

YES OR NO?

How many ways in our lives do we say “yes” or “no”? Do we need to think about how we are saying “yes” or “no” to others? To God?

This “challenge” explores how many ways we say “yes” or “no” non-verbally.

2 challengers

1 moderator

Select two people who are generally skilled at communication and ask them not to confer with each other until after the “challenge”. One of them is to think in advance of as many non-verbal ways to say “no” as they can. The other is to think in advance of as many non-verbal ways to say “yes” as they can.

The actual challenge could go something like this:

Moderator: Ladies and Gentlemen, we bring before you today, a challenge. Two of our best communicators will be “dueling”, but not with swords or their mouths. Their challenge is to only use their bodies to communicate either “yes” (point to the “yes” person) or “no” (point to the “no” person). Your applause will determine the winner of this challenge, but please hold your applause until our challenge is complete. Let’s begin....

As moderator, you point to one, then the other for as long as you think this exercise should go. Base your timing on either available time or effectiveness of the challengers. Do not allow them to use their mouths in any way as that could be a distraction.

Moderator: And our last round.... (Point to one, then the other.) Ladies and Gentlemen, who do you believe won this challenge? (Point to one, then the other, while encouraging applause.)

And the winner is (name) .

Prizes are optional but praise is not. (Let’s give a hand to both of our competitors!)

Use this “challenge” as an introduction to a discussion or lesson about our responses to people, ideas, God, etc. Which response is our “default”? What do we tend to automatically say/do in response to someone or something? When do we find ourselves changing our “yes” to “no” or our “no” to “yes”? When is such a change hard/easy? Why is such a change hard/easy?

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You may use these materials for your own non-profit use.