



# Introduction for Instructors

# A Booklet of Interactive Exercises to Explore our Differences

## Exercise Listing

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*Advanced Exercises*  
*(Additional time may be needed for discussion)*

## Exercise #1: The Disability Quiz



## Exercise #2: Diversity Profile

Directions:

In my environment,	White	Black/ African American	Hispanic	Asian	Asian/ Pacific Islander	American Indian or Alaskan Native	Hawaiian Native or Pacific Islander	Two or More Races	LGBTQ	Disabled	Veteran	Male	Female
[Redacted]	[Redacted]	[Redacted]	[Redacted]	[Redacted]	[Redacted]	[Redacted]	[Redacted]	[Redacted]	[Redacted]	[Redacted]	[Redacted]	[Redacted]	[Redacted]

## Exercise #3: A Step Above



**Discussion questions for A Step Above:**

**Additional instructions:**

# **Advanced Exercises**

**Extended Time May Be Needed  
for Discussion**

## Exercise #4: Origins of Difference\*



*Discuss reactions to what participants saw and felt within during the exercise. End with the following:*

## Exercise #6: The Common Body\*