

Energizer: Clump

(10 minutes)

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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)