



## ACTIVITY IDEAS

**“Minute-to-Win-it” Challenges** - These short, fun games are a great way to engage your students as they fast without tiring them out! Set up a mini-olympics with these games or an ongoing challenge throughout the whole weekend.

<https://www.youtube.com/channel/UCEcB8pFW2kb3TLfgsTsV8pQ>

<https://www.pinterest.com/explore/minute-to-win-it/?lp=true>

<http://www.thebudgetdiet.com/top-30-minute-to-win-it-games>

**Games** - Even with all the learning and fasting, youth will still have energy and want to have fun; find some non-intensive games to include throughout your weekend for icebreakers, team building activities, and pure fun!

[https://www.youtube.com/channel/UCDH5NC226-PpwAs\\_oEtQfjQ](https://www.youtube.com/channel/UCDH5NC226-PpwAs_oEtQfjQ)

<http://www.thesource4ym.com/>

**Mall Crawl/ Scavenger Hunt** - Go on a little outing into the community and have some fun! This is best done in a mall but could also be done in a small downtown core area with various shops and businesses. Other versions/ variations of photo scavenger hunts can be great ideas as well! Some ideas could include challenging the youth to capture images that reflect scriptures connected to social justice or qualities of Christ (peace building, excess, injustice, joy, freedom).

<http://mallscavengerhunt.com/ultimate-mall-scavenger-hunt-list/>

<https://www.pinterest.com/explore/mall-scavenger-hunt/?lp=true>

<http://www.rethinkingyouthministry.com/search?q=scavenger+hunt>

**Craft Activity** - Some kids, especially younger teens, may enjoy time to work away on an arts and craft project as a way to learn, process, and pass time

Bracelet making - <https://www.pinterest.com/pin/88031367691295005/> - we are all woven and intertwined together.

Gratitude Rocks - Just like in the story of Samuel in the Old Testament (see Samuel 7:7-17), a simple rock can remind you to be thankful. Paint some stones with pictures or words describing what you're grateful for. Keep them in a mason jar as decoration or reminder to be thankful.

Jump for Joy - Recycling helps keep trash out of landfills and oceans. And since it doesn't cost extra money, kids living in poverty often make toys by reusing old items. You can recycle by reusing plastic bags to make a jump rope. <https://www.compassion.com/multimedia/jump-rope.pdf>



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**Late Night Movie** – As you wind down for the evening, put on a movie. Choosing a movie with a connected theme or Christian message would be ideal – to lead to deeper learning and discussions. Some ideas could include:

“**Living on One Dollar**” (on Netflix) – Excellent documentary which follows the journey of four friends as they set out to live on just \$1 a day for two months in rural Guatemala. They battle hunger, parasites, and extreme financial stress as they attempt to survive life on the edge while learning a bit of what life is like living in poverty.

*\* See additional notes and discussion options for using this film as a learning tool.*

“**Salam Neighbor**” (on Netflix) – Immerse into the life of a Syrian refugee through the journey of Chris and Zach as the first filmmakers allowed to be registered and given a tent inside of a refugee camp. Made by the same team as the above mentioned “Living on One Dollar”

“**Poverty, Inc**” (on Netflix) – The film challenges current perceptions of global charity and promotes entrepreneurship as an effective alternative to alleviating world poverty. The film was made by the Acton Institute, a Michigan-based think tank which promotes free enterprise within the framework of Christian theology.

“**Girl Rising**” (on some Netflix) – Spotlights the unforgettable stories of nine girls living in the developing world, striving beyond circumstance and overcoming nearly insurmountable odds to achieve their dreams.)

## **Movies with a good/wholesome message that aren't related directly to poverty**

“Woodlawn”

“The Shack”

“The Ultimate Gift”

“To Save a Life”

“God's Not dead”

“Soul Surfer”

“Amazing Grace”

“The Chronicles of Narnia”

“The Book of Eli”



# SERVICE PROJECTS & ADVOCACY IDEAS

## SERVICE PROJECT IDEAS

- Partner with one of your churches ongoing outreach programs
- Serve at a nearby soup kitchen, shelter, foodbank
- Organize a local food drive
- Advocacy Projects - see below for ideas on making your voice known!

## ADVOCACY IDEAS

You can use your time during the FAST to advocate for those who are hungry. Speaking out and using your voice is a powerful tool and it is important for your students to learn and practice this important skill. The main goal is to contact your elected officials during the FAST and talk about hunger issues. Feel free to be creative (call your local politician to tell him why you are FASTing, or create a video message to send to your federal government), as long as you use this opportunity to speak up for those who are hungry.

### US groups

- Join World Renew partners at the **Office of Social Justice** to engage in relevant and current issues and make your voice known.
- Participate in **Bread for the World's** Offering of Letters. This annual activity encourages churches of various denominations to send letters to elected officials about specific legislation or policies that pertain to hunger in the United States and around the world. Bread for the World offers a video workshop to help you get started, and you can then write your letters together mentioning your fast.

### Canadian groups

- Check out World Renew partners at the **Centre for Public Dialogue** to engage in relevant and current issues and make your voice known.
- **Speak up against Global Poverty** – Join World Renew and partners in letting our government know about the importance of international assistance. Canada needs to do more, not less. Learn more and write letters to Minister Morneau and your local government official.



# SESSION/LEARNING ACTIVITY IDEAS

## **Educational Activities:**

World Renew's partner, Canadian Foodgrains Bank, has many fantastic interactive and educational activities that can teach students more about issues surrounding hunger. The majority of these activities are not limited to Canadian context or can be easily modified. Explore their site here:

<http://foodgrainsbank.ca/product-category/educational-activities/>

*Activities such as "Breaking the Cycle of Hunger" (using the Larger game board), "All About Hunger Trivia" (Jeopardy style Game), "Just Food Art", "Right to Food", "Hunger Facts", "Skits: Walk a mile in their shoes" would be great potential ideas for your FastForward event!*

## **"Living on One Dollar" Video Series:**

Living on One Dollar follows the journey of four friends as they set out to live on just \$1 a day for two months in rural Guatemala. They battle hunger, parasites, and extreme financial stress as they attempt to survive life on the edge while learning a bit of what life is like living in poverty.

Click *here* for a more complete breakdown of the various ways to use this powerful and engaging documentary to help your students wrestle with important global issues.

Watch it as a whole or use the smaller video breakdowns as great discussion starters!

## **Live Just.ly Video Series:**

Live Justly is an in-depth scriptural and practical study to help people live justly in six key areas of life: advocacy, prayer, consumption, generosity, creation care, and relationships. Check out the short video on "Consumption" as a great discussion starter about how our choices and purchases impact global poverty.

<https://worldrenew.net/livejustly>

<https://vimeo.com/133668664>



# SESSION/LEARNING ACTIVITY IDEAS

## **God Created Us Equal Video Series:**

God created us equal, but we don't all get the same opportunities in life. This video series explores some of the similarities and differences, comparing life in North America with life in Niger. The topics of Food, Money, Water and Health are introduced in two minute video clips and can be further explored using this discussion guide. This guide is appropriate for high school classes, adult small groups, youth groups, etc. The four topics can be discussed in one two-hour session or four halfhour sessions. Each portion of the discussion guide stands alone. Learn more about the ways your life is similar to or different from your brothers and sisters in Niger and other countries, then begin to consider how God might be calling you to get involved in bringing about change so others can have some of the same opportunities you have.

<https://worldrenew.net/sites/default/files/resources/GodCreatedUsEqualStudyGuide.pdf>

<https://www.youtube.com/playlist?list=PLQcve71-A9AvJD0Hkis8i5foA1uD11869>

## **Creation Care:**

Changes in climate play a key role in issues such as hunger, famine, and creation care. Engage your students in the conversation around the hot topic of climate change with this video from Micah Challenge. Your students can follow the journey of Christian artists William Matthews, John Mark and Sarah McMillian, and Stephen Roach, who traveled with Micah Challenge to the United Nations Climate Change Convention (COP21) in Paris. On this trip, these artists were transformed as they met with individuals affected by climate change, leaders of the climate change movement, and religious leaders from around the world. This video is a powerful tool for helping students understand the realities of how climate change has an impact on our brothers and sisters all over the globe.

[http://www.micahchallengeusa.org/climate\\_justice](http://www.micahchallengeusa.org/climate_justice)