

Basic Self Advocacy Activity

Title: Would You Rather

Time: 10-15 minutes.

Set Up: You need an open space to do this activity. It works best if you have at least 10 people but can be up to 25 or more.

What Is The Point? This activity is:

- a simple way to practice thinking about what you like
- a chance to practice making decisions
- a way to see how your choices might be the same or different from others

Welcome the group. Go around the room and ask everyone to introduce themselves. Then say:

“Our first activity is an ice breaker.

It is a chance for us to get to know each other.

I need everyone to go to the middle space.” (One leader stands at one side of the room and the other leader stands across from them on the other side of the room).

Leader A Stands Here X	All others stand in the Middle	Leader B Stands Here X
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“This will get us warmed up to talk about self-advocacy

This game is about making decisions.

Now listen up. This game is called Would You Rather ...

You need to listen to what is said. Then make a choice. Then go stand near the person that said what you want to do.

Leader A says an option from their side of the list then Leader B reads the option from the same line but on their side of the list.

Read one line at a time. The people in the group need to choose between the two options.

Leader A Says	Leader B Says
Would You Rather be a scuba diver	Or Would You Rather be an astronaut
Would you Rather live in a city	Or Would You Rather live in the country
Would You Rather find true love	Or Would You Rather find a million dollars
Would You Rather go to an amusement park	Or Would You Rather go to a national park
Would You Rather spend the day surfing the internet	Or Would You Rather spend the day surfing the ocean
Would You Rather Sleep in	Or Would You Rather Get up Early
Would You Rather go to a sporting event	Or Would You Rather go to a music concert
Would You Rather dance	Or Would You Rather sing
Would You Rather win a free trip to Disney World	Or Would You Rather win free tickets to the Super Bowl
Would You Rather eat Chinese food	Or Would You Rather eat pizza
Would You Rather go camping	Or Would You Rather stay in a hotel room
Would You Rather go to a beach	Or Would You Rather go to a zoo

Would You Rather be a fast swimmer	Or Would You Rather be a fast runner
Would You Rather be Married	Or Would You Rather be single

Now have everyone sit in a circle.

Say – How was that game?

We practiced making choices.

The first step in self-advocacy is thinking about what is important to you.

Now I have a few questions

1. In real life, give me an example of when you need to choose between two good options?
(give examples if they get stuck)
2. What did that feel like?
3. Did you get help from anyone to make the decision?
4. In real life, does anyone have an example of when you had to pick something to do BUT both options were not very good
(give examples if they get stuck)
5. What did that feel like?
6. Did you get help to make the decision?