





THE OBJECT*

▶ ABOUT THIS ACTIVITY

-  **Time:** 1 -2 minutes per person
-  **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 everyone to take out (or off) a personal object that represents something about themselves. Ask participants to introduce themselves in terms of this object. Example: “My name is Kay. I chose this pen because it’s brand-new and ready to go, and I’m new at my job and eager to get going too.”
2. This activity can be made specific to a particular training topic or group members’ roles. Example: At a training on HIV, ask everyone to introduce themselves in regard to their role in HIV prevention. Someone might say, “This is my wallet, and it’s overstuffed with papers, and notes, and cards, and other junk. As an HIV case manager, like my wallet, I’m overstuffed. I have a million little details to oversee, and lots of staff with lots of problems, and I’m feeling a little overwhelmed.”
3. Process: Ask participants what they learned about themselves and one another. Point out how creative participants were with their responses. Ask how this creativity can be put to work in this training.

* 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