

Icebreaker: Fair Trade Calisthenics*

(20 minutes)

1 of 1

FACE THE FAST

Activity Summary

Participants will talk about their hopes and expectations for this Food Fast, while performing a physical exercise.

Materials Needed

- Flipchart with embargoed words written on it

Procedure

Divide participants into pairs. Each pair will be given a discussion question(s) and a physical exercise to do. The pairs will take turns speaking on the topic, each person speaking for no more than 30 seconds, while they both perform the physical exercise.

Participants will also be given a list of embargoed words that they can not say during their conversation. If either one of them uses an embargoed word, the pair must continue the conversation and exercise for another 30 seconds. The whole group will observe and listen to the conversations as each pair takes a turn to complete the assignment. If there is time after all of the pairs have taken a turn, take a few minutes to debrief the whole group on how they felt about this activity, and what they learned about themselves and each other from the conversations.

Discussion Topics:

- What experiences with fasting have you had before today?
- Why did you sign up to participate in this Food Fast?
- What do you think will be the hardest part of this Food Fast?
- What do you expect to learn during this Food Fast?
- How do you think your participation in this Food Fast will make a difference in the world?
- What will you share with others about your Food Fast?

Embargoed Words:

- Hungry
- Eating
- Friends
- Helping
- Poor

Physical Exercises:

- Sit-ups
- Jumping jacks
- Jog in place
- Wall-sit
- Shoulder circles

**This icebreaker was created by CRS' Fair Trade Team. You can find out more about their work and learn how you can be involved in Fair Trade at www.crsfairtrade.org.*