

Open-mindedness

Do you agree? Share your thoughts and give examples.

1. Answers are either **right** or **wrong**.
2. If you don't **win**, you **lose**.
3. People are basically either **good** or **evil**.
4. There's always a **right** decision and a **wrong** decision.
5. People are either **rich** or **poor**.

Listen to the beginning of the podcast 'All about minds' and answer the questions.

1. What is it called when we put things into two categories?
2. What happens when we view the world in a limited way like this?
3. What could be the answer?

Open-mindedness

To be open-minded is to listen to and consider others' opinions and beliefs that are different from our own.

So, are you open-minded?

Rate how open-minded you think you are from one (not at all) to ten (absolutely, no question!).

Non-biased evidence

We need to make sure that there is enough evidence to back up our claim. Have we looked at different sources? How reliable are the sources? How can we trust them?

Put biases and prejudices to the side

This is tough to do. We need to be honest with ourselves and take into consideration that we tend to side with our own beliefs before listening to others'.

Listen

Listen without prejudice and with respect. It can be confronting to hear opposing views when we have a strong belief. Without listening, we'll stop the chance to move forward together and we'll lose respect for each other.

Accept we might be wrong

The world is a complex place with lots of people from diverse backgrounds, cultures and societies. Thinking we are right is not the ideal ground to start respecting each other.

Discussion

1. As a rule, do you look for different sources to back up your beliefs? Can you give an example?
2. How can we measure reliability, and trust our sources?
3. How can we reduce our biases and prejudices?
4. What is difficult for you about some of the traits of being open-minded? Why?
5. Do you agree that binary thinking is a problem in our society?
6. Do you think open-mindedness is the answer to stop division?