever experienced or witnessed someone being labeled in a similar way? How did it make you or the person feel?
 - 6.How do labels and stereotypes affect individuals and society as a whole?

5. **VOCABULARY ACTIVITY (10 minutes)**

- Write the following vocabulary words on the board: judgment, stereotypes, discrimination, self-acceptance.
- In pairs or small groups, have students discuss and define these words.
- Encourage them to provide examples or personal experiences related to each term.
- Conduct a whole-class discussion to share their definitions and examples.

CLOSURE	REFLECTION AND PERSONAL CONNECTION (10 minutes) • Ask students to reflect individually on the following questions: • What labels or judgments have you personally experienced or observed? • How do these labels affect your self-esteem and overall well-being? • What can individuals and society do to combat the negative impact of labels and stereotypes? • Allow students to share their reflections in pairs or small groups, fostering open and respectful conversations. • At the end, summarise the main ideas discussed during the lesson, emphasizing the importance of self-acceptance and challenging stereotypes.
ASSESSMENT	• Observe students' participation in the discussion about the meaning and importance of the phrase "Don't judge a book by its cover." Take note of their contributions to the conversation and their ability to articulate their thoughts clearly. • Observe their critical thinking skills as they analyze the impact of labels on the main character and society. Additionally, assess their ability to relate the video content to their own experiences or observations.
EXTENSION	Assign a homework task where students can write a short reflection or create a poster highlighting the positive qualities and strengths they possess, irrespective of labels or judgments.

Note:

Throughout the lesson, make sure to create a safe and inclusive environment where students feel comfortable sharing their thoughts and experiences. Using discussion guidelines can help with this. Monitor the discussion to ensure respect and sensitivity towards diverse perspectives.

Please find the link for the video here: https://www.youtube.com/watch?v=hNS_D-pw8y4