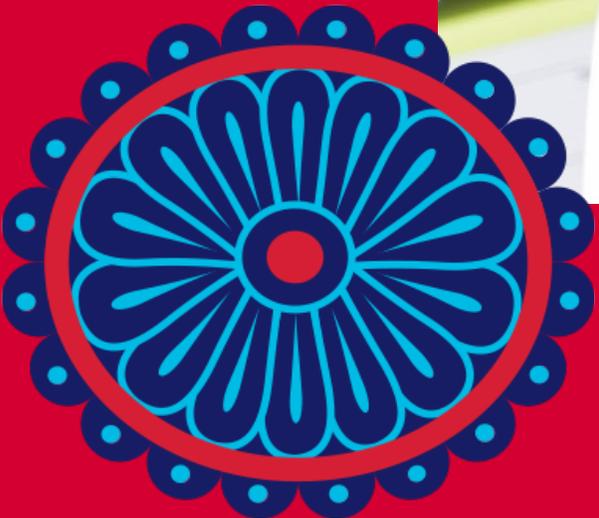


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**WELCOME ACTIVITY: WHO AM I?  
HERE I AM.**



# WELCOME ACTIVITY: WHO AM I? HERE I AM.

## **Purpose:**

- Get to know one another
- Create an atmosphere of trust

## **Steps to follow:**

- Get from the instructor a blank piece of paper, a pencil, and tape.
- Write on top of the page: “Here I am.”
- Answer the question “Who am I?” in 3 or 4 sentences or phrases.
- Tape the sheet of paper to your chest, so that others can read it.
- Stand up and walk around in silence, reading what other participants have written about themselves.
- Once you have read everyone’s answer, sit in a circle. Each person will introduce someone they didn’t know before today. Tell the group why you chose this person.

# NEGOTIATING OUR RULES

## **Purpose:**

- Create and agree on basic rules for the group.
- Allow participants the opportunity to share their ideas.
- Provide direction for future classes.

## **Ask:**

- What is a rule?
- What are rules for?
- What rules do you suggest for this class?
- What should happen if participants break the rules?