

POINT AND NAME

Adapted from Patti Digh by Darla K. Deardorff, 2009.

Purpose:

To raise awareness of cultural conditioning

Target Audience:

This activity is for participants at the beginning of a cross-cultural training/course. This quick activity can be done in various size groups, and works well with larger groups

Time:

1-2 minutes to set up and introduce the activity, 20-30 seconds per round (total of 2-3 minutes) and then 5 minutes of debriefing

Procedure:

Ask participants to walk around the room and point and name objects that they see. Then call the group back together and ask them to do the same again, except this time, give different names to the objects they see.

Debrief:

This activity is aimed at raising awareness of cultural conditioning. Questions to discuss in the debriefing include asking which round was easier, what strategies they used in naming objects in the second round, and how influenced they were by others in the second round. You can state your observations on what categories seemed to emerge in the second round and how it's natural for humans to want to categorize. You can also discuss how patterns emerged and ask about how children see the different objects in the room versus how adults may see them and that it's OK to go beyond how we normally see the world. You can discuss the importance of cultural self-awareness and cultural conditioning as one interacts interculturally. End by discussing the "lessons learned" from this activity and how the learning can be applied in real-life settings.