



Recreation
Month: October

I Cannot Say I

Materials Needed : Whistle
Watch or clock with second hand

Time : 10 minutes

Set up : Needs to be open

Instructions :

Ask all participants to pair up and stand somewhere in the room. Announce a topic for all participants to begin discussing at the signal. Choose any age-appropriate topic that the group might find interesting, such as : things I did on my summer vacation; why I believe in _____; the most important person in my life ; etc.

The only limitation is that participants are not to use the words I, me, my or mine. If at any point the partner uses those words, that person is to sit down. Blow a whistle every 20 to 30 seconds, at which time the participants are to change partners. Once you are out - you're out! This continues until there is only one person standing.

Reflection :

- Why is it difficult not to use those words?
- What did we learn about doing this activity?