

WHO AM I?

– introducing yourself by selecting pictures

The aim of the 'Who am I?' exercise is to get participants together and give them the opportunity to introduce themselves to each other by selecting picture cards that give different associations. When participants choose a picture and say precisely why a picture is relevant, it enables them to talk about other aspects of themselves than they usually do. The exercise also enables participants to discover possible common interests and to laugh together, while giving the educator some insight into their lives.



Approximately 5-20 minutes, 1-2 minutes per participant



50 picture cards, good table space and possibly an extra table for participants to gather around



Group



The same type of exercise as 'My Mood' and 'My Exercise'

STEP BY STEP

1. The educator introduces the aim of the exercise: For participants to introduce themselves to each other and the educator in a fun, informal way.
2. The picture cards are spread out on a table that participants either sit or stand around.
3. The educator introduces the exercise for example by saying: "As you can see, I have placed lots of different pictures on the table. The pictures can direct your thoughts to lots of different things. Now select 3-5 cards that you can use as inspiration to say a little about yourselves. You decide for yourself what you want to say. You can tell us about your interests, experiences, work, family, illness and so on. If one of the others takes a picture that you would like to have, it is alright to use it when it is your turn.
4. Participants each take 3-5 cards to describe who they are.
5. The educator also finally selects 3-5 cards. She speaks first to show participants that they can talk about many different things.
6. Participants take turns to show their cards to the group and to use them to introduce themselves.
7. The educator concludes by thanking participants for their openness and then introduces the next item on the agenda for the day.