

Taking up space: activity

This activity will help you practice what you learned in the 'Taking up space' exercise.



Meet AJ

AJ loves to volunteer in their community. They used to volunteer at a community centre, but they left because the staff didn't want to hear ideas from volunteers. Now AJ volunteers at a food bank, packing boxes with food for families who don't have enough to eat.

One day at the food bank, AJ sees two staff members trying to figure out how to pack enough food into some boxes. AJ is good at packing boxes and wants to help, but decides not to say anything. They think, "The staff probably doesn't want my help, and I don't want to be annoying."



Let's talk about it

- Why do you think it's hard for AJ to take up space?
- If you were AJ's friend, what advice would you give them to help them feel comfortable taking up space?
- Do you ever feel like you can't take up space? How does it make you feel?