

**Introduction:**

The Keep It Real Game involves getting a group together to ask questions of and listen to each other. The Keep It Real Game PLEDGE can be found below:

“We the people who have gathered together to play Keep It Real respect and celebrate our differences, and our similarities, and the right of each person to express their thoughts, feelings, and opinions freely.

We encourage open expression and reject all forms of prejudice and discrimination. We will gently allow our minds to wander, put our snarly little judges down for naps, try on one another’s shoes, and open our hearts and minds to one another as we speak, listen, learn and play!” (Robinson, 2009).

**Objectives:**

As a result of this activity, participants will be able to:

1. Practice suspending judgment (Openness) and asking deeper questions (Curiosity).
2. Recognize emotional and intellectual dimensions of more than one worldview (Empathy).
3. Recognize new perspectives about their own cultural rules (Cultural Self-Awareness).
4. Develop real connections based on deep relationships with other participants, ideally from backgrounds other than their own.

**Time:**

2 hours.

**Group Size:**

Large Group.

**Materials:**

Keep It Real game (link for purchase in [Links](#)); An applicable guide, i.e., for parents, teachers, or counselors (in [Links](#)).

**Intercultural Development Continuum Stages:**

- Denial
- Minimization
- Acceptance

**AAC&U Intercultural Knowledge and Competence Goals:****Cultural Self-Awareness**

- To articulate insights into own cultural rules and biases (e.g., seeking complexity; aware of how their experiences have shaped these rules, and how to recognize and respond to cultural biases, resulting in a shift in self-description).

**Empathy**

- To interpret intercultural experience from the perspectives of own and more than one worldview.

- To demonstrate ability to act in a supportive manner that recognizes the feelings of another cultural group.

## Curiosity

- To ask complex questions about other cultures.
- To seek out and articulate answers to these questions that reflect multiple cultural perspectives.

## Openness

- To initiate and develop interactions with culturally different others.
- To suspend judgment in valuing interactions with culturally different others.

## Other Skills:

Friendship; Diversity, Equity, & Inclusion.

## Link to the Website to Purchase the Keep It Real Game:

- <https://www.keepitrealgame.com/experience-the-keep-it-real-game/>

## Optional Debriefing Questions:

- How did it feel to share your answers?
- How did it feel to hear others' answers?
- How did you come into the game feeling? How do you feel now?
- What did you learn? Were any assumptions you had previously challenged?
- What questions would you add to this game?
- How might you try to recreate this experience in another setting?
- How will you apply what you learned as you go through your days going forward?