

FOOD AND FEELINGS, PART 1

Objectives

- Students will reflect on their personality traits that make them unique
- Students will determine a sandwich ingredient that aligns with those traits
- Students will collaborate and create a sandwich out of their chosen ingredients

Materials needed

- Large open space that allows for movement (optional)

Activity

Provide the following introduction:

- Lynn Nottage's play, *Clyde's*, centers around a group of characters making sandwiches. Each of the characters in the play brings their own unique personalities to the kitchen where they work, and those personalities combine to create something even better than the sum of the individual parts – much like the ingredients in a sandwich.

Step by step instructions:

- We are going to reflect on some of our traits that make us unique, share them with each other, and hopefully have some fun.
- Let's begin by thinking about what kind of ingredients you might typically see on a sandwich. Call some out.
- Take a moment and decide for yourself: if you were an ingredient in a sandwich, which ingredient would you be and why?
- [For example, I'm the pickle because I'm not popular with everybody but if you like me, you really like me. Maybe you're the lettuce because you're vegetarian and refreshing, or maybe you're the bread because you're crusty on the outside but soft on the inside.
- Think about what sandwich ingredient you might be, and why, and when you have it, put your hand on your head.
- It looks like everyone has their ingredient, so I'm going to invite you to walk around the space. When I count down to one, form a group with three people in it: 3, 2, 1.
- Share your answers with your partners.
- Now, you and your partners have to build an imaginary sandwich with all three of those ingredients. Can you make them work together? It's OK to add ingredients – maybe you need to add some bread or a condiment to make all of your ingredients combine deliciously. As the character Montrellous says: "Strive for the harmony of ingredients"!
- Once you've figure out your ingredients, you have one final task: What is the name of your sandwich?
- Would anyone like to share?

...CONTINUE TO FOOD AND FEELINGS, PART 2