**Lemonheads & Whoppers: Is Your Everyday Life *Really* Diverse?**

**Low stress**

**In-person**

Suggested use:

This activity would be used best as a “beginning activity,” where individuals can start working with material in a low-stress way.

Supplies needed:

A clear container (clear plastic cup)

15 lemonheads (per person)

15 whoppers (per person)

Suggested instructions:

1. Pass out the supplies to all participants.
2. Relay the instructions:
   1. “For every question I ask, place a lemonhead or whopper in the cup. Place a lemonhead in the cup when the person discussed is the same race or shares the same culture as you, and place a whopper in the cup for every person dissimilar to you.”
3. Read the questions. For the first 2-3 questions, talk through your thought process with the group. For example, “This person is Asian like me” or “This person grew up in the same country as me.”
4. Read the questions and have participants place the candy in their cups.
5. Debrief:
   1. Did your visual representation show you? Why or why not?
   2. Looking at your cup, would you say that you interact with people of difference races/cultures?
   3. Would you consider yourself an effective interracial/intercultural communicator? If so, why? If not, why not?

See handout for questions.

**Questions for Facilitator**

1. Who was the last guest invited to your house for dinner?
2. Who was the last person you went out with socially?
3. Who is your family doctor?
4. Who is your family dentist?
5. Who makes up the majority of staff members in your office?
6. Who makes up the majority of staff members at your previous job?
7. Who is the co-worker you spend the most time with?
8. Who is your closest friend?
9. Who is your current or previous romantic partner?
10. Who is your spiritual leader?
11. Who your supervisor at work?
12. Who makes up the majority of people at your favorite club/local hangout spot?
13. Who made up the majority of people in your childhood community?
14. Who is your favorite actor/actress?
15. Who is your favorite singer/group?