

# Icebreaker: Would You Rather...?

(15 minutes)

1 of 2

FACE THE FAST

## Objective

Through this activity participants will play a choice game that offers self-reflection.

## Activity Summary

This activity draws participants into critical thinking about global issues relating to hunger and poverty. Beginning with more light-hearted decisions, individual reflection and small group faith-sharing lead to serious thought.

## Materials Needed

- tape

## Procedure

This activity is best done in a large open space.

Put a long piece of tape down the center of the space. Ask participants to stand on the line.

Read aloud the questions provided or ones you've written, and indicate which side represents which choice. Participants should step to one side or the other depending upon their choice. Each person should choose a side; there should be no one in the middle. There are no abstentions.

Would you rather...

- Have the power to fly or the power to disappear?
- Watch TV or read a book?
- Live in the city or the country?
- Wake up early or sleep late?
- Live without music or live without T.V.?
- Laugh or make others laugh?
- Not be able to use your phone or your e-mail?
- Go without television or junk food for the rest of your life?
- Give or receive?
- Be able to read everyone's mind all the time or always know their future?
- Make headlines for saving somebody's life or winning a Nobel Prize?
- Make a difference in the world and be unknown or be famous for doing nothing?
- Try everything once with limited success or do one thing with your life and do it very well?
- Be hungry or unemployed?
- End hunger or hatred?

## Icebreaker: Would You Rather...?

*(15 minutes)*

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FACE THE FAST

### Debrief

After reading the questions ask the large group to discuss:

- How did it feel to be the only one or one of the only ones on your side?
- Did you make your own choices or did you try to guess what other people would choose? Why or why not?
- Did you feel any peer pressure to make one choice over another? Why or why not?
- What types of choices are more important—those that involve you, or those that involve other people?
- Which question did you find hardest to make a decision? Why?
- What new insight did you learn about yourself from these choices?

# Icebreaker: Hum Singer

(15 minutes)

1 of 1

FACE THE FAST

## Objective

Participants find the other person(s) who are humming/singing the same song.

## Materials Needed

- index cards

## Activity Summary

Each participant receives an index card with the title of a familiar song on it. Participants begin humming or singing the song found on his/her card and try to find other participants humming or singing the same song.

## Procedure

Prepare index cards ahead of time by writing titles of familiar songs on them. Make sure you write the same title on multiple cards so that some participants receive the same song.

Hand out an index card to each participant and explain that they are to hum or sing the song and find other participants who have the same song on their card. When participants find everyone who has the same song as they do, they should share one fascinating fact about themselves.

If time permits, play a second round.

# Energizer: Clump

(10 minutes)

1 of 1

FACE THE FAST

## Objective

Participants group together based on characteristics they share.

## Activity Summary

Participants move around an open space finding people with similar characteristics.

## Procedure

In a large room or outside have participants move around the area, intermingling. Every few seconds the leader shouts a characteristic. All people with that characteristic “clump” together as fast as possible. Those that do not have that characteristic should “clump” together as well.

To make identification easier have participants shout out whether they have the characteristic or not so groups can find each other. After everyone is in a group they break up and continue moving around until the next characteristic is shouted.

## Possible characteristics

People who:

- are wearing jeans.
- play an instrument
- speak a second language
- can drive
- carpool
- have participated in Food Fast before
- know what Catholic Relief Services is (have the group define CRS)
- know what solidarity is (have those that know what solidarity is explain it)
- know at least 4 principles of Catholic social teaching (have the group state the ones they know)
- know how many people in the world who go hungry (1.02 billion people)
- know how many people in the world do not have access to clean water (2.5 billion people)

# Icebreaker: Two Truths and a Lie

*(15 minutes)*

1 of 1

FACE THE FAST

## Objective

Participants learn about each other by sharing interesting facts about themselves.

## Activity Summary

Each participant will think of three statements about himself or herself that no one else knows. Two of the statements must be true and one must be a lie.

## Procedure

Divide large group into small groups of 3-4 people. Have each participant think of two truths and a lie about himself or herself.

Taking turns, participants will share their two truths and one lie. Other participants must guess which one is the lie.

Consider asking for volunteers to share their two truths and a lie with the entire group and use this activity throughout the Food Fast when you need a small break.

# Energizer: Musical Chairs Revisited

(15 minutes)

1 of 1

FACE THE FAST

## Objective

Participants will work together to ensure everyone is seated when the music stops.

## Materials Needed

- music player
- music
- chairs

## Activity Summary

While the music plays everybody walks around the chairs in a circle. When the music is paused, everybody scrambles for a chair. In this version of musical chairs everyone must be seated when the music stops (no one is ever “out”). After everyone is seated, take away a chair and repeat. Do this until there are no chairs left.

## Procedure

Set-up chairs in a circle, facing outward. Start with one less chair than there are participants. For larger groups, you might want to split up into smaller groups and run the activity simultaneously.

Explain that when the music stops every one must be seated. The group will have to work as a team to ensure every person has a seat even as chairs are removed.

## Debrief

Ask participants how they felt about playing a version of musical chairs where everyone was a winner rather than the traditional version where everyone but one person is a loser.