

# Appendix B: Web of Support

## Activity for Topic 1: Introduction to the Community Food Mentor Program

### Discovering how people inter-relate and depend on each other

1. Discover inter-relatedness
2. Share needs and strengths
3. Create opportunities for community support

This activity focuses on how people in the group inter-relate and depend on each other. The facilitator begins with a ball of yarn and begins by introducing themselves and sharing a hobby, passion, goal, or need they have. The ball of yarn is passed once another member of the group can say "ME TOO!" or "I AGREE". For example "I have 2 kids"- "Me too!" or "I need help starting a community garden"- "Me too!" The process continues until everyone is introduced.

Modifications: This game can be modified so that each person describes a strength they have to offer and a need they need help with. As soon as any member in the group feels they can either use the person's strength or can provide help, they yell out "I could use that!" or "I can help you with that because..."

To emphasize the interdependencies amongst the group, the facilitator discusses the strength of the web. We are all connected to one another and this forms a strong web (a strong network). There may be gaps in the web but this can be strengthened when we share our needs and strengths with each other.

\*Tip: Make sure to always throw the yarn above the web (never passing under or through) as you will have a