



Sometimes, always, never!

Icebreaker activity

Theme(s): **living simply, climate change, environmental justice**

Materials Required:

- **4 labels with Sometimes, Always, Never, Never thought about it for display (enclosed)**
- **Multi-coloured elastic bands, or alternatively different coloured paper cut into small pieces**

Desired learner outcomes:

- **For pupils to reflect on their own lifestyles and the impact their lifestyle is having on the poor and on the planet**
- **For pupils to look at ways to change their lifestyles**

Time allocation: **Classroom based activity 10-20mins**

Preparation

Labels – Print off the labels (found in this pack) on the following coloured paper:

- Sometimes – Yellow
- Always – Green
- Never – Red
- Never thought about it – Blue

Then place each label in one of the corners of the room..

Elastic Bands – You can purchase multi-coloured sets of elastic bands (e.g. retailers such as *Staples*, or your own stationary supplier). Sort out the four different colours of elastic bands and place them in their respective corners of the room along with the labels.

Cards – If you cannot get hold of elastic bands, you can just use paper/cards cut up into small pieces. Ideally you will need to make 20 of each of the 4 types of card for each participant. Alternatively, make a set of at least 100 of each card. It is helpful if each card is the same colour as the labels on display.

Activity

Every one stands in the middle of room.

Leader asks a question (see question sheet) and everyone goes to the corner of the room for the answer that is right for them. Collect a card/elastic band from the corner and bring it back to the middle.

Leader reads through as many questions as possible in the time allowed, or until all cards have been used up. Each person should then check which type of card they have most of at the end of the game.

Leader reads out the following lifestyle types. [*'Mostly'* means 8-10 of a particular colour]

Mostly 'Always'

Wow! You live simply, live sustainably and live in solidarity with all those around you. You've started the hard work! You are making a difference to the world – the world's a better place because of you. You just need to keep it up and encourage all those around you to do the same.

Mostly 'Sometimes'

Congratulations! You're well on the way to living simply. Starting is the tough step, now you just need to turn those 'sometimes' into 'always'. Maybe today is your chance to make a stronger commitment to being 'Green'.

Mostly 'Never'

What a waster?! (In the nicest possible sense!) You, along with millions of others, are contributing to climate change, keeping the bin men in business and have a lovely warm house. Now is your chance to think about your lifestyle and to start making small and simple changes to it so that your 'never's become 'sometimes' or even 'always'

Mostly 'Never thought about it'

You are like most people in developed (first world) countries. You're lucky – you've never had to think about it. Maybe today is the day for you to find out more, to prepare to make a change to your way of life.

Starter questions for the 'Always, Sometimes, Never'

1. When you finish a can of coke (or other fizzy drink) do you make sure it gets recycled?
2. Do you buy any of your clothes in your local charity shop?
3. Do you turn the tap off while you clean your teeth?
4. Do you give money to your school charity collections?
5. Do you take a shower instead of a bath?
6. Do you make a point of turning the lights off when you leave the room?
7. Do you make sure you listen to the news to find out what is going on in the world?
8. Do you buy Fairtrade products whenever they are available?
9. Do you take the bus instead of making your parents give you a lift?
10. Do you pray that the world would be a better place?
11. Do you smile at strangers in the street?
12. Do you stand up for those who get bullied at school?
13. Do you use just one sheet of toilet paper when going to the toilet?
14. Do you put an extra jumper on when you are cold instead of turning up the heating?
15. Do you wait until your clothes and shoes wear out before buying new ones?
16. Do you eat lots of fresh fruit and vegetables instead of pre-packaged meals?
17. Do you chat to those at school who appear to be lonely?
18. Do you drink tap water when you can instead of bottled?
19. Do you reuse carrier bags when going out shopping?
20. Do you switch off your radio, computer or TV, rather than leaving it on standby?
21. Do you write letters to friends and family instead of sending emails?

Sometimes

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Never

Never

thought

about it