

4 PART NAME TAGS

***Remind participants of the "I Pass" rule (on The Last Word page 14).**

Time: 20 - 40 minutes

Materials: Felt pens (1 per person or pair if possible)

Pens or pencils (1 per person)

Pins (1 per person), or masking tape (1 roll)

Photocopy page 63 in the Appendix so that each participant will have a copy, plus some extras.

Enough tables or desks for people to write on

A table on which to put the materials

Chairs (enough for everybody)

Preparation: Use the 4 quadrant fillers that I've included in the example under Participant Instructions (below), pick out four quadrant fillers from the list starting on page 17, or make up your own and write them on page 18.

Set out the materials to be used on the table.

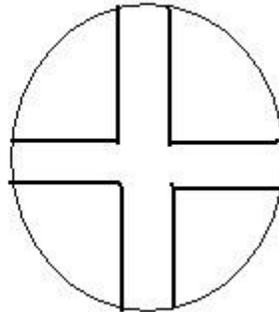
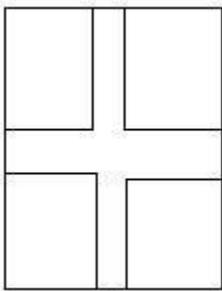
Make up a sample like the one at the bottom of this page and post it for all to see.

(Note: You could have the participants draw their own crosses on blank pieces of paper if you don't want to copy page 63. You may even want to get creative and provide the participants with round pieces of paper instead of rectangular 8½" by 11" pages. It's up to you.)

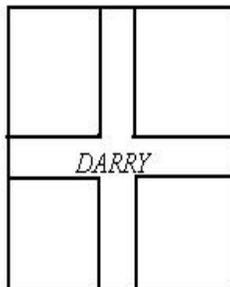
Participant Instructions:

As people arrive (or when you are ready to start), ask each person to pick up a copy of page 63 (or 1 sheet of blank paper), 1 pen or pencil and a felt pen (or a felt pen for every 2 or 3 people, depending on how many people you have).

Unless participants are getting copies of page A1, have them draw crosses on their pieces of paper with a felt pen. Then their paper should then look like either of these 2 examples.



Next, have them print their first name (only) across the middle in felt pen as follows:



Once everyone has prepared his or her basic nametag, (the cross drawn and their name on it) then you can begin.

Here's how you would proceed using my fillers.

Ask the participants to take the pen (or pencil) that you have given them and print or write clearly in the Top, Left-hand Quadrant, a list of places they have visited. Give them 2 or 3 minutes to do this.

Next have them print or write legibly in the Top, Right-hand Quadrant, "able" words that describe them (words that end in "able") e.g., loveable, capable. When you feel that they have finished this part, go on to the next.

Ask them to print or write in the Bottom, Right-hand Quadrant, some things that they are looking forward to.

After they have completed that portion (2 or 3 minutes is usually enough time), get them to complete this sentence in the remaining quadrant: If I were the ruling monarch of (choose their city, province/state or country), I would.... It should only take 30 seconds to a minute.

At this point, tell them you will be issuing instructions periodically which they should follow as closely as possible in order to reap the maximum benefit from the exercise.

You now no longer need the pens (or pencils) or felt pens, so ask the participants to return them to the table and pick up a pin (or a piece of masking tape), attach their nametags over their hearts, and return to their seats.

Once they have all returned to their seats and have their "name tags" pinned or stuck on, you are ready to begin!

After you have their attention, tell them that you now want them to wander around the room and read other people's name tags; however, they must not talk! (Make sure that you stress the "no talking" rule.) Then tell them to start. (You should participate in this part of the program.)

After a few minutes (3 or 4), stop them, and then tell them to wander around as before only now it will be OK to talk!

Once they have spent 3 or 4 more minutes doing this, stop them again.

Turn to page 60 and finish off this session with the "Mixing It Up" exercise. (You will be using this exercise to complete several other exercises in this book.)

Additional Quadrant Fillers

- 1) Important decisions you have made recently
- 2) Important purchases you have made in your life
- 3) Things you like to do alone
- 4) Movies you have liked
- 5) TV programs you watch most often
- 6) Times you think cheating is justified
- 7) Things you wouldn't let your children do
- 8) Your favourite hobby or pastime
- 9) What you would do with \$1 million

*MIXING IT UP



**This exercise is different from all the rest in that it is used only as way to finish off several other exercises. It does not stand on its own. When you are referred to this page, simply proceed as if this were a part of the previous exercise you were working on.*

First ask everyone to pick someone they don't know and go off with them for 5 minutes and find out as much as they can about their new partner using whatever tools they have brought with them from the previous exercise as a basis for their conversation, (the "4 Part Name Tag" for example). If there is an odd number of people, then you are to make up the last pair. If not, then you sit out this portion.

After about 3 minutes, tell them they have 2 minutes left. (This will help ensure that one person doesn't do all the talking for the whole time.)

After about 5 minutes in total, stop them from talking. Tell each pair to find another pair and introduce their new partner to the other couple, based on what they have learned so far. Give them 3 or 4 minutes to do this.

(If there is an odd number of couples, then you go to the extra couple and introduce yourself and let them introduce each other to you, or you can form a group of 3 couples instead.)

Finally, in one large group (or in groups of about 20), have each partner introduce their new partner to the group.

At this point you should take a short break before going on to another exercise. Tell the participants that they will have a few minutes to follow up with anyone they might have just met.



Stir in some friendship!