



# URBAN SAINTS

## Activities for Mealtimes

Some of the best times on camp are those you spend as a group eating and chatting together during meals.

To keep that element of camp alive we have put together a few ideas that you can utilise in your programme. Encourage your young people to get their lunch/dinner ready and then join a Zoom call so that you can share the meal together as a group. You could even send out a recipe, so that you are all sharing the same meal.

Here are some ideas to make it a little more interactive:

- Each person share their favourite part of camp so far
- Each person share their favourite joke
- If eating different meals, turn cameras off and each person describes what they are eating. Once correctly guessed, they can turn their camera on
- Guess who – each young people writes 3 words which could describe them. They send this to the host privately on the Zoom chat. The host then reads out the 3 words and the group work together to decide who the description is about.
- Silly Challenges – e.g. eating blindfolded
- Famous person Yes or No – One person picks a famous person or character. By framing yes or no questions, the group must determine who or what the person is. You can limit this to a number of questions or let it go on until you discover the answer.



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- Famous Person Impression Variation – One person picks a famous person or character and does an impression of them, the group then attempts to guess the famous person or character
- Story starters – this game works by taking turns, so may work better on Zoom with a smaller group. Simply tell a story as a group by each giving one line of the tale in turn
- Dinner Speeches – Take it in turns to give a speech on any topic for 30 seconds. No preparation or pauses more than 2 seconds allowed, and they can't say 'um', 'err', or 'like'.
- Things that made me say 'wow' – Go round the group and ask each person to complete the following sentence: "Today, something happened to me which made me say 'wow'; it was....."
- Would you Rather? - Pose random questions with strange alternatives and make sure each person explains why they chose that answer.
  - o Would you rather have one hand 10x bigger than usual, or a foot 10x bigger?
  - o Would you rather travel to the past and meet your young grandparents, or into the future and meet your own grandchildren?
  - o Would you rather be able to communicate with animals, or speak all languages?
  - o Would you rather have to say everything on your mind out loud, or never speak again?
  - o Would you rather have tonight's dinner every day for a month, or never again?
  - o Would you rather live in Antarctica or the Sahara Desert?



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- Dicing with Danger – Roll a dice for a different person at a time - whatever it lands on, they must do.
  - 1 – Eat the next 3 mouthfuls with the wrong hand (try not to make too much mess!)
  - 2 – Dance in your seat for 10 seconds
  - 3 – Tell the group one thing you are grateful for
  - 4 – Find a rhyme with your dinner (or make one up!) e.g. "Chicken rice is nice!"
  - 5 – Choose 3 people to virtually 'donate' an ingredient from their meal. Create a new dish together. Would you dare eat it?!
  - 6 – Take a drink and see if you can burp!

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