



2. What one area do you want to improve? This may be a skill you need to refine or use more often, an approach you want to change, an attitude or assumption that interferes with your effectiveness.

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### **One Area for Improvement**

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As you and your fellow triad members discuss your self-assessment, take notes above on their feedback.

3. Write below the plan you devise to support yourself in working on the area that you have identified for improvement.

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#### **Development Plan**

▶ What I Will Do

1)

2)

3)

▶ Support from Triad Partners

1)

2)

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**SMALL GROUP EXERCISE**

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**Icebreaker**

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### **SCAVENGER HUNT/ FIND SOMEONE WHO/ HUMAN TREASURE HUNT**

**Purpose:** An exercise to get the group up, moving, talking and laughing. Depending on the statements you choose, may be used to “break the ice” with a “stuffy” group.

**Skill development**

**area:** Self-disclosure, communication skills.

**Group size:** 10-50

**Group type:** Mixed. May be colleagues or strangers.

**Time:** 20 minutes

**Materials:** Have a handout sheet for every participant (in their workbook or separate copies).

**Room**

**set-up:** Open area large enough for your group to mill around.

**Instructions:** Find someone in this room (not counting yourself) who can answer “yes” to a statement. Have them write their initials in the blank next to their statement. The first person to find someone for all statements, wins. If the group is large, say you can only initial a paper once.

**Notes:** Ahead of time, **select 10 or more statements** from the list on the attached handout. Create your own version. *Processing points: Which were the hardest or easiest to ask? Which didn't you ask, and why? Did this exercise challenge any stereotypes for you?*

Of course, you may initial anyone's paper who asks you. Watch the time and movement in the room, and don't let this drag on more than 20 minutes.



**ICEBREAKERS**  
**HANDOUT**

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**SCAVENGER HUNT/ FIND SOMEONE WHO/ HUMAN TREASURE HUNT**

**Find someone who answers “Yes” to the following statements.....**

**And get their INITIALS:**

- 1. Has a red car \_\_\_\_\_
- 2. Likes their body just the way it is \_\_\_\_\_
- 3. Flosses their teeth every day \_\_\_\_\_
- 4. Has a tattoo somewhere \_\_\_\_\_
- 5. Is a former Peace Corps volunteer \_\_\_\_\_
- 6. Went to a Lutheran College/ University/ Seminary \_\_\_\_\_
- 7. Has training experience \_\_\_\_\_
- 8. Loves opera \_\_\_\_\_
- 9. Owns a Fleetwood Mac album from the first time they were famous \_\_\_\_\_
- 10. Has been to Asia \_\_\_\_\_
- 11. Knows how to apply for a hunger grant \_\_\_\_\_
- 12. Knows someone with HIV infection \_\_\_\_\_
- 13. Likes cold pizza in the morning \_\_\_\_\_
- 14. Wears a seatbelt every time they’re in a car \_\_\_\_\_
- 15. Listens to National Public Radio \_\_\_\_\_
- 16. Has visited the DCS Advocacy Department web pages \_\_\_\_\_
- 17. Has answered a “Personals” ad \_\_\_\_\_

18. Went to school in another country \_\_\_\_\_
19. Has been to Washington, DC \_\_\_\_\_
20. Exercises 4 times a week \_\_\_\_\_
21. Has been on Native Lands/Reservation \_\_\_\_\_
22. Can speak a language other than English \_\_\_\_\_
23. Has been on TV \_\_\_\_\_
24. Has a politician as a family member \_\_\_\_\_
25. Invites both black & white friends to parties \_\_\_\_\_
26. Has talked to their children honestly about poverty \_\_\_\_\_
27. Has ever been homeless \_\_\_\_\_
28. Has experienced natural childbirth \_\_\_\_\_
29. Has visited Appalachia \_\_\_\_\_
30. Has been to the Mexican border communities \_\_\_\_\_
31. Has a family member living in poverty \_\_\_\_\_
32. Has a family member who uses drugs \_\_\_\_\_
33. Has had a physical exam in the last twelve months \_\_\_\_\_
34. Knows about Socially Responsible Investing \_\_\_\_\_
35. Knows their body fat percentage \_\_\_\_\_
36. Has run a marathon \_\_\_\_\_
37. Plays a musical instrument \_\_\_\_\_
38. Gets at least 8 hours of sleep a night \_\_\_\_\_
39. Is a gourmet cook \_\_\_\_\_
40. Knows the name of their Senator & Representative \_\_\_\_\_



## DID YOU KNOW?

- Purpose:*** This exercise can either be done as a fill in the blank or a mixer (like the scavenger hunt).
- Instructions for fill in the blank:*** If you find yourself in fixed seating with no movement flexibility, use this as a fill in the blank. After sharing the answers, find out who knew the most answers.
- Instructions for mixer:*** In preparing the exercise, pick as many of these as apply to your situation. Develop others that are particular to your locale. The method for a mixer is to prepare a list and leave a space for individuals to initial after an answer. Everyone is to mill around asking, Do you know the answer to #5, to #4? If the answer is “yes”, the person initials it. The person with the most initials, wins.
- Alternative Instructions for fill in the blank:*** Have a flip chart available to write answers. Inform the group that you will ask a question. When they answer it, they will need to say their name then give the answer. This works with a shy group who might not like to get up and mingle.
- Note:*** In your preparation, make sure you have the answers available to you. Some are in this manual, others you will have to search out.
- Hints:***
- The U.S. Secretary of State is Colin Powell.
  - The Chief Justice is William Rehnquist.
  - The three branches of Government are legislative, executive, and judicial.
  - The last say in a pardon: U.S. president in federal pardon and governor in state pardon.
  - There were two impeached Presidents, Andrew Johnson and William Clinton. Both were impeached, but neither were convicted.
  - George Bush is the 43<sup>rd</sup> President of the U.S.
  - The UN Secretary General is Kofi Anan.
  - Bible references to poverty - See Faith chapter.
  - Advocacy is mentioned in social statements anywhere they talk about the church’s responsibility in society.
  - The phone number at LOGA is 202-783-7507.



***DO YOU KNOW?***

- Your Secretary of State \_\_\_\_\_
- Your Representative in the U.S. House of Representatives \_\_\_\_\_
- The Chief Justice of the United States \_\_\_\_\_
- What is the next year we will have a senatorial election \_\_\_\_\_
- The three branches of government \_\_\_\_\_
- Your town's mayor (if you have none, your area's highest elected official) \_\_\_\_\_
- Who has the last say in a pardon \_\_\_\_\_
- How many presidents have been impeached \_\_\_\_\_
- What is the number of the current president \_\_\_\_\_
- Who is the UN Secretary General \_\_\_\_\_
- Your state's governor \_\_\_\_\_
- Who is U.S. representative to the UN \_\_\_\_\_
- The name of the poverty staffer for your senator \_\_\_\_\_
- The name of a grassroots organization to present on local poverty issues \_\_\_\_\_
- Where in the Bible there is a reference to poverty \_\_\_\_\_
- Where advocacy is mentioned in an Evangelical Lutheran Church in America (ELCA) social statement \_\_\_\_\_
- Your state's welfare director \_\_\_\_\_
- How HUD is managed in your area \_\_\_\_\_
- the phone number of the Lutheran Office for Governmental Affairs (LOGA) office \_\_\_\_\_



## QUICK TAKES

**Purpose:** These introductions can be done with a large or small audience. They are designed to give each participant someone to know and share something with, and they are used when you have a tight agenda and you want to move on quickly.

### ***Skill development***

**area:** Self-disclosure; empathy with the feelings participants may have entering a legislative office for the first time. May be used at network meetings.

**Time:** Aim for fewer than 10 minutes.

**Materials:** None.

### ***Room***

**set-up:** Participants have to be able to interact with one other person in the room.

**Instructions:** We're going to introduce ourselves to the person sitting next to us, so please pick your partner for this exercise. If there's an uneven number of us, would the person without a partner please join me here? **For any of these options, the leader keeps time and must remind the partners to switch after 2 minutes, and to end.** Now (leader selects one option):

- ❖ Look through your wallet or purse or anything on you and find two things that describe you. Take turns, and for 2 minutes apiece, tell your partner your name, and what these two things you're carrying say about you/ your life.
- ❖ Tell your partner your name. Then for two minutes each, please share with your partner why you do the work you do (or what's changed in your life since you began doing advocacy).
- ❖ Tell you partner your name. Then, for two minutes each, talk about the last good book you read or good movie you saw. Why did you like it?

Notes to leader:

Keep an eye out for the person left out or sitting alone, and just quietly be his/ her partner. Be strict about the time, and be sure to give the second group speaking its full two minutes. When you are all done, use the same introduction pattern to introduce yourself to the whole group or have the partner introduce you to the whole group.



## WRAP-UP

### **Perspective**

Two of the obstacles to the transfer of learning from a workshop to home are the lack of support for the new way of doing the work and job stressors that go unmanaged. Either of these two obstacles prevent people from practicing what they have learned or cause their new practices to deteriorate rather quickly.

For advocacy, these obstacles loom large. Advocacy can be a lonely fight. Often the problems seem insurmountable and obstacles are faced at every turn. When one issue is tackled there are three more waiting for attention. The intensity of the issues and the relationships developed have injected new meaning into the term “burn-out.”

These activities address the issue with an “ounce of prevention.” Participants will assess their advocacy skills and develop a plan for working on—and gaining support for—an area that needs improvement. You will need to develop activities which fit your time, audience and space. If you meet on a regular basis, you may split or adapt these to be done over time.

### **Plan Commitment**

Find a partner. (Tell partners that:)

- ▶ You will have about 10 minutes in total to share your selected plan for going home, highlighting the specific first steps needed;
- ▶ Spend about 5 minutes for each partner, then switch;
- ▶ Exchange phone numbers at the end of your dialogue and contract for a specific time to contact one another to check-in on progress toward your plan.