

Get 6-8 people to stop and sing a few leading phrases from “This Land is Your Land”.

Ask someone “What alarming environmental factor forcing migration impacts your people?” Embody it together in 5-10 seconds of movement.

Find someone who traveled further than you to get here today. From where in Massachusetts?

Win one game of Rock, Paper, Scissors in a language other than English.

Assemble a small group, “Who in birth order is 1st child, somewhere in the middle, youngest or only child?” Share on theories about birth order.

If possible, find someone in the room who grew up near to where you grew up. Find 3 things you share in common.

Find out who is willing to join in a dance move from your cultural tradition that you lead.

Teach someone how to make a favorite appetizer from a cultural tradition of your choosing.

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| <p>Give someone a genuine compliment.</p> | <p>You may not choose another card until someone laughs.</p> |
| <p>You are the quarterback – throw a touchdown pass to someone who then leads a celebration dance informed by their cultural tradition.</p> | <p>Do this physical activity: Find 2 or 3 others and pretend to cross the Rio Grande River in waist deep water.</p> |
| <p>Tell someone about your latest legal discovery related to immigration.</p> | <p>Ask someone, “What was one of your favorite games as a child?” Listen to their response and share your own.</p> |
| <p>Gather 5-6 people and find out who among you has had the oddest job....and among your immigrant clients?</p> | <p>Convince someone to say “Encanto”. You may not talk.</p> |

Get 6-8 people to pose for a pretend photo you take (selfie style). You are migrants at the end of a long day walking across Panama.

Find a partner and compete in one round of Thumb Wrestling (real or imaginary 3 foot distant)

Gather 5 people. Give each other a celebratory high 5 as you are all committed, effective members of the MIC Collaborative.!

Give people a wink until someone winks back.

Ask someone to describe a favorite thing about a recent virtual immigration-related event.

Convince someone to say “chop sticks”. You may not talk.

Ask someone to describe a powerful experience they had in nature - storm, sunset, animal encounter...

Carefully skip around all members of the group twice while watching the action.

Ask someone to tell you about their feelings about the American Dream in 30 seconds.

Once all cards seem picked up, gather everyone and ask them to do “the wave” – 2 rounds!

Gather 6-8 people. While passing a pretend soccer ball, determine if anyone has played. Where and when?

Do this physical activity with a partner: Pretend to be a seamstress sewing a dress while synchronized with each other.

Ask someone to share a story that begins with “when I was a little kid in my country I ...”

Find someone and ask them about a favorite immigration themed film or TV series.

Gather a few others to sing or hum a few stanzas from a National Anthem of your choosing.

You are a news reporter. Ask someone, “What is some good immigration news you look forward to hearing in the year ahead?”

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| <p>Ask someone about a favorite cultural event or celebration.</p> | <p>Convince someone to say “butterfly.” You may not talk. What does the butterfly represent to you?</p> |
| <p>Find someone and create a COVID-safe handshake then teach it to 2 others.</p> | <p>Greet at least 2 people with a formal greeting from your own cultural tradition.</p> |
| <p>Briefly tell someone about a challenging moment on a migration journey experienced by one of your clients.</p> | <p>Ask someone to describe one of their greatest accomplishments in the immigrant support field.</p> |
| <p>Find a partner and win three games of rock, paper, scissors.</p> | <p>Find someone who has recently traveled out of the US. Where and for what purpose?</p> |

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| <p>Bring three people to the perimeter of the space. Shaping your hands into binoculars, observe the group for 20 seconds.</p> | <p>Get six to eight people to line up alphabetically by their favorite office supply or tool (ex. Post-its)</p> |
| <p>Get 6-8 people to simultaneously attempt patting their head & rubbing their belly. Now tell them about a recent good meal you prepared.</p> | <p>Gather six to eight people for 10 seconds of underwater synchronized swimming.</p> |
| <p>Share with someone your preferred internet social forum. Find out theirs.</p> | <p>Gather three people. Using your sub-dominant hand, draw your shoes in the air.</p> |
| <p>Get someone to say “ICE”. You may not talk.</p> | <p>Give a head nod greeting with at least 5 people while meeting eyes.</p> |

Find a partner and play a short round of pretend badminton making several great plays.

Go to the perimeter of the space and meditate with palms up, eyes closed, and deep breaths for 15 seconds.

With a partner, move to the perimeter of the space agreeing on who in the group is most fashionably dressed.

Find a partner. Play pretend grape toss successfully catching 5 grapes in your mouths.

Teach someone an organizing trick that you use.

Share with someone your strategies for managing stress.

Find someone who can tell you about one of their culturally significant pieces of jewelry or tattoo.

With a partner, stop and listen silently for 10 seconds then share 3 things you just heard.

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| <p>Find a pair engaged in one of these 52 Pick-up challenges and ask them to include you.</p> | <p>With 2 other people imagine you all are confident Olympic athletes warming up – shake out legs and arms for 15 seconds.</p> |
| <p>With a partner agree upon 3 ways to recognize an unscrupulous human trafficker. Silently act out one of those signs.</p> | <p>Tell someone about the contents of a food assistance package your agency had distributed.</p> |

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| <p>Get 6-8 people to stop and sing a few phrases from “Somewhere Over the Rainbow”.</p> | <p>Find someone and ask “What is your favorite time of year and why?”</p> |
| <p>Find out who traveled the furthest to get here today.</p> | <p>Win one game of Rock, Paper, Scissors with anyone.</p> |

Assemble a small group,
“Who is an only child,
1st, middle, or
youngest?”

Find out who grew up
nearest to you.

Find out who can do very
well at pretending to
have an accent that you
request.

Teach someone how to
make your favorite dip or
appetizer.

Give someone a genuine
compliment.

You may not choose
another card until
someone laughs.

You are the quarterback
– throw a touchdown
pass to someone who
will then lead celebration
dance.

Do this physical activity:
Find a partner and do 5
Burpies

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| <p>Tell someone about your latest and greatest discovery (great or small).</p> | <p>Ask someone, “What was one of your favorite games as a little kid?” Listen to their response and share your own.</p> |
| <p>Gather six to eight people and find out who among them has had the oddest job.</p> | <p>Convince someone to say “King Kong”. You may not talk.</p> |
| <p>Get six to eight people to pose for a pretend photo that you will take.</p> | <p>Find a partner and win one round of imaginary, 3 foot distant Thumb Wrestling.</p> |
| <p>Give 5 people a high air five.</p> | <p>Give people a wink and stop when someone winks back.</p> |

Find someone to talk with and ask them to describe their favorite thing about a recent virtual event.

Convince someone to say the word “toast”. You may not talk.

Ask someone to describe a powerful experience they had in nature - storm, sunset, animal encounter...

Carefully skip around all members of the group 1 time while watching the action.

Ask someone to tell you about their dream vacation.

Gather everyone and get them to do “the wave” – at least 2 rounds!

Gather six to eight people and determine who, if anyone, has played organized sports.

Do this physical activity with a partner 3 twirls (without bumping into others).

Ask someone to share a story that begins with “when I was a little kid...”

Find someone and ask them about a favorite film or TV series.

Gather one or two others to sing, whistle or hum, “The National Anthem”

Ask someone “What are you looking forward to in the week ahead?”

Ask someone about a favorite cultural happening/celebration.

Convince any group member to say “butterfly.” You may not talk.

Find another someone
and create COVID-safe
handshake – teach it to 2
others

Give a formal bow or
curtsy greeting to 2
people

Tell someone about your
latest adventure.

Ask someone to describe
one of their greatest
accomplishments.

Find a partner and win
three games of rock,
paper, scissors.

Find someone who has
recently traveled out of
someone more than 10
miles from home.

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| <p>Bring three people to the perimeter of the space. Shaping your hands into binoculars, observe the group for 20 seconds.</p> | <p>Get six to eight people to line up alphabetically by their favorite office supply or tool (ex. Post-its)</p> |
| <p>Get six to eight people to simultaneously attempt patting their head and rubbing their belly.</p> | <p>Gather six to eight people for 10 seconds of underwater synchronized swimming.</p> |
| <p>Share with someone your favorite and least favorite internet social forum. Find out theirs.</p> | <p>Gather three people. Using your sub-dominate hand, draw your shoe in the air.</p> |
| <p>Get someone to say “mouse”. You may not talk.</p> | <p>Give a head nod greeting (while meeting eyes) with 5 people.</p> |

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| <p>Take 10 seconds and notice how many people are looking up and how many are looking down.</p> | <p>Go to the perimeter of the space and meditate with palms up and eyes closed for 15 seconds.</p> |
| <p>With a partner move to the perimeter of the space and agree on who in the group is most fashionably dressed today.</p> | <p>Find a partner. Play pretend grape toss successfully catching 5 grapes in your mouths.</p> |
| <p>Teach someone an organizationing trick that you use.</p> | <p>Share with someone your strategies for managing stress.</p> |
| <p>With a partner count how many people have shoes without laces.</p> | <p>With a partner stop and listen silently for 10 seconds then share 3 things that you heard.</p> |

You may not choose another card until someone laughs.

Find 2 other people. You are Olympic swimmers warming up – shake out legs and arms for 15 seconds.

With a partner agree upon and then portray/mime 3 signs of an unhealthy relationship