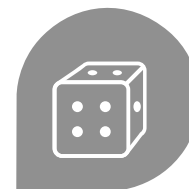


Pot luck 20 min



ICEBREAKERS AND ENERGISERS

GAME

PLENARY EXERCISE

About the exercise

TARGET AUDIENCE

Best suited to grassroots-level groups/faith communities.

PURPOSE

To help participants to think about the different starting points people have in life and the benefits of solidarity.

DESCRIPTION

In this fun exercise, participants have 1 minute to cut or tear out an image but very few participants have scissors. It works especially well as an ice-breaker in trainings that include the '[The soup of life – human rights gallery](#)' exercise on page 29, as it uses the same imagery of a soup pot to represent human rights.



Instructions

RESOURCES

- Two copies of the soup pot [handout](#) per participant.
- One pair of scissors for every eight participants.

Find the handout at www.forb-learning.org/exercises/pot-luck-handout. This exercise and the accompanying handout are available in multiple languages in the course materials for Session 3 of the Local Changemakers Course. Check if your language is available at: www.forb-learning.org/changemakers-languages.

HOW TO INTRODUCE THE EXERCISE 4 MIN

Give each participant a copy of the soup pot handout. Give very few people (e.g., one in eight) a pair of scissors. Explain the task to participants without explaining the purpose of the exercise, for example as follows:

“When I say the word ‘GO!’, your task is to get the soup pot out of the paper within 1 minute in any way possible. Use your imagination and be creative to find a way. A very few of you are lucky and have a pair of scissors.”

HOW TO RUN THE EXERCISE 15 MIN

• ROUND ONE (10 MIN)

Say ‘Go’ and set a timer for 1 minute. When the timer rings tell everyone to stop and hold up their soup pots so everyone can see how they managed.

Praise everyone for their effort and ask them:

- How did you solve the task?
- How did it feel not to have scissors?
- How did it feel to be the one with the scissors?
- Did anyone think of borrowing or lending the scissors? Why/why not?

Explain the following:

The exercise illustrates that people around the world and in our community are born with very different starting points in life. Many factors determine how our lives will be – not least the social and economic status of our parents. Some people are lucky to be born with different kinds of privilege, with ‘scissors’. Many people are not.

Sometimes people who lack privileges think they have to accept the role and place they are given, without trying to borrow a pair of scissors or change things. And privileged people don’t always think of allowing others access to the “scissors”.

Human rights are about a life of dignity. Being more aware about human rights can help us to think differently. We don’t have to accept injustice and be defeated by the fact that we don’t have the scissors. We can ask for the ‘scissors’! Human rights can also help people with privileges to be inspired to stand up for the rights of those who are not privileged.



• **ROUND TWO (OPTIONAL)** (5 MIN)

Explain that they have a second chance to try the exercise again. This time they can spend 1 minute discussing how to collaborate before spending 1 minute doing it again. Say ‘Go’ and set a timer for 1 minute. When the timer rings tell everyone to stop discussing and get ready to play. Set the timer for another minute.

Praise everyone for their collaboration and ask: How did it feel to work together this time?

HOW TO CONCLUDE THE EXERCISE 1 MIN

Conclude by saying that by being open to working together we can create second chances for our society and ourselves. This training provides an opportunity to do that, so thank you to everyone for being here!

Source

The Local Changemakers Course, FORB Learning Platform, www.forb-learning.org/changemakers. Adapted from the Star exercise: George Lakey, Facilitating Group Learning, P.109.