



Meet my daughter

Activity

Objective

This exercise allows us to **establish a personal connection between participants** and to facilitate a **brief introduction**.

Time: 10 min

Participants: 3- 10



Process

Ask everyone to turn on their camera and have an empty chair next to them.

Then invite all participants to introduce themselves from the perspective of their sister/ dog/ parent/ neighbour/ colleague.

Ensure that the introductions are brief and are starting with for example: “I would like to introduce you to my daughter (Anna)...” giving another 2-3 sentences about her.

Ensure everybody had a turn before moving on.

Tips and tricks

If you would like to ensure that the introduction is short, make sure that the first couple of introductions are short and to the point.

You can ask participants to pick who should go next - that keeps the focus of the group (and takes a bit more time).

You can encourage participants to share something about themselves that might be news to some.



needs camera
for participants



needs audio for
participants