

Pop That Stereotype: An Exercise in Empathy Superperson Monologue

by Tori Rice, inspired by René Weissenberger's artist book, *Pop That Stereotype: An Exercise in Empathy*

The following exercise was designed to complement Unit 2 Empathy & Critical Thinking, Section 2.4 Pop That Stereotype <https://online.sanfordharmony.org/courses/sfwd-grades-Grade-3-Unit-2-Empathy-and-Critical-Thinking/>.

- Description** Students become a superperson, popping stereotypes with a monologue. They can then share out with household members or through classroom distance learning.
- Materials** paper, marker, pen, or pencil, optional: costume materials, e.g., a sheet becomes a cape!
- Step 1** Write your title. Include your superperson name using your name and a descriptive word, as well as your goal to pop stereotypes!
- “Terrific Tina Pops Stereotypes”
- Step 2** Write about a situation that you have seen. Write down as many stereotypes and assumptions you can think of.
- “My name is Terrific Tina and my goal is to pop stereotypes! One day I noticed Maria sitting by herself. Other kids were making comments like, ‘Maria’s quiet and moody’ and ‘What a snob!’ Other’s said , ‘Maria thinks she’s better than me’ and ‘She’s stuck up!’ One kid even called her ‘a drama queen!’”
- Step 3** Now write about how you challenged those stereotypes and helped others to reconsider their thoughts, and be kind and gracious. You might include a superperson costume.
- “Time for me to spring into action! I put on my cape and glasses and popped those stereotypes, asking the other kids to think differently. I reminded them that maybe Maria is stressed out or she might not feel well. She might be shy or sad. You know, she might need a friend. Let’s ask her if she’d like to sit with us.”
- Step 4** Close out your monologue by encouraging others to become a superperson, too, by treating one another with respect and kindness, and popping stereotypes:
- “You can be a superperson, too! Consider how your actions and words could make another person feel. Put yourself in their shoes. You might even make a new friend!”

Step 5

Perform for your household and/or classroom using long-distance learning technology. Be sure to speak clearly and make eye contact with your audience. And remember, by popping those stereotypes, you have the power to make the world a better place!