

Three favourites - introduction

Objective

To reveal delegates subconscious opinions on certain matters.

Procedure

Hand out sheets and ask delegates to complete the relevant boxes with the name of a favourite colour, animal and stretch of water. Delegates must also write three adjectives to describe each of the favourites chosen, for example

Animal	Aardvark
Adjective 1	Unusual
Adjective 2	Long-nosed
Adjective 3	Hard

When everyone has finished, ask delegates to hand their sheet to a colleague.

Ask the first person what their colleague has chosen as a favourite colour and what three adjectives they have used to describe it. Explain that this reveals how they see themselves. Go around the room asking what each of the others have written.

Repeat with the favourite animal, which reveals how they think others see them.

Repeat with favourite stretch of water - their perception of sex.

Three favourites

1. What is your favourite colour?

Write down three words to describe it:

2. What is your favourite animal?

Write down three words to describe it:

3. What is your favourite stretch of water?

Write down three words to describe it: