

Topic: Perspective Taking

Breathe

In this guided mindfulness exercise, called Just Like Me, we think of things we have in common with someone who seems different than us and silently say, "he or she is just like me."

When we perceive somebody as being similar to ourselves ("just like me"), we become much more likely to feel and act positively towards that person- and ourselves!



Learn

Danger of a Single Story:

As you watch consider: In what ways do "single stories" impact our own identities, how we view others and the choices we make? What examples does she give and why might they be dangerous?



How would you treat people if you [knew their story](#)? We all need a little less fear in our life and a lot more love.

Move

Step Up Revolution: Hip Hop Cardio Jam Fitness Workout! This is a dance routine taken straight from the hit movie, "Step Up Revolution" that is designed to boost your metabolism, challenge your core, and jump-start your swagger on the dance floor.



Grow

Create an [identity chart](#) for Chimamanda Adichie. Which labels on the chart represent how she sees her own identity? Which ones represent how some others view her?

In your journal:

Is there a single story that others often use to define you? Can you think of other examples of "single stories" that may be part of your own worldview? Where do those "single stories" come from? How can we find a "balance of stories"?

Adichie herself admits to sometimes defining others with a single story. Why is it that people sometimes make the same mistakes that they so easily see others making?