

# Icebreaker: Basic Necessities Supply Chain

(15 minutes)

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FACE THE FAST

## Activity Summary

This activity is a relay race that will build team spirit and help participants think about the basic necessities of life that we often may take for granted. Optional processing questions are provided to encourage a conversation after the activity.

## Materials Needed

- One lightweight basket per group
- Tape
- Items representing necessities for survival (one of each for every group):
  - bundle of twigs (represents fuel for cooking and for heat)
  - grains of rice in zip lock bags (represents food)  
*Option:* The rice can be part of the simple meal prepared to break the fast so that it is not wasted.
  - small water bottles (represents clean drinking water)
  - handful of blocks (represents building materials for housing)
  - yarn or spools of thread (represents clothing)
  - air filtering face masks (represents clean air/environment)
  - bandages or small first aid kits (represents health care)
  - heart-shaped candy (represents love)

*Option:* Provide copies of processing questions for each group.

## Procedure

Divide participants into small groups. In this relay race, members of the group will take turns transporting one item at a time in the basket, while balancing the basket on their heads.

Mark a starting line and a finish line 15-20 feet apart on the floor with tape. Groups must transport their items one at a time from the starting line to the finish line. Items will be placed in the basket, and balanced on the participants' heads. If the relay racer touches the basket with his/her hands or if the item or basket falls, he/she must go back to the starting line and begin again. When he/she reaches the finish line, he/she sets the item down, returns to the starting line and gives the basket to the next person in line, who transports the next item. The first group who completes the transport of materials wins.

### *Optional Processing:*

- What necessities do the materials represent and how is each important in our lives?
- What supply chains do we rely on in order to access each of these necessities?
- What happens when our supply chains are interrupted?
- How did you feel when one of the items you were transporting fell to the ground, thus dropping out of the supply chain?