

## FRISBEE TOSS

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**OBJECTIVE //** To encourage participants to get to know one another and to start the group thinking about our individual consumption patterns and the resulting impacts on the environment

**TIME //** 15-20 minutes.

**MATERIALS //**

- Frisbee or beach ball
- Labels or wide masking tape
- Marker

**PREPARATION //** Prepare 6-10 labels by writing any of the following questions on them (or make up your own):

- If you could have dinner with ANYONE (living or dead), who would you pick?
- What mode of transportation did you use to get to school/work today?
- How many times have you thrown an item in the garbage today that will end up in a landfill?
- In the past 3 months, how often have you carpooled to events or used other means of shared transportation, like the bus or train?
- Do you use cycling as a mode of local transportation on a regular basis?
- Do you use the public transportation system (subway, buses, streetcars)?
- How many items did you throw in the garbage from your lunch today?
- How many different cell phones have you owned in the past year?
- Have you ever seen a solar panel in action? Where?
- How many cars does your family own?
- Do you turn off the lights when you leave a room?
- How many times have you worn the trousers/ jeans you're wearing since they were last washed?
- Do you bring a reusable water bottle to school/work every day?
- Do you drink bottled water or tap water?
- Do you eat fruits when they are not in season locally?
- How many pairs of shoes do you own?
- How long do you take in the shower?
- How much meat do you consume in a typical day?
- Do you shut off the tap while you are brushing your teeth?
- Do you unplug your appliances while you are not using them?
- Is your cell phone charger currently plugged into your wall at home (even though your phone isn't plugged into it)?

Affix the labels around the outer edge of the frisbee beach ball so that each can be read.



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### ACTIVITY GUIDE

**STEP 1 //** Have participants stand in a circle. Explain that this exercise is meant to help them to reflect on how much they consume on a daily basis.

**STEP 2 //** Instruct them to throw the frisbee to each other ensuring that all participants are included. When a participant catches the frisbee, they must answer the question on the label that their hand touches. (Note: if they catch with two hands, they can answer the question that their right hand touches.) Participants read the question out loud and announce their answer to the rest of the group, before tossing the Frisbee to someone else.

**STEP 3 //** Continue this exercise until all participants have had a chance to answer a question, or for an allotted amount of time (to give participants a chance to answer several questions)

### POST-ACTIVITY DISCUSSION (OPTIONAL)//

Based on what they learned in this activity, go around the circle and ask each participant how they can change their daily consumption habits to be more environmentally friendly.