

I like, I dislike: photo language activity

Main Activity

Source: *liaisons*



60 minutes



15-25 people

Topic

Talking openly about what we like and dislike without being judge

Objectives

This activity seeks to encourage participants to talk about what they like and dislike, in front of a group. Aims include to: Discover more about yourself and the people around you. Increase participants' confidence when speaking to a group. Exercise listening skills, without necessarily opening up to debate. Learn to listen and respect other's thoughts and opinions.

Material

S batch of about 30 different photos, in 5 or 6 copies each.

Steps

1. Having gathered the photos, paste them onto pieces of cardboard. On the other side of the cardboard, number each of the pictures. Keep the caption for each photo separate, but ready to return to each picture if required during the discussion. This caption might include details such as location, date, author and where it came from. Try not to choose photos from news events that are particularly recent; this might orient discussion towards real facts rather than specific questions.
2. Arrange the photos on a table so that each series is clearly visible (place cards of the same series on top of each other).
3. Invite participants to familiarise themselves with the photos at the beginning of the activity. Each participant will be invited to choose two images from the table:
 - One representing something that they like and that makes them feel positive...
 - One representing something that they dislike and that makes them feel negative...

Jammin Board



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INCLUSION

4. The table where the photos are displayed must be completely unobstructed so that participants can move freely and take in all of the photos. The more space between each photo the better. Ensure that the atmosphere for the activity is calm and quiet.
5. Invite participants to choose two photos each. (If there are a number of participants, invite them to come round the table in small groups of 5 or 6 people).
6. Once everyone has made their choice, ask them to return to their places. Ensure that they do not show their photos to any other participant.
7. First, ask everyone, in no particular order, to show the card that they disliked to the whole group. The participant must then discuss what it represents for them and why they feel negative towards it. Ensure that everyone is able to speak freely about their photo choice without being interrupted and, more importantly, without being criticised or judged.
8. Then, invite participants to do the same with the photo that they liked, to name it, explain the reasons for their choice and why it made them feel happy.

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A note on the method

Jacques Nimier, a French psychologist and teacher (1929-2014) defines the process of Photo Language as such: “The photo is an object of projection. That is to say, the person who chooses the photo will – by focussing on certain details – attribute properties to this image, which in reality are only specific to himself or herself. In a way, the photo will become an extension of the person; all whilst remaining an object separate to them. It is this process that allows the person to “half-say”, meaning, to speak about themselves at the same time as speaking about the photo. The photo is both the person and simultaneously, not the person. This process will facilitate exchange in the extent to which each person can speak about himself or herself by hiding behind the photo.”

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INCLUSION

Debriefing.

- Do you feel that you have been listened to/ understood: what did this help you to realise?
- Which parts of the discussion interested you in particular?
- Did you feel that you listened during the discussion, without interrupting?
- Were any photographs not chosen throughout the activity?
- How would you describe your experience of this activity?
- Did you choose the same photograph as someone else? What happened and how did you feel about this?