


THAT'S ME!*

▶ ABOUT THIS ACTIVITY

 **Time:** 2 - 5 minutes

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

- Learn something else new about each other.

 **Materials:** None

 **Preparation:** None

Instructions

1. Ask participants to stand up and yell “That’s me!” with enthusiasm and gusto when you read something that applies to them.

How many of you:

- Have children
 - Would rather eat out than cook dinner
 - Prefer dogs over cats
 - Do something nice for yourself at least once a week
 - Manage your stress really well
 - Collect something
 - Are planning a vacation sometime soon
 - Have done something new in their sex lives in the past month
 - Have traveled in a country where they did not speak the language
 - Exercise at least 3 times per week
2. Adjust the questions to provide useful information depending on purpose of session, or this can simply be a quick and fun energizer. You can also have people remain standing for one or more key questions so that others can note them as a useful resource, or as having a particular skill, etc.

* 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