

GETTING TO KNOW EACHOTHER—Optional exercises for early group meetings

EXERCISE 1: ICEBREAKER

STEP 1: Sit in a circle.

STEP 2: Set a timer for three minutes. Have all member silently write for three minutes about why they care about food insecurity.

STEP 3: Starting with the person whose middle name comes first in alphabetical order, allow each team member two uninterrupted minutes to share what they wrote about. Continue in a circle with each member sharing. ***As each member shares they should talk only about their own passions, and should not address any comments made by other team members in the circle.***

STEP 4: After all team members have gone, open dialogue to discuss with other these interests. Use this as a springboard to begin to discuss how you might develop this project effectively.

ASSETS EXERCISE

This exercise can help people identify their own strengths as well as to help the group recognize how different assets can be leveraged to execute this research project.

For this exercise, all participants will need notecards or scraps of paper that are the same color and size. Each participant will need six note cards and will write their name on the back of each note card.

Clearly define the concept of assets before beginning this exercise.

Flip all cards to the blank side, so that your name is facing down.
Read each of the prompts below and follow the instructions

Prompt #1: Everyone should take two (2) cards. Think about your own personality traits and skills. This can be anything from whether you are an optimistic person to if you are good at scheduling a check book. On the blank side of each card write down a single positive personality trait or skill you have.

Provide about 2 minutes, or until everyone looks like they have finished, to move on to prompt 2.

Prompt#2 : Everyone should take one (1) card. On this card write down a single positive personality trait or skill you have that you have not yet listed that you think will be applicable to working on this project or with this group of people.

When everyone is finished with steps 2 and 3, put all the cards from prompts 2 and 3 in a pile and shuffle them. Set aside and move on to Prompt #3

Prompt #3: Take two (2) cards. On each card write down a single positive trait you believe that [fill in: the community that is part of this project] has.

When everyone is finished put all the cards from prompt 3 in a pile and shuffle them. Set aside and move on to Prompt #4

Prompt#4: Take two (2) cards. On one card write down a single physical resource you have access to that you think you can use during the course of the project. This might be a space, money, transportation, ability to get discounts, etc. On the second card, write down a personal connection you have that you might be able to use during the course of this project. This might be a connection to a politician, someone who owns a business that might provide space or discounts, a friend who is open to babysitting, etc.

When everyone is finished put all the cards from prompt 4 in a pile and shuffle them.

You now have three piles. For each pile, have people take turns reading a card. Once all cards are read, you can use this to begin a productive conversation about your assets as a group and how to leverage them. Because people's names are on the back, when you are ready to decide how to leverage these assets, you know who has them.

If you have a small group, you can all go through each pile together. If you have a large group you can consider breaking into smaller groups, with each group working through one of the piles and discussing. Come together as a large group at the end and have each group summarize to everyone else what they discussed. If you have a very large group, the pile of cards from Prompts 1 and 2 can be split into two or more plies/groups.