

# Who Is It?

## TYPE OF ACTIVITY

*Icebreaker/introductory*

## PURPOSE

To allow participants an opportunity to:

- introduce themselves to each other
- speak
- reveal something about themselves.

## MATERIALS AND PREPARATION

A blank postcard per person plus pens/pencils.

## THE ACTIVITY *(up to 15 minutes)*

- 1 Divide the group into fours, fives or sixes.
- 2 In small groups, each participant is to write down on the card a statement about themselves that is probably not known to any other group member, eg: a hobby, a future plan, an achievement.
- 3 Upon completion, each small group member to lay a card face down in the middle of the group circle.
- 4 One participant picks up a card, reads out the statement, then has to try and guess who has written the statement and why they think that it is the particular person. If the guess is wrong, try again until correct. Then you may ask a few clarifying questions of that person about the statement.

5 Procedure is repeated by other participants until completion. Then pull together the main group and briefly introduce your partner, ie the person whose statement you correctly guessed.

## PROCESSING

Processing questions might include:

- how comfortable were you with that exercise?
- were there any risks involved for you?
- how revealing about yourself did you consider your statement to be and how did it reflect your general level of comfort within this group at this present time?
- what were your thoughts as other participants' statements were being introduced to the group?
- in the light of working through the exercise would you, on reflection, have used another statement with this group?
- will you use the same or a different statement if you were to repeat this exercise with a different group in the future?

## POINTS TO NOTE

This is a relatively low-risk exercise that can help participants make links with others in terms of similarities and can be used at the start of any course.

## ADAPTATIONS/VARIATIONS

It may be that you feel it unnecessary to introduce a partner to the whole group, but rather use it in a sequence of exercises intended to gradually break down the barriers. It may also be used to forge group unity at the start of a more extensive group task.



# Who's Who In The Zoo

**TYPE OF ACTIVITY** *Group Divider*

## PURPOSE

To allow participants an opportunity to:

- learn something about group members
- generate trust and some self-disclosure.

## MATERIALS AND PREPARATION

Cards, each one bearing the name of a different animal, enough for one per person. Make sure that there are enough 'animals' per category to produce the required group size, ie six members of the ape family if you want groups of six, five members of the cat family if you want groups of five.

## THE ACTIVITY *(about 15 minutes)*

Arrange for each participant to have the name of a (different) animal on their back by:

- asking each participant to draw an animal's name from a 'hat'
- placing that label on the back of the person next to them, without telling them the name of the animal.

The participants are to guess their animal by:

- going to another participant, introducing themselves, and the name of their school/area
- asking each participant one yes/no question, eg Am I big? Am I an ape?

When participants have guessed their animal, ask them to form groups by category of similar animals:

- discuss in the groups the participants' similarities to their animal
- ask a spokesperson (the one who lives nearest to a zoo) to share these similarities with the whole group in plenary and to name the group (ie apes, birds, fish, etc).

## PROCESSING

Processing questions might include:

- how comfortable did you feel about the activity?
- did the activity help you to feel at ease with your group?
- what kinds of things do we need to be sensitive about in this exercise?
- would you use this activity yourself as a group leader?

## POINTS TO NOTE

This activity needs careful handling in case any participants are sensitive about being 'compared' to an animal. Stress at the beginning that this is a fun exercise, as well as one which has a clear purpose. It may be appropriate to ask participants to share one thing they have in common with their animal and one thing they don't have in common.

## ADAPTATIONS/ VARIATIONS

Instead of animal groups, you could substitute mineral, food, or vegetable groups.

