

*Title	Sing your name
*Duration	15-30 mins
*Nr of participants	5-20
*Logistics (space, materials...)	No particular need. This activity can take place both in an open air space, or in a room.
Precautions	This activity involves the use of voice; for some people speaking loudly in front of others can be embarrassing.
Link to the topic	
*Objectives	getting to know each other, self confidence, being recognized by others, expressing feelings, evaluating sessions.
Preparation	As a warm-up participants in a circle repeat all together the vowels and one by one can play with each vowel, trying different intentions (angry, happy, in love, bored, tired....) in pronouncing them
*Description	<p>In a circle each participant takes a step forward and tells his/her name to the others.</p> <p>During a second round each participant can call a second person who calls a third one and so on...</p> <p>You can go on calling each other trying different intentions (you call as if you were happy, sad, surprised, depressed, excited...).</p> <p>If the activity is at the end of the session, the instructor can ask participants to sing their name according to how they've felt during the workshop.</p> <p>During the final round each participant sings her/his name to the others who can also repeat all together what they've heard.</p> <p>You can go on singing the name of someone else, using different musical genres and different intentions.</p>
Variations	<p>If someone doesn't feel comfortable in using his/her voice, he or she is allowed to use a body sound instead (such as clapping hands, stepping feet, snapping fingers and so on....)</p> <p>The use of body-sounds or body-percussion to accompany the name come as a further step also for each group.</p>
Evaluation and reflection	Have a chat together commenting how they felt in doing the various steps of the activity.
Origen	This activity is inspired by music therapy proposals.



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