Metadata for beginners
Power flower activity

The Power Flower is a social justice activity designed to encourage reflection and discussion on the sources of individual and group social position and power, i.e., privilege. Each petal represents an element of identity that can determine privilege at a given time as well as present a barrier to access to social, economic, and political resources.

Instructions

Part 1

In your small group, discuss each element in terms of what you think are its contributions to individual and group privilege.

Visualize these contributions in terms of those who are more and less privileged by a given element.

The outer section of each petal represents greater privilege and the inner section represents less privilege.

Share your thoughts with the larger group.

Part 2

Reflect on your own privilege in terms of each of these elements.

Use crayons or pencil crayons and colour in each petal that you think represents an element of your social, economic, and political power.

Again, you can use the outer and inner sections of each petal to reflect more or less privilege.

You can also consider the line between the two sections as a liminal or boundary space to reflect that elements do not determine that elements of identify are binary. Instead, these sources of power may create a continuum of privilege.

Martha Attridge Bufton (2025)
Based on the Power Flower instructions from UBC
file:///C:/Users/Martha/Downloads/Power%20Flower%20Instructions%20%20(2).pdf

Martha Attridge Bufton (2025)
Based on the Power Flower instructions from UBC
file:///C:/Users/Martha/Downloads/Power%20Flower%20Instructions%20%20(2).pdf