

# FIRST NAME STORY

**Duration** 30 minutes

**Participants** 5 to 10

- Goals**
- Share a personal story
  - Facilitate speaking at the microphone
  - Strengthen the bond of trust by allowing participants to introduce themselves and take an interest in others

- Materials**
- A radio studio

## Instructions

### STEP 1

- 1 Create pairs (ask people to go to the person they know the least or with whom they have spoken the least).
- 2 Invite participants to present the story of their first name to their partner: where they come from, what are their origins, their meaning, etc. Then, each person will have to present the story of the first name of their partner, to the whole group, in turn at the microphone.
- 3 Leave them 5 to 10 minutes to exchange in pairs.



## 2<sup>ND</sup> STEP

- ① Come back as a large group, sit in a circle. Indicate that you are going to start the first recordings. A facilitator may be seated at the table where the recording material is present. Invite a participant to join her. This role can turn over the shares.
- ② Ask a first pair to take the microphones and tell the story of their partner's first name.



- ③ After each pair, do a debrief: ask the participants how they felt, what were the sensations they felt, etc. Give positive feedback and give some advice.
- Then, little by little, over the course of the shares, give additional instructions:
  - After the presenter has shared their partner's name, they then ask their partner a question. Invite other participants to step in and bounce back.
  - Ask one of the pairs to start their sharing, with a short introduction, like a radio journalist "Hello and welcome to our program" the history of first names ", where we will present the history of the first name of" ... ". and to conclude their speeches: "Thank you for listening to us, and see you very soon on Radio Firstname! "

**Variant** You can directly suggest that people think of their presentations as a 5-minute radio broadcast from step 1 of the activity.

**Evaluation** You can ask the same questions as the previous activity.

- Tips for facilitators**
- ① First name history is an interesting activity if you are working with mixed groups. Talking about the origin of your first name is an opportunity to talk about your culture while sharing your intimacy.
  - ② For these same reasons, the first name can refer to a delicate story. Tell people that they can also choose a nickname or a first name other than their first name. They can then tell an anecdote about this first name / nickname.