

# Activity: On the Move to Build Solidarity Game

(90 minutes)

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FACE THE FAST

## Objectives

Through this activity participants will:

- engage in a play activity while learning about Catholic social teaching through seeing, reflection and action as they consider the ethics of eating.
- understand Catholic Church teachings about farming and the social justice issues related to food production and distribution.
- learn that on every level, from the individual to the global community, people are moving forward in solidarity to make choices related to food based on a faith perspective.

## Activity Summary

This activity will allow participants to engage in a life-size board game. Through the moves on the board, each team will collect a letter that will help them to “build” solidarity. The participants will learn about issues related to farming, the importance of ethical eating from a faith perspective, and ways to develop solidarity through actions which contribute to social justice.

## Materials Needed

- large space
- 36 sections of newspaper
- marker
- 6-sided die
- copy of *See, Reflect and Act Cards*
- 4 copies of *Letter Cards*
- 8 pieces of 8 ½ x 11 paper
- 16 pins
- tape

## Procedure

### Preparation

Use the newspaper sections to make the squares for the game board (10 squares x 10 squares). Following the diagram provided, designate 10 squares as “See”, 7 squares as “Reflect”, and 11 squares as “Act” by writing each word on a newspaper square with a marker. Label one square as “start”, and keep 7 squares blank.

### Identify Teams

Divide your group into four teams. Have each team decide on a name and choose one team member who will move around the board as the “game piece.” Distribute 2 pieces of the 8½ x 11 sheets to each team. Have the teams make 2 simple signs with the name of their team that will be pinned on the back and front of the person who is that team’s “game piece.”

### Play

Introduce the game by reading the following explanation.

*We are now going to play a game that is based on the “See, Reflect and Act” model of learning. The game will help us see some injustices which exist in current food production and distribution systems.*

*The game will also ask us to reflect on perspectives from people of faith on these injustices; if your marker lands on a “Reflect” square, at least one member of the team needs to answer a reflection question if you want to collect the reward for that square.*

*Finally, the game helps you focus on some actions you can take to develop ethical eating habits and help ensure food security in the future.*

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*As your team moves around the board, you will have opportunities to collect letters to spell the word SOLIDARITY. As you collect letters, your team will tape the letters up on a wall so everyone can see how you are building “Solidarity” with all those who desire social justice for farmers, agricultural workers, consumers and all those who do not have food security. (Note: if you land on a blank square, you receive no letters because we cannot build Solidarity through passivity.)*

Each team’s “game piece” should go to the start square on the playing board. The “game piece” will move around the board collecting letters to “build” solidarity.

When each of the four “game pieces” is at “start”, tell them they can move in either direction after the first roll of the die; after that, they must stay in the direction they have chosen. There is no advantage to going one way or another.

Team members can take turns throwing the die for their “game piece.” As the “game piece” advances and lands on a numbered square, game cards will be read out loud.

- If it is a *See Card*, have a team member read a card aloud. The “game piece” then collects a letter.
- If it is a *Reflect Card*, have a team member read the card aloud. Each of these cards has a question; any team member can answer. After the question is answered in some way, then the team collects a letter.
- If it is an *Act Card*, have a team member read the card aloud. Ask the team how the suggested action would help to build solidarity. After the team answers, reward the team with a letter.
- If the game piece lands on a blank square, invite participants to consider that if no one sees, reflects, or acts, no one benefits. No letters are given to build Solidarity.

*NOTE:* After each move, the team should tape the newly added letter to the wall so the entire group can see how the team is building Solidarity.

When each team collects all the letters to “build” Solidarity, they should gather and decide on one thing that they will commit to doing that will help build solidarity with the hungry in our world.

The game is over when each team presents their commitment to the entire group.

## Debrief

Take some time at the end of the game to ask participants:

- 1 Why is it important to see and reflect as well as act when considering ethical eating?
- 2 What was the most interesting thing you learned as you played the game?
- 3 How can we begin to eat more ethically: what actions can we take to be in solidarity with all those who hunger for justice?
- 4 How can we share what we have learned with our friends, families, communities?

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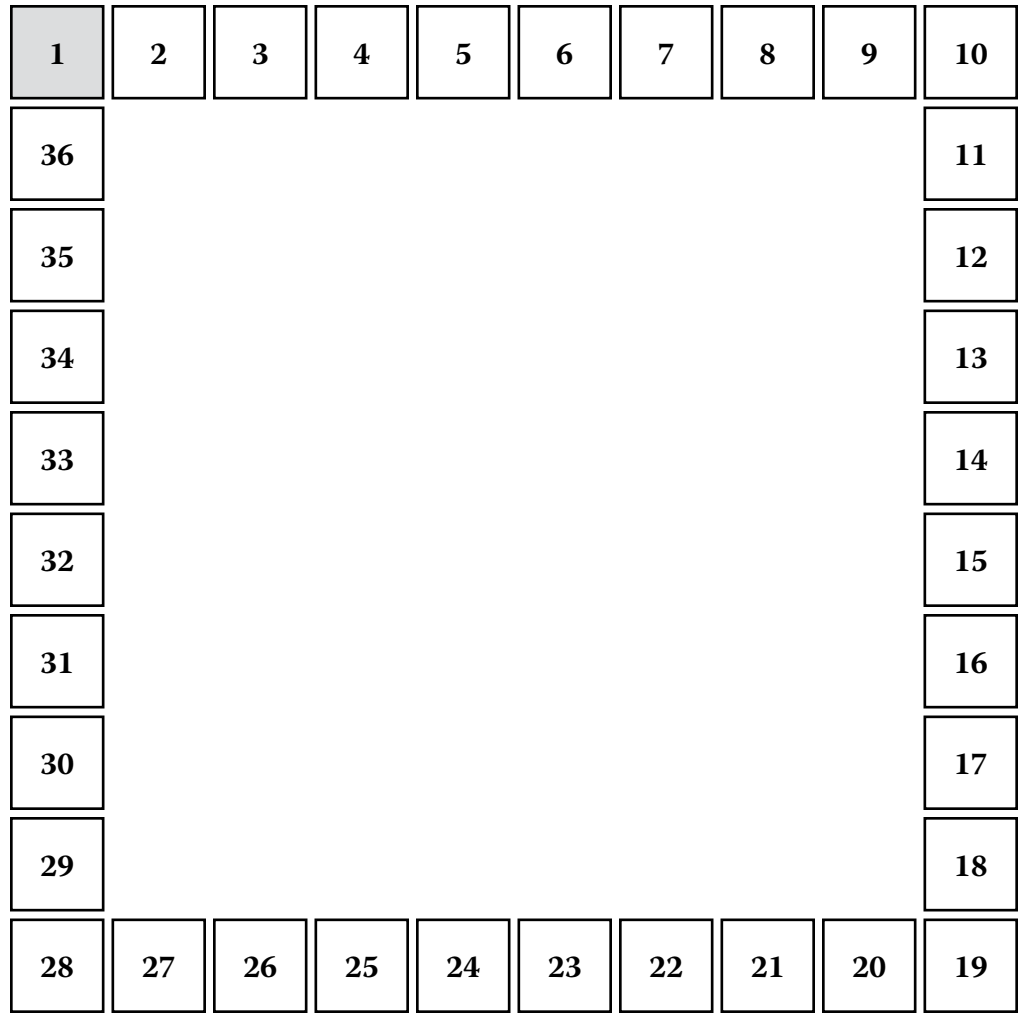
(90 minutes)

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# FACE THE FAST

## Board Diagram

- |           |            |            |
|-----------|------------|------------|
| 1 Start   | 13 Blank   | 25 Act     |
| 2 See     | 14 Act     | 26 See     |
| 3 Reflect | 15 See     | 27 Blank   |
| 4 Act     | 16 Act     | 28 Act     |
| 5 Blank   | 17 Reflect | 29 Reflect |
| 6 Blank   | 18 Act     | 30 See     |
| 7 See     | 19 See     | 31 Blank   |
| 8 Act     | 20 Blank   | 32 Reflect |
| 9 Reflect | 21 Act     | 33 Act     |
| 10 Blank  | 22 See     | 34 See     |
| 11 Act    | 23 See     | 35 Act     |
| 12 See    | 24 Reflect | 36 Reflect |



See

Many small family farms are going out of business because they have trouble competing with corporate farms that are able to produce more food at a lower cost.

See

Catholic Relief Services works in many isolated, remote areas with harsh climates and fragile, degraded ecosystems. These areas were not farmed in the past because of undependable, hostile climates and poor natural resources, but are farmed now because the poor have no other option.

See

The corporate farming sector (large factory farms) is able to produce food on a large scale and produce more food than ever as farming technology improves. However, with this growth comes an increase in soil and water contamination.

See

Enough food is produced globally to feed everyone, but many people are hungry because they lack land to grow food or money to purchase it.

See

Agricultural workers are low wage earners. The seasonal nature of their work and the inadequacy of the minimum wage keep most living in poverty.

See

Catholic Relief Services is the largest private distributor of U.S. food aid, second only to the UN's World Food Program. CRS uses food aid for emergency situations like natural disasters and famines, and to foster food security through long-term development programs.

See

Community gardens in neighborhoods and on working farms close to cities and towns are helpful for children and families seeking to learn about agriculture. Families can produce fresh foods for themselves or purchase it from local growers. These community-based food projects create a more diverse and healthy food supply – one that helps individuals improve the quality of the food they eat and builds connections between urban and rural communities.

Reflect

**REFLECT**  
Pope Benedict XVI wrote: "We cannot remain indifferent to what is happening around us, for the deterioration of any one part of the planet affects us all." **Why, as Catholics, can we not remain indifferent to what happens to the Earth?**

See

Small family farms in the tropics face increasing difficulties such as the effects of climate change, increased competition for limited resources (land, water, etc.), natural disasters, and wars, as well as the negative impacts from more complicated issues such as biotechnology, geopolitics, the information age, and global marketplaces.

Reflect

The first measure of both a healthy food system and a responsible society is the capacity to provide for the basic nutritional needs of all members of society. **How do the United States and the world measure up?**

**Reflect**

Pope Benedict declared in 2009 that “food is to be considered a universal right without distinction or discrimination,” and that members of the global community must develop a “sense of solidarity” if this right is to be respected. **Why is building solidarity so crucial to ensuring the right to food?**

**Reflect**

While large corporate farms limit production to one or two crops, small farms contribute to biological diversity with multiple crop systems, which is better for the soil. Catholic Bishops in Indiana have declared that “small family farms promote the variety of forms of God’s Creation—biodiversity—which is a gift of the Creator we must cherish.” **What are ways Catholics can honor the gifts of the Creator through the food they eat?**

**Reflect**

In a statement on World Hunger in 1996, the Church’s Pontifical Council *Cor Unum* voiced its concern that over-farming land and constantly pushing for higher and higher farm yields through chemical interventions is damaging the soil and the environment. **How is the concern for the environment tied to sustainable (long-term) production of food for all?**

**Reflect**

Pope Benedict XVI said, “*Hunger is the most cruel and concrete sign of poverty. Opulence and waste are no longer acceptable when the tragedy of hunger is assuming ever greater proportions.*” **How can we work to end hunger in our world?**

**Reflect**

In the Old Testament book of Exodus, the Israelites were given manna, bread from heaven, to sustain them on their journey. They were told that each day “the people shall go out and gather *enough* for that day.” In the New Testament, Jesus provides *enough* food for a large crowd to share. **How do we determine what is “enough” food for ourselves and for others?**

**Act**

You **learn** about farmers in other countries through stories from Catholic Relief Services and how you can help make a difference.

**Reflect**

Since the first Catholic social teaching encyclical in 1891, the Church has declared that food is a right that everyone has because we are all created in the image of God. The U.S Bishops declared in 2003: “Providing food for all is a Gospel imperative, not an economic venture.” **If we really believe that food is a basic human right, should food be treated as any other commodity?**

**Act**

You are beginning to learn about your local farm environments, including what is grown locally, and you are buying **locally grown foods** that are in season in your region at farmers markets.

**Reflect**

The National Catholic Rural Life Conference has declared that consumers have rights that our food system and policy makers must respect: “The right to food means the right to safe, nutritious food.” **Do you have access to safe, nutritious food? Do the poor in our community and around the world have the same access?**

**Act**

To protect the environment, and people, from chemical pesticides and fertilizers, you buy **organically grown** food whenever possible; you cut down on food that is not healthy and use the savings to buy healthy organic food.

Act

You **identify** a community-supported agriculture program in your area and **receive** fresh vegetables and fruits throughout the growing seasons from a regional small farmers group.

Act

You **extend your concern** for all of God's creatures by supporting farms and food producers who treat animals humanely.

Act

You ask your family, friends and faith communities to send letters to local supermarket managers, **advocating** that they stock more locally produced food in season and more organic foods at lower prices.

Act

You **research** where your school gets the food it provides, learn about the growing "farm-to-school" movement which has spread to hundreds of schools and colleges, and **organize** to bring food from local family farms into the school cafeteria.

Act

You **advocate** for changes in farming policies that impact farmers in the United States and around the world.

Act

You buy **Fair Trade** coffee, chocolate, and other items to support small farmers in other countries.

Act

You **support** "urban farming" efforts on empty lots transformed into gardens, efforts that are helping people in poverty grow some of their own food.

Act

You **support the rights** of agricultural workers through groups such as the National Catholic Rural Life Conference.

Act

You **plant** a vegetable garden with your school, church, or neighborhood community and share the harvests with groups that provide food for the hungry.

Act

You remember to **reflect and pray** before eating, to give thanks for the food you do have, to remember all the workers who have contributed to this food and to pray for all those who do not have enough healthy food.

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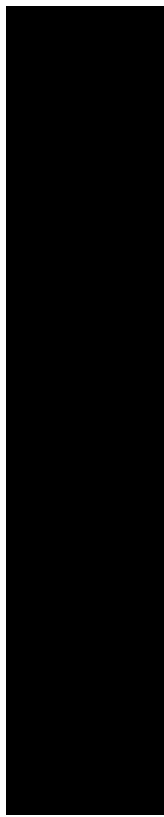




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