

# THIS OR THAT

This game is used to explore the interests and likes of individuals as well as finding commonalities among a group of children. It can also be a great way to get to know each other and see who the children share interests with. In Social Emotional Learning: it connects with Self-Awareness and the children's ability to explore likes and dislikes.

**Group In-person:** Start by having the Littles and Bigs pick a side of the room. Then have the instructor pick an interest or like that has two (or more) options and assign each one to a side of the room. Have everyone move to the side of the room that correlates with what they like most. After a few rounds of the instructor picking the topics, have the children volunteer to give ideas. At the end, have the participants discuss what they observed during the activity and if they felt like they had to pick what their friends picked.

**Virtual:** Have the participants pick two (or more) small objects, like a pencil and an eraser, that are different. Instead of having them switch sides of the room, assign the topic options to one of the objects. Participants can then show their Big or Little what they have chosen by holding up the object. For example, favorite flavor of ice cream: If you like vanilla, hold up a pencil, if you like chocolate, hold up an eraser. After a few rounds of the instructor-given ideas, have Bigs and Littles volunteer to give new topics for each other and have them discuss their commonalities.

## **Topic Examples:**

- Chocolate or vanilla ice cream
- Football or basketball
- Coke or Pepsi
- Summer or Winter
- Pie or Cake
- Sweet or Sour Candy
- Singing or Dancing
- Siblings or Only Child
- Dogs or Cats