

ANIMAL ACTIVITY*

▶ ABOUT THIS ACTIVITY

- 🕒 **Time:** 20-30 minutes
- ➔ **Objectives:** By the end of this session, participants will be able to:
 - Reflect on and share personal preferences or styles particular to a given topic.
- ✂️ **Materials:**
 - Large pictures of four different animals, or four large sheets of paper with a name of a different animal on each one.
- 🔪 **Preparation:**
 - Choose four animals that represent different characteristics. Examples: Turtle, tiger, porpoise, and elephant; or eagle, terrier, koala, and leopard.
 - Write the name of each animal on a separate piece of butcher paper, (or use pictures) and hang these sheets around the room.

Instructions

1. Initiate a brief discussion about ... whatever your topic is. For example, if you're using this to look at different conflict resolution styles, lead a discussion about conflict: What is it? Encourage participants to take a moment to think about themselves when in a conflict situation. How do they handle it? How do they feel about it?
2. Point out the signs around the room, and read them aloud. Ask participants to stand up and go to the sign of the animal that best represents themselves when in a conflict situation (if that's your topic). Do not describe the animal's characteristics; let the participants choose their own.
3. Once everyone has chosen an animal (and everyone must choose just one!), point out that as varied as these animals are, obviously all of them have positive characteristics that appealed to different participants. Invite the participants to use the markers placed near each animal to write on the blank newsprint the characteristics that led each of them to that animal. Give them a few minutes to discuss these characteristics together.
4. Ask for two - three representatives to talk about their choice: What is it that appealed to them about that animal? How are they like that animal when in conflict? Gently discourage implied or overt criticism of other choices.
5. Ask everyone to return to their seats. Process by asking questions such as:
 - What happens when a tiger and a teddy bear have to work together?
 - What did you become aware of given your preferences?
 - How does your preference impact your working effectively with others?
 - How can you use these ah-has in working with others?

* This module is part of the online toolkit Building Blocks to Peer Success. For more information, visit http://www.hdwg.org/peer_center/training_toolkit. This module comes from the Lotus Women's Peer Education Training Manual, Center for Health Training and Women Organized to Respond to Life Threatening Diseases (WORLD), 2008.