



## SAMPLE ICE BREAKERS

Share an example of a time you felt helpless/powerless (immediate and deep intimacy—2 minutes per person).

Develop your own nonprofit or service ministry (surface intimacy—20 minutes)

- Divide into groups of three or four people.
- Have the group complete three tasks:
  1. Name three things you have in common.
  2. Develop a nonprofit or ministry based on your commonalities.
  3. Develop a web address for your nonprofit or ministry.
- Don't be afraid to get silly; encourage creativeness.
- Share everyone's ideas with the larger group.

**Egg Drop Game** (option for and with the poor, solidarity, reallocation of societal resources—20 minutes)

The group is divided into teams. Each team is given a bag of supplies and one uncooked, uncracked egg. Post these instructions: "Package an egg so when it is dropped, it doesn't break. The only supplies to be used are in the bags." Most bags contain useless items, such as a straw, a napkin, a paper clip, a paper cup with the bottom cut out. But one team gets a bag deliberately filled with all the supplies necessary to win the game, such as bubble wrap, a foam cup with masking tape.

The teams are given five minutes to work, and then the eggs are dropped by the facilitator. Eggs are dropped one by one. Usually, every egg breaks except the one that is rigged to win. At this point, the teams understand that the game is rigged, and complain that it is unfair: this is the point of the game.

Discuss the analogy that some people have all they need to succeed, such as money, education, safe communities, nutritious foods, employment opportunities, intact families, support systems, etc., while others have a great deal less. They are told to make the best of it, and then blamed when they don't succeed. Point out that the teams with inadequate supplies tried their hardest to win, but without the right tools, no matter how smart or talented they may be, they could not be successful in their goal. Note: if one of the eggs not rigged to win does not break when it is dropped, use this to point out that sometimes we hear about exceptions to the rule in which people find a way to use inadequate resources to their advantage to succeed. Discuss how each team felt while playing the game.

Finally, point out that the instructions only said to package an egg: teams could have decided to work *together* as one team. Teams were also told that they could only use the supplies in the bags, but they could have decided to *pool resources* so that every team could safely drop an egg. This requires us to play by a new set of rules—cooperation, not competition.

**Reflection Questions:**

- What was difficult or challenging about this activity?
- Can you describe your group dynamics?
- What did you learn about yourself and others in your group?
- What impact did this activity have on you?
- What values, opinions or decisions might be made or changed as a result of this activity?

