



Intro to CAFOD

RESOURCES REQUIRED

- 4 corners quiz questions and answers
- Laptop, projector and speakers
- [‘Monkey and Fish’](#) animation on USB
- [‘We are CAFOD’](#) on USB

WARM UP

Show the group the ‘Monkey and Fish’ animation. What does this animation tell us?

Without unpacking the film too much, move onto a game of knots:

‘The Knots Game’ icebreaker has been around for a long time and students may have seen it before, but today we’re doing it with a little twist! This activity needs a bit of space and needs groups of between 6 and 8 people.

- Ask each group to stand in a circle
- Get them to put their right hand in and take the hand of one other person not standing directly next to them. Each person should only be holding the hand of one other person
- Ask them to put in their left hand and do the same
- They should now be completely knotted

Without letting go of each other’s hands, their task is to ‘unknot’ themselves.

It is possible, although sometimes it ends up with people facing outwards rather than in, to be in a full circle again at the end.

Once the first group have managed this (or when they’ve all exhausted the possibilities), select one person from each group to stand on the outside. Do the same task again but in silence - each group can do only what they’re instructed to do by the person standing on the outside.

WARM UP

Finally, (if you've time) let the person on the outside talk to and ask questions of the group members – "Can you step over there?", "Does that feel ok?", "Does anyone have any ideas?"

Debrief by asking – how did you feel to be in the group where no one was listening to you? How did it feel to be told what to do, but not to be able to comment or say that something was uncomfortable?

Obviously the message of the icebreaker is about **partnership** – being told what to do by someone on the outside (who doesn't understand when they're making your arm bend in a way that hurts or it won't go, is not helpful)this is a good point at which to refer again to the monkey and fish story!

Also when everyone is on the inside and in the situation, it can feel muddled and no one is coordinating the approach, everyone wants to do their bit at the same time.

The final approach shows listening, working together etc and is an example of partnership, and why CAFOD chooses to work in that way!

If you don't have time to do all three approaches, ask your 3 groups of ten to do it in the 3 different ways! The only problem with this approach is that they don't all get to experience the frustrations etc. and sometimes it's the group working in a dictatorial way that unknots! It's harder, then, to make the point!

To understand how CAFOD works, is to understand that Partnership is one of CAFOD's key values. Have the CAFOD values printed out one per page – check that they understand what each of the values means in the context of CAFOD.

ACTIVITY

4 corners quiz:

Notes: Do this session in a space where the group can move around. If that's not possible, work in pairs or threes and ask them to hold up however many fingers correspond to the correct answer.

WRAPPING UP

Watch [We are CAFOD](#). Finish by asking the group to say the Our Father. Remind them that in this prayer we ask '...thy Kingdom come' - help us as we say this prayer to commit to bring God's Kingdom on earth for all.