

THIS OR THAT WITH A RESTORATIVE TWIST

ONLINE VERSION

RestorativeTeachingTools.com

OBJECTIVE

Learners will experience a lively way to connect quickly and learn about others on a virtual platform, beginning by responding to more silly and low-risk prompts, and moving towards prompts that elicit more personal sharing and deeper reflection.

MATERIALS

A Zoom account and a written list with 3 levels of prompts:

1. This or That
2. Communicate or Bust
3. Nature of the Universe

INSTRUCTIONS

Explain that this is an adapted version of the game “This or That.” The facilitator will be announcing a set of two options (for example: “burgers or tacos”) and every participant has to quickly indicate which one they prefer by using a hand gesture. Demonstrate the two hand gestures (which can be anything you’d like). The hand gestures need to have obvious visual differences, and participants must be able to do the hand gesture and still see the screen. For example: Raise two hands up with “peace fingers” in front of the screen / OR / Hold hands up to both eyes like you’re looking through goggles. As the facilitator, you will demonstrate each hand gesture and the option it correlates with each time you make the announcement. For example: “Burgers (peace fingers) OR Tacos (goggles)?!”

Start with 5-10 simple “This or That” prompts, like the ones listed as example Level 1 prompts below. If you want to go deeper, progress to the Level 2 “Communicate or Bust” prompts, and then to Level 3 “Nature of the Universe” prompts.

Note for Facilitator: This is one of those games where your energy level and approach will set the tone for the game. Announce the “This or That” options with some drama or flair, and make sure that you act out the gesture that correlates with each option, every single time. Play along with the group. Keep the game moving and don’t dwell on any one prompt for too long, other than to throw in something quick and energizing like, “So many Insta fans! Where are my TikTok people?!”

Note on hand gestures: You can also introduce a third gesture to indicate an “I don’t feel strongly either way” response, like a dramatic shoulder shrug.

Prompts for 3 Levels (use these and/or develop your own!):

Level 1: This or That

Cat	OR	Dog
Ice Cream	OR	Frozen Yogurt
Day	OR	Night
Instagram	OR	TikTok
Save	OR	Spend
Text	OR	Call
Singing	OR	Dancing
Superman	OR	Batman
Sweet	OR	Salty
Money	OR	Fame

Level 2: Communicate or Bust

You’re in a conflict:	Runaway and hide	OR	Address it head-on
Apologizing to someone:	Super difficult	OR	No problem
You’ve been confronted:	Yell	OR	Cry
Taking responsibility:	Own up to it proactively	OR	Wait till you’ve been caught

Level 3: Nature of the Universe

What's more powerful:	Fate	OR	Free will
Trust can be repaired:	For sure	OR	Nope
People:	Inherently flawed	OR	Inherently good
True forgiveness happens:	Possible	OR	Impossible
Why we are who we are:	Nature	OR	Nurture
People can change:	Definitely yes	OR	Doubtful

DEBRIEF

The debrief of this game can happen along the way if you notice that some prompts elicit surprising responses and you sense a need for the group to discuss more. Or, you can wait until the end of the game to start the debrief. A debrief with the full group could end up singling people out, so instead, consider sending people into Breakout Rooms in groups of 2 or 3.

Debrief Questions: What surprised you about watching the group respond to the prompts? What did you learn about this group that you didn't know before? What came up that you would like to learn more about from one or more people in the group?

LESSON

We can get creative about engaging kinesthetically with our learning communities, even if it is via screens. Sometimes connection can happen in short, energetic bursts to break up a long meeting or training through remaining at Level 1. Or, take the game further for more intentional relationship-building around things like communication styles and beliefs about the nature of the universe. It is likely you will learn something about yourself or someone else that you didn't know before!