

*Module:*   **Family-Centered Practices  
for Infants and Toddlers With Visual Impairments**

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**Session 1: Building Reliable Alliances**

**Activity A: Getting to Know You**

**Instructor Guidelines**

The purposes of this activity are to assist participants in becoming familiar with

- Their own and others' identities and
- The way that culture contributes to one's identity.

**Time needed.** 25 minutes

**Objective.** The first step in building reliable alliances is to know oneself. It is important to make this activity optional for anyone who may hesitate to share personal information of this nature. For some participants, this may be a clue that working with families is going to be challenging for them.

**Materials.** "Getting to Know You Worksheet," adapted from Turnbull and Turnbull (2001), paper, markers

**Directions**

1. Have participants think about their identities in terms of the boxes on the "Getting to Know You Worksheet."
2. Have participants construct their own identity charts. They are free to create new boxes and are not obligated to use the boxes on the "Getting to Know You Worksheet."
3. Have each participant find a partner to share the worksheet.
4. Once in pairs, one participant asks the other, "Who are you?" The other participant has 30 seconds to reply each time. Repeat five times. After one person has given five answers, switch roles and repeat the process.
5. When this part of the activity is completed, have participants discuss responses with each other. Participants should reflect on their choice of which "identity" they said first. They should also reflect on the meaning of the word culture and the many factors that contribute to one's identity.

## Getting to Know You Worksheet

Adapted from Turnbull, A.P., & Turnbull, H.R. (2001). Building reliable alliances. In *Families, professionals, and exceptionality: Collaborating for empowerment* (4th ed., pp. 63). Columbus, OH: Merrill Prentice Hall.

### You

Age	Gender
Place of origin for your family	Region of United States your family is from
Foods important to your family	Ceremonies, holidays
Languages you speak	Favorite travel destinations
Education	Religious or spiritual affiliation
Disability status	Race or ethnicity
Piece of advice or proverb handed down in your family	Hobbies or interests