

MY NAME AND YOUR NAME



BRIEF DESCRIPTION

This awareness promoting exercise involves loosening up and sensitizing practice and centers on the getting to know of names. *My Name and Your Name* is a great way of experimenting with sound intensity, the different ways of pronouncing ones own name and with personal space in a (class) room as well as in a group.

Eyes, too, play an important role in this exercise. The (class) room is experienced differently depending upon open or closed eyes.

An example of where this exercise can be applied is the situation where people get together for the very first time. It supports the learning of names and the establishing of space in the (class) room and in the group.

Materials

No special materials are needed.

Steps

Learners are asked to spread out, thus establishing their own physical and acoustical space.

For the sake of concentration, the learners are then told to close their eyes.

The teacher or group leader then randomly touches each learner lightly on the shoulder. The learners, upon being touched, then have to say their names.

Feedback: Don't forget to actively seek feedback on this activity.

Variations:

Names, in the interest of emphasis, can also be sung or cried out or whispered.

Shoulders may be touched by both, teacher or learners. This is a question of organization.

Test it.

Contact: anja.benning@vhs.at