AN EVERYDAY OBJECT AND YOU

AIM:

The goal of this activity is to create a safe space for sharing and to help participants to get to know each other. The activity also helps to introduce elements of active listening to others and leaving space for each group member. Each participant has a chance to choose how they want to be called, which can change in the course of a workshop, as well as select pronouns they want others to use when talking about them.

TYPE OF ACTIVITY:

opening activity

TARGET GROUP:

group size: any size
age: 15–25 years
gender: any gender

DURATION:

‣ the time needed for this activity depends on the size of the group
‣ for groups up to 10 participants, approximately 25 minutes is needed so that everyone has a chance to describe why they introduce themselves through a certain object

ACCESSIBILITY:

‣ a presentation of a chosen object

MATERIALS:

‣ a blanket, a tablecloth, or any fabric to cover the objects
‣ various objects such as figurines, hand tools, postcards, mirrors, and books

PROCESS:

The facilitator arranges various objects in the room (e.g. on a carpet) beforehand and covers them with a blanket so that participants cannot see them. Participants are asked to pick one that they would like to introduce themselves through. The chosen object should be related to their identity or characterize (a part of) them. Uncover the objects. After each participant picks their object and before the object-introduction part, it is possible to ask them to say how they want to be called and what their preferred pronouns are (he, she, they, etc.). Next, in case of a smaller number of participants, everyone presents what object they have chosen and why.

REFLECTIVE QUESTIONS:

‣ What was it like for you to pick one object that you relate to?
‣ Did you find an object in the selection that immediately caught your eye, or did you miss something to be there?
‣ How did you feel during sharing your thoughts?