

## Training Programme

### Exploring the different dimensions and definitions of diversity

Day (2)

#### 7 Hand-shake

##### Warm Up Exercise

20 min

##### Useful for:

Waking everyone's brain up – particularly because the memorising of the names tests the working memory of the participants. Also the combination of introductions, getting to know names, physical contact and concentration, helps everyone become present in the room and builds a sense of a learning community.

##### Resources needed:

None

##### Room layout:

Clear open space big enough for all participants to move around easily.

##### What happens?

Everyone walks around in the room. Each participant should approach another participant and shake hands. As they shake hands, they should state their name and listen for the name of the other person. They then adopt the name of the other person and walk on until they meet another participant. They should then shake hands with them and state the name that the previous participant gave them and then listen for the name they are now being told. They then adopt the new name they have been given and walk on until they meet another participant.

If a participant shakes hands with someone who states THEIR actual name, they have to leave the game and stand against the wall. The goal for the group is to get everyone standing against the wall, because logically having entered their name into the game they should at some point receive it back again. If everyone does this right, this will happen automatically after a while.

However, something usually goes wrong and the process breaks down without reaching the intended resolution. In these cases, the whole group have to start again. If there is more than one person in the room with the same name, it doesn't matter. It is just more likely that they will find their name quickly. If two people meet and now have the same name, and there is only one person with that name in the room, then the game has broken down and everyone has to start again. Otherwise, it will become obvious that the game has broken down if there are a group left who keep introducing themselves, but never meet their own name. In which case the game has to start again.

Try the game three or four times before moving on to the next exercise.

### **Notes for facilitators:**

In the reflection get the participants to consider why the activity breaks down. One of the reasons is that it is a test of working memory – the short-term memory which is where you hold information in the short term in order to complete specific functions. Working memory is one of the executive functions of the brain, which underpin successful learning.

»I always got lost after a few hand-shakes!!«

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