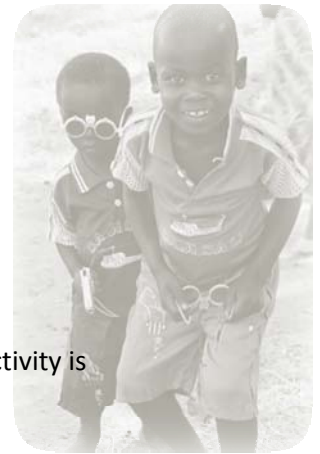


3.5 seconds



Objective:

Participants will visualize the magnitude of the death rate that results from poverty. This activity is sobering and best done at a time when it is possible to have a quiet, reflective time.

Set up and Materials:

- Music to play in the background or Outreach International photo PowerPoint
- Stop watch or timer with second hand
- Bell or chime
- **Option 1:** One long stem candle for each person in the group, and a lighter (only to be used by responsible adult)
- **Option 2:** Flashlights—one for each person

Activity:

Begin a discussion about poverty with the large group before passing out any of the materials. Invite them to take this activity seriously and to maintain a respectful attitude. Here are some suggestions:

- “What do you think of when you think of poverty?”
- “Have you ever experienced poverty?”
- “What does it mean to be in poverty?”
- “Is there a difference between being poor and being in poverty?”
- Share the quote: "Poverty is like punishment for a crime you didn't commit." —Eli Khamarov

Tell the participants that they are going to demonstrate the darkness of the veil of poverty and hand out materials. It would be ideal if participants were positioned in a large circle around the room or in neat lines. Dim the lights if possible.

Explain that each of the lit candles (or flashlight in the ON position) represents one precious person in the world who is in poverty. Invite participants to blow out one candle every time they hear a chime or see a signal. This should be timed by a leader or responsible participant using a stopwatch. Every 3.5 seconds, the timer should make an audio signal (bell or chime) and the participants should either blow out their candle or turn off their flashlight.

Try this!

Be flexible!—if you don't have a bell or chime, have a helper signal manually. For example, ask the person with the timer to snap every 3.5 seconds. If you have a small group, instruct the participants to blow out/ turn off their light on the first chime and sit down on the second.



Hunger Challenge

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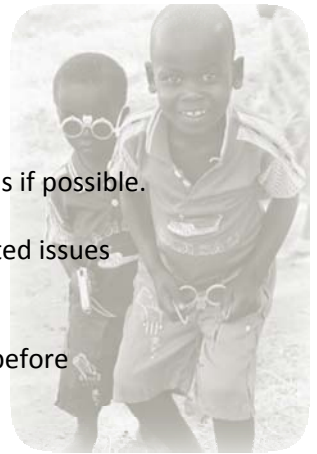


Play music in the background, or show an Outreach International PowerPoint of pictures if possible.

After all the lights are out in the room, share the fact: “A person dies from poverty related issues every 3.5 seconds.”

Leave time for reflection and share any other poverty related facts you feel applicable before discussion. Have participants process the activity. For example:

- “How did this activity make you feel?”
- “What would you like to do about this?”
- “Do you think this is fair?”
- “How can you help stop this cycle?”
- “What will you do after this Hunger Challenge to help end poverty?”



Hunger Challenge

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