

Icebreaker: The Peanut Game - Session 5

Summary:

This icebreaker allows participants to describe themselves in new and interesting ways.

Time to complete: 10-30 minutes

Size of group: Between 10 and 35.

Materials needed:

A bag of whole, unshelled peanuts (salted or unsalted).

Space considerations: None

Steps:

1. Pass around the bag of peanuts and instruct every participant to take a handful.
2. Next, instruct the participants to pick one peanut out of the ones they just took.
3. The educator then tells participants to think of 3 ways they are LIKE or SIMILAR to the peanut.
4. Go around the room and have people describe tell about themselves. "I am like this peanut because....."
5. Next, the educator will ask participants to state how they are DIFFERENT from the peanut..
6. Go around the room and have people share, "I am NOT like this peanut because....."

Closing:

You can go as long as you'd like with this activity. The real point of this activity is that it reinforces the ideas that all people are different on the outside, but we are all humans.

When you look beyond the outside of the peanut to the inside, we are all very similar, if not the same. Fully human.

Notes:

Peanuts are an excellent source of protein, they are high in fiber and contain 'good fat' (monounsaturated fat). They are 'trans fat free" too.

Be sure no one has allergies related to peanuts, as this seems to be a problem of great concern to some people.

Reference: Gruwell, E., &The Freedom Writers Foundation. (2007). *The Freedom Writers Diary Teacher's Guide*. New York: Broadway Books.

The Peanut Institute – Peanut Nutrition Basics.
<http://www.peanut-institute.org/NutritionBasics.html>