



## ICE BREAKER – THE SIGNIFICANCE OF MY NAME

The following is an example of an icebreaker exercise which was used with families as part of the Lancashire Intergenerational Multicultural Education Project (LIME). When people come together for the first time, it can often be difficult to remember individuals' names in a room full of new faces. It also takes a certain amount of confidence to approach a stranger and ask personal details about them. This can inhibit the effectiveness of group discussions between learners. When delivering workshops with families of different cultures, this may be further complicated by having to remember names from different parts of the world which may be unfamiliar. The exercise is effective in encouraging people of different cultures to share personal information and learn from each other the significance of a name. Sharing mini oral histories also enables a stronger link between a name and a face to be made and thus aids in memory recall.

<b>MATERIALS &amp; METHOD</b>	<b>TARGET GROUP</b>	<b>ADAPTATIONS</b>	<b>ADVANTAGES / DISADVANTAGES</b>
<p><b>Materials:</b> Register or flip chart and pen</p> <p><b>Method:</b> Ask participants to write their name onto flip chart and share any significance about their name such as:</p> <ul style="list-style-type: none"> <li>? how it was chosen,</li> <li>? what it means,</li> <li>? whether they like it not,</li> <li>? whether they have any 'nick names'.</li> </ul>	<p><b>Suitable for:</b> Suitable for all ages and backgrounds.</p>	<p><b>Language Support:</b> Ensure instructions are explained in required languages. Group members may share experiences in mother tongue, if someone is present to translate.</p> <p><b>Low Confidence:</b> Instead of asking learners to write their name onto a flip chart, ask them to sign their name on a group register that can be passed around the learners. If you are working in a large group complete this exercise in small groups.</p> <p><b>Poor literacy skills:</b> Be aware of literacy issues. You can omit the stage where learners have to write their name and just ask individuals to verbally introduce themselves and share their story.</p>	<p><b>Advantages:</b> Creative way to introduce each other. Involves whole group participation.</p> <p><b>Disadvantages:</b> This exercise can take a long time depending on the size of the group and how much participants get involved. Not the best exercise to do in a short one-off workshop.</p>