



MY LEFT SHOE*

▶ ABOUT THIS ACTIVITY

 **Time:** 1 - 2 minutes

 **Objectives:** By the end of this session, participants will be able to:

- Learn something new about each other.

 **Materials:** None

 **Preparation:** None

Instructions

1. Ask everyone to remove their left shoe. Demonstrate. Tell group that you are going to ask them to introduce themselves in regard to the topic of the training by comparing themselves to their left shoe. Example: “My left shoe is very comfortable, and it’s coordinated with my belt. It’s bright red, which to me is a lively and energetic color. Like my shoe, I’m pretty comfortable with this subject because I’ve done some work on it. My role is as a coordinator. And I’m feeling pretty energetic and lively.”
2. In summing up, tie this activity to the rest of the training. Example: “This activity requires participants to be creative, to take some risks, and to have some fun. Being peer educators also requires being willing to take risks, and it’s helpful if we’re also willing to be creative and have fun.”

* 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