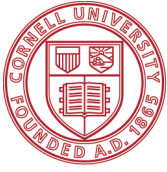


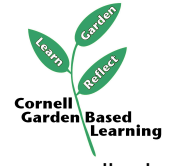
## Where the Wind Blows

This can be a lively icebreaker in between other activities, to get young people moving, while continuing the theme of food system exploration.

- Arrange the chairs in a circle. Remove one chair so that there is one fewer chair than participants. Acknowledge that sometimes being "it" can feel like being singled out. That isn't what this is – it's simply an opportunity to get our blood moving and continue to get to know one another.
- Explain to the group that whoever is "It" will stand in the middle of the circle or off to the side, and say, "The wind blows for anyone who...". This person inserts a statement at the end of the sentence that they believe might apply to the people in the circle. For example, "The wind blows for anyone who... likes ice cream."
- Ask for a volunteer to be "It."
- Begin with this volunteer.
- After "It" says the statement, participants to whom the statement applies must find another seat in the circle (without running, though hopefully with much laughter!) They cannot sit in the chair directly to the right or left of their current chair. Whoever ends up without a chair goes to the middle and becomes the new "It." They then say the next statement, for example, "The wind blows for anyone who... has grown a vegetable" or "The wind blows for anyone who... has eaten strawberries."
- The examples given above are generic ones for this icebreaker. They might be good to use at the beginning, just to get this moving. But soon after, encourage youth to continue to tailor their statements to the theme of the food system. For example, "The wind blows for anyone who knows a farmer;" "The wind blows for anyone who has grown their own tomato;" "The wind blows for anyone who has composted;" or "The wind blows for



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anyone who has been involved in their community." Encourage them to be creative with their statements, but to still try and stay with the theme.

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