

# STRIKE-OUT STIGMA

## Bowling Activity by EYE TO EYE

*Play a hand-made game to confront and reduce the stigmas attached to learning differently.*

### Objective:

Understand what stigma is, how it relates to our lives, and why it is important to fight the stigmas attached to learning differently.

Explore the power of voice and community.

### Materials:

- 12 large plastic cups
- Duct tape
- Permanent markers
- 1 medium ball that rolls easily



### MAKE:

1. Tape 2 solo cups rims together so they form a closed cylinder shape (These will be the bowling pins).
2. Repeat step one until you have six "pins" (12 cups altogether).
3. Brainstorm stigmas that exist and possible responses to change ideas about those stigmas.
4. Write the stigmas you brainstormed on each of the pins with sharpies.
5. Inflate the mini beach ball and write the responses that change ideas about stigmas with sharpies on the ball.
6. Decorate the pins and the balls!



### PLAY:

1. Set up a bowling lane leaving as much space as possible on either side of the lane.
2. Place 12 pins at the end of the lane.
3. Roll the beach ball down the lane and try to knock over the 12 pins after saying what is written on the ball out loud.
4. Have fun and strike-out stigma!

Tell us how it goes! Share your experience on social media and tag us @e2enational for a chance to win a \$50 Visa gift card.

Learn more at: <https://eyetoeyenational.org/strike-out-stigma>

