

Title

Rabbit / Duck & Counting F's

Source

Method presented during the International Trainers Laboratory, October 2001 by Razaan Bailey and Jasmin Nordien (South Africa). For further information on the International Trainers Laboratory, please contact IJAB e.V., Kerstin Giebel, Heussallee 30, D-53113 Bonn, Tel.: 0228/9506223, Fax: 0228/9506199, E-Mail: giebel@ijab.de.

Field/Content

Perceptions

Duration

20 – 30 minutes

Participants

8 - 10

Aims

To train perception

To show that we all have different views of the same thing, that a situation can have more than one way of being looked at.

Materials / Resources

Cards with pictures of rabbit / duck or both. Copies of a sentence with several F's.

Preparation

See materials / resources.

Methodology*Rabbit/ Duck:*

Participants are given a card with a picture of either a duck or a rabbit. They are then shown a picture of a duck and rabbit in one image and asked what they had seen. Most people see only what they had on their card.

Counting F's:

The participants are all shown the same sentence and asked to count how many of the letter F they counted. People will always have different numbers which again illustrates that we can all look at the situation and see it in different ways. This exercise also illustrates how assumptions can influence our perceptions.

Evaluation / Debriefing**Variants**