

The Story of my Shoes

Description

This is a very useful activity for presentations or to break the ice in a session with people of any age. The idea is to work on the active listening of the participants, as well as to get to know each other better and reflect on the different backgrounds we have through a simple but very profound exercise.

Objectives

- Communication skills
- Self-awareness
- Cultural awareness

Development of the Activity step-by-step

Ask the participants to get together in pairs, the best thing is that they are not known to each other or that they don't know each other very well.

Once they are in pairs, tell them that they have to tell the story of their shoes, the ones they are wearing at that moment, but that they will have to follow some rules.

First of all, one of the members of the pair will have 2 minutes to tell the other member of the pair the story of their shoes, but the other person will not be able to intervene during those two minutes.

Once the two minutes are up, the roles will change and it will be the other member of the pair who will present the story of their shoes without the other person being able to ask questions or interrupt.

At the end of the 4 minutes, each partner will have a couple of minutes to present their partner through what they have learned about them from the story of their shoes.

Once the whole group has introduced themselves we will move on to simple debriefing.

- Did you find it difficult to talk for two minutes in a row about your shoes without being interrupted or asked questions?
- Did you find it difficult to listen without being interrupted and ask questions for two minutes in a row?
- Were you surprised by anything about the story of your own shoes, or your partner's?
- What did you highlight about your partner's story when introducing him/her and why?