

Manitoba Addictions Awareness Week

"Let the games begin...
games & icebreakers

Updated 2006

"THE COURAGE TO BE ME!"

Raising awareness about addictions in your school, community or workplace can be both informative and fun. Use the Fast Facts/Activities in this kit, as well as additional research and information from brochures and speakers (see the Resource Section) to create one or more of the following games. Creating and sharing an addictions awareness game using information that has been learned can be a great wrap-up activity. Have each member of your planning group create/format one or more questions, find prizes, props, etc. Present/videotape the game to share at: school assemblies, health fairs, mall, community, and workplace events. Use the **"icebreakers"** to help introduce participants to one another!

ICEBREAKERS – Getting To Know One Another

Games - Activity 1

Together we can solve it - The Human Knot – Knots is a game that brings people together by getting them apart. 8 to 12 people can *tie* a good knot. The activity can take a few minutes, or longer depending.....

To form and untie the knot:

- ❖ Stand in a circle, shoulder to shoulder and place your hands in the centre.
- ❖ Now take hold of a couple of hands making certain that no one holds both hands with the same person or holds the hand of the person next to them. (It may take a bit of switching around to get the knot tied right.)
- ❖ Now comes the true test. The Activists (those that dive right into the problem: under, over, and through their teammates) or Analysts (those who look for a plan of action and then act) will have to agree on an approach to follow.
- ❖ Note: Pivoting on your handholds without actually breaking your grip will add a lot of grace and eliminate the need for a chiropractor.
- ❖ When at last the knot is unraveled the participants will find themselves standing side-by-side and holding hands in one large circle, or sometimes two interconnected ones.

Together we can build it - Marshmallow Architecture

- Purpose:** Teambuilding: to creatively illustrate an addictions topic, theme or issue. Suited for all types and sizes of groups. Can be done as a creative competition between teams, or classrooms.
- Time:** Approximately 1 to 1½ hours, depending on the number of participants and teams. 20-30 minutes to create the illustration, and 40 - 60 minutes to discuss and debrief.
- Materials:** Depending on group size - packages of spaghetti and regular/minature marshmallows, a table or space at least 3 square meters for each team, additional materials could include coloured paper and scissors.
- Directions:** Divide the group into at least two teams. Distribute materials. Direct teams to create a structure(s) using the materials supplied to illustrate the topic, theme, etc. Have them choose a title for their creation. Materials can be used however they wish. Allot 5 minutes for ideas/planning and 20-30 minutes for creating.

At the end of 20 – 30 minutes, all activity must cease. One spokesperson from each team will report on their project: 1) The process they used to determine the topic 2) Who participated in the planning? the building? 3) How did they effectively use the skills of the team members? 4) Did the final product represent what they had initially planned; or did it evolve as they were constructing it? 5) If they had to do it again, what if anything would they do differently? 6) How did peer pressure affect the design and construction? After debriefing allow time for participants to stroll around to view and to discuss other the creations. Pictures of the various structures could also be taken and a collage developed, or the creations could be put on display.

Wall of Addictions (or other themes)

- Purpose:** To creatively illustrate various addictions topics, issues, themes or programs as a team. The brick wall can be displayed to raise awareness during MAAW or for as long as its message is appropriate.
- Time:** Variable. Building the wall may take between 45 – 60 minutes. If you wanted team members to discuss the images, phrases or words on the wall, it could take approximately 90 to 120 minutes depending on numbers.
- Materials:** Packages of brown paper lunch bags. Each team member would receive an even number of brown bags as well as stickers, glue, scissors, coloured paper and markers, (this can be done with just bags and markers).
- Directions:** After distributing the materials, direct teams to create individual bricks illustrating topics, issues, themes, etc. Each individual brick will require 2 paper bags. Have participants use coloured pens and markers to illustrate or decorate the outside of one side of the paper bags. When this is completed, open up 2 bags. Then, put the bag that is not decorated inside the decorated bag, open end to the inside, closed end to the outside, thus creating a "brick". Participants should do several "bricks" each, and avoid as much duplication as possible.

To build the "Wall of Addictions" make sure that the "bricks" are placed against a solid structure and that there is a solid baseline of bricks before building upward. The size of the wall will be of your choosing. Take pictures of the wall, leave it standing as long as you wish and when dismantled the bricks could be returned to the participants or sold or auctioned as a fundraiser.



Let's Play – Who Wants To Be A “Healthy” Millionaire? Games - Activity 2

ROLES:

- **Contestants** - Invite, or choose by draw, 5 or more Contestants. (Note: Number of contestants and game process can vary depending on time available.)
- **Host** - Select a “dynamic/flamboyant” game show host.
- **Audience** – Invite an active, enthusiastic audience: a school assembly, special community event, etc.

RESEARCH AND FORMAT YOUR GAME/QUESTIONS:

- **Questions:** Using the **Fast Fact Sheets** in this Kit and other resource-based information, create a series of question cards, overheads, power point slides using the following format:
 - **Second hand smoke is associated with many severe conditions in children. Which condition is not usually associated with second hand smoke?**
 - a) **Asthma** b) **Decreased Vision**
 - c) **Ear Infections** d) **Sudden Infant Death Syndrome**
- **Answers:** Create an answer sheet, or duplicate question cards with answers on the back for your host. Along with the answer, provide the host with some interesting additional details, stats, etc. that can be incorporated into their response for added awareness value. Sample answer:
 - **Answer (to sample question): b) Decreased Vision** – Second-hand smoke is more dangerous to babies and children. They breathe faster, taking in more pollutants relative to their body weight.

SECURE PROPS:

- **Decorate:** Use banners, signs, posters to set the mood.
- **Costumes:** Have your contestant put on a special cap, t-shirt or sign.
- **Telephone:** Find a telephone (toy, old phone decorated, “Candy” cell phone, actual phone).
- **Timer/Buzzer:** Check with your school’s Physical Education Department or local Community Clubs.

GAME PROCESS:

- **Narrow the Field (Optional activity) – Start with 5 or more contestants.** Have contestants answer one timed sequential order question. The contestant who answers correctly and in the best time goes on to be the First Contestant. **Note:** Skip this step if you have special guest contestants.
- **The Game**
 - The host reads out a question, which is displayed on a screen.
 - For each question the contestant must choose the correct answer out of four options.
 - If the host feels the contestant is struggling, they ask if a “**Life Line**” is needed.
 - Three times during the game, the contestant can ask for help by using “**Life Lines**”.
 - “**Life Lines**” can be used to: call a friend who has 30 seconds to respond (can be a specific audience member using the “toy” phone) or ask the audience (level of applause determines the audience choice).
 - If you have several guest contestants or wish to involve more participants limit the number of questions posed to each contestant, e.g. each could receive 5 questions.
 - For each correct answer, the contestant receives various amounts of “monopoly-style” money, e.g. \$100,000; \$150,000; \$200,000; \$250,000; \$300,000 = \$1,000,000.
 - **Option:** For each incorrect answer, the contestant loses ½ of their accumulated winnings.
 - Winnings can be used to redeem various prizes: e.g. mug, t-shirt, goodies, posters, etc.