

# INTRODUCTORY ACTIVITIES

## Options:

### 1) STICKY NAMES

#### Methodology

After the initial welcome, the facilitators hand out a single stick on label to each of the group members. The facilitator also writes 2 questions on the board that each participant should ask their partner. The members write their name, or what ever they want to be called in the workshop on the label. Now, the facilitator will clap once and the members move around the room and interact with another group member. They share the answers to the 2 questions and also change name tags. The facilitator claps again and the members meet another person, now with the identity of the person whose tag they are wearing and share what that person told them. **This activity works best if the facilitator demonstrates it first!**

In a group we have several people named A, B, C, D, E, F, G, K and H as members.

The topic is given. (Usually it is about personal likes or dislikes or hopes etc. It is never about work). The direction from the facilitator is, share 2 things you love and 2 things you dislike. She claps, the group begins to mix.

A meets K

A says : I love Shah Rukh Khan and clothes, I hate hypocrisy and being over weight

K says : I love music and my baby, I hate to work in the winter and overweight people.

They now exchange tags, and carry on to meet another person.

A (who is now K) meets D and says whatever K said to her/him.....and so on.

We stop when each one has met one person and clap again, so in all every one meets 2 people

In the end every one stands in a circle to introduce who they are.

So C who has been F, and K, and actually is A will now introduce C.

More often than not, it will be quite wrong.

The original C then will tell the group what he had originally said.

## **2) Couples Introduction**

Methodology:

Break group into pairs.

Have each participant ask these questions of their partner:

- 1) Name
- 2) Why did you become a nurse
- 3) Favorite book
- 4) What do you do to relax

The partner will then be responsible for introducing the person they interviewed

## **3) Telephone Time 15-20 mins**

Methodology:

- 1) Start with one participant.
- 2) That person states their name and a food that starts with the first letter of their name
- 3) The next person in line must repeat all of the preceding people and the food then give their name and food
- 4) The last person to go is the instructor who has to say everyone's name and the associated food

## **PRE-TRAINING EXERCISES:**

After doing the introductory exercise then do the following:

### **1) Expectations exercise: Time - 20 mins**

- i) Each participant writes their answers to the following questions on four different colored cards (one for each topic). The questions are introduced sequentially by the facilitator
  - What do you expect of the facilitators?
  - What issues do you expect will be discussed with regard to the manual?
  - What do you expect from the other participants?
  - What do you hope will not happen?

- ii) Place the cards on the white board or pin board or the wall in four groups
- iii) Each person has one minute to explain her or his words to the group
- iv) The facilitator summarizes the expectations and prioritizes the first five common expectations as group expectations.

Note - The group expectations will be listed on a chart paper and pasted on the wall during all the training sessions.

## **2) Establish Ground Rules**

**Time - 5 mins**

The participants are asked to list out four to five important ground rules to be followed during all the training sessions. This will again be listed on a chart paper and put up on the wall during all training sessions