

# My hobbies

**Getting to know each other**

Source: *liaisons*



5-20 people



1 hour

## Jammin Board



ARTS



NFE



INCLUSION

### Topic

To allow participants to obtain a better understanding of their own goals and needs and to improve their self-esteem

### Objectives

- Become aware of your own tastes and hobbies
- Share and discover other people's talents, hobbies and needs

### Material

- Paper and pens
- Thick cardboard or a board

### Steps

1. Each participant presents their passion or their favourite hobby to the group, including details such as what it is, where it takes place, with whom and for how long etc.

2. Then classify each activity by theme by adding them to columns of the graph you prepared on the board

e.g. Sport | Music | Science | Technology | Nature | Crafts | Literature | ...

1. Each shaded box corresponds to a specific participant. You can add the name of each participant and the specific type of activity (football, tennis, violin, jazz etc.) to the board. The themes are by no means exhaustive and more can be added.

2. The group can then analyse the exercise by identifying the value of each activity and how these different interests can bring participants closer together.

3. Having listed all of the "talents" of the group, move on to think about how to share these passions and the knowledge behind them.

4. Ask participants to reflect on the following theme, and then to write their ideas down on a piece of paper: "If I had to introduce others to one of my favourite activities or if I had to initiate this activity with them, how would I do it?"

5. In turn, ask each person to explain his or her ideas. Then, offer the other participants a short time to react and express their comments and suggestions.

6. Based on the ideas expressed, ask if anyone would like to know more about the different activities and interests of other participants.