

My tastes

Getting to know each other

Source: *liaisons*

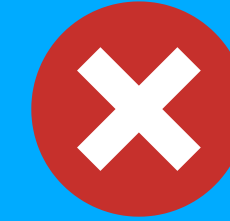


8-30 people



30 minutes

Jammin Board



ARTS



NFE



INCLUSION

Topic

Getting to know the participants and their tastes

Objectives

- Become aware of others' tastes
- Listen to people's tastes without judging

Material

- Paper and pens
- Thick cardboard or a board

Steps

1. Each participant takes a moment to think and then notes down their tastes relating to each of the five senses: what they most like to hear, see, touch, smell and taste.
2. Once all participants have recorded their responses, everyone presents their thoughts to the group. Feedback can also be made by a nominated spokesperson.
3. If the second option is selected, ask participants to form pairs. One by one, each pair then presents the responses to their partner. Come together again into a larger group and ask each participant to present the thoughts of their partner. This option is particularly useful if participants feel uncomfortable about expressing their own tastes to the whole group.
4. Finally, engage in a discussion about what participants feel they will take away from the exercise.