

Colour, Car, Character

This exercise asks the participants to introduce themselves by naming colors, cars, and fictional characters that represent aspects of their own personalities. This activity is generally more effective when used in the early stage of the group's formation.

Time Reference

Approximately 15 to 20 minutes.

Group Size

Best suited for a group of 10 to 20 participants.

Space Required

A room that is large enough to accommodate the comfortable seating of the participants.

Materials Needed

For each participant, a pencil and a piece of paper.

1. While distributing paper and pencils to all of the participants, the trainer explains that the group members will be taking part in an activity that is designed to help them become acquainted with one another.
2. The group leader then asks that each participant write his or her name on the piece of paper. Under his or her name each participant is to write a colour which he or she feels fits his or her personality. Beneath the colour the participant is to write the name of a car that he or she thinks is appropriate to his or her self-image. Finally, under the name of the car, the participant is to write the name of a fictional character with whom he or she identifies.
3. Then, one at a time, the group members introduce themselves by stating their names, colours, cars, and fictional characters. In the introduction, each participant is to provide a brief rationale for each of his or her three choices. For example: "I see myself as a Volkswagen because I am practical and am concerned about economic factors."
4. The exercise continues until all of the participants have introduced themselves by colour, car, and character.

Variations

- If the group contains more than 20 participants, the trainer may ask the group members to give only one description of themselves, such as their relation to a particular colour, car, or character.
- The group leader may request that the participants relate themselves to various kinds of insects, flowers, foods, games, film stars, political figures, or any combination of these.



- The trainer may ask that each participant give his or her name and then act out one or all of the chosen descriptions while the other group members attempt to guess the particular colour 'car' or fictional character he or she has selected.

