

# WHY ME?

*A fast, participatory exploration of fate, luck, identity and meaning*

## OPENING

Welcome back to Philosophy on Phriday! Last time we talked about dreams, identity and some unforgettable stories. Today we're taking the next step in our big question, **Am I Real?** We're asking something simple but huge: **Why me?** Why do certain things happen to us and not to someone else?"

## NORMS

Because how we do philosophy is as important as what we do.

- Which norm is the most important for you to feel safe here today?

## WARM-UP POLL

Why do you think you had the dreams you've had?

- 1 finger = You were chosen for them
- 2 fingers = Pure chance
- 3 fingers = They come from your own mind
- 4 fingers = Something else

"One quick sentence from anyone who picked 4."

## SETTING THE FRAME

'Why me?' can mean dreams, events, luck, moments, anything. We're using it today to explore our bigger inquiry: Who am I, and why do things happen to me?

## **CORE ACTIVITY: FATE OR LUCK VOTE GAMES**

### ***Mini Scenario 1***

Imagine you bump into someone you haven't seen in 20 years, exactly when you needed them. Why you?

- 1 = Fate
- 2 = Luck
- 3 = Your choices
- 4 = Something else
- "One sentence from someone who hasn't spoken yet."

### ***Moral Luck Scenario***

Two people drive the same speed. Only one hits the kangaroo. Why them?

- 1 = Luck
- 2 = Fate
- 3 = Their character
- 4 = Something else
- One sentence from someone on this side.

### ***Identity Luck Scenario***

Why were you born into your particular family?

- 1 = Chance
- 2 = Fate
- 3 = A mix of both
- 4 = No idea
- One quick theory?

## **SLIDER GAME**

- Point left if you think most things in life happen because of luck.

- Point right if you think most things happen because of who you are.
- One sentence from someone on the left, and one from the right.

## **WILDS CARD**

Why did I put these socks on today?

- 1 = Habit
- 2 = Free will
- 3 = Chance
- 4 = Fate
- 5 = No clean socks

## **THAT TELLS ME EXACTLY HOW YOU ALL THINK!**

### *Short Reflection*

The way we explain what happens to us — fate, luck, who we are — tells us a lot about how we understand ourselves.

## **FINAL QUESTION**

Do you think you shape your life, or does life mostly happen to you?

- Left = I shape my life
- Right = Life mostly happens to me

A thought from one person on each side.

## **REFLECTION**

1. Which explanation feels truest to your life today — luck, fate, or who you are? (point left/right)
2. Was there a moment today when someone else helped you think differently? (one-sentence share)

3. If events happen to you, who do you think the 'you' is?
4. Which norm did we use best today?

## **CLOSE**

Thank you everyone. Today we explored why things happen the way they do, and what that says about who we are. Next time we'll keep following our big thread, Am I Real? You surprise me every time. Thanks for thinking together.



## PLAY SHEET — “WHY ME?”

*Providence Village — Mid-Session Calls*

ENERGY LOW → RUN THESE

Quick Vote

“Why you? Fate, luck, choice, something else?”

Fingers 1–4.”

Slider Question

“Point left if it’s luck, point right if it’s who you are.”

Yes/No Poll

“Does life mostly happen to you? Thumbs up/down.”

Wild Card

“Why did I put these socks on today?”

Habit/free will/chance/fate/no clean socks.”

ENERGY HIGH → RUN THESE

Moral Luck Scenario

“Two people drive the same speed. One hits the kangaroo. Why?”

Identity Luck

“Why were you born into your particular family?”

Coin Toss

“Heads = fate, tails = luck. Which makes more sense to you?”

Rapid Round

“Give me one word: Why me?”

DOMINANT SPEAKER TAKING OVER → RUN THESE

Redirect Line

“Thanks — let’s hear from someone on this side who hasn’t spoken.”

Pair and Share

“Turn to the person next to you — 20 seconds answering: why me?”

Opposite Side Call

“Someone with a different view — one sentence.”

Gesture-Only

“Just show me with your hands — no explanation yet.”

QUIETER VOICES NEED SUPPORT → RUN THESE

Fist-to-Five

“How confident are you in your answer? Show 0–5 fingers.”

Pick a Quiet Person

“Lorraine, want to show us with fingers which option feels right?”

Neighbour Report

“Who heard something interesting from their neighbour?”

Low-Risk Response

“Point to the option you like — no speaking needed.”

IF THEY VEER BACK INTO DREAMS (TOO DEEP/TOO LONG) → RUN THESE

Boundary Line

“Let’s use dreams just as the starting point — now back to why me?”

Future-Fork

“Save that dream — let’s look at what it tells us about fate or luck.”

Quick Vote

“Was that dream fate, luck, or imagination?”

Fingers 1–3.”

Bridge Question

“If that happened to someone else, would you explain it differently?”

GROUP FEELS SCATTERED OR CONFUSED → RUN THESE

Reset Question

“What’s the simplest answer: luck or fate?”

Reflect Back

“So far I’ve heard these three ideas... which one fits you best?”

Either/Or

“Do things happen for a reason, or do we give them reasons later?”

Group Point

“Everyone point at the answer that makes sense to you.”

IF YOU HAVE EXTRA TIME → RUN THESE

Identity Bridge

“If things happen to me, who is the ‘me’ they happen to?”

Continuity Question

“Would you be the same person if one major thing had gone differently?”

Am I Real Tie-In

“What makes your life feel like your life?”

Optional Deep Cut

“Do you think the same person has lived your whole life?”

IF YOU’RE OUT OF TIME OR NEED A CLEAN FINISH → RUN THESE

Final Quick Poll

“Fate, luck, or who you are — which shaped your life most?”

Appreciation Close

“One thing someone said today that helped you think.”

Thank-You

“Thank you for thinking together — you always surprise me.”

Next-Week Teaser

“Next time, we step deeper into Am I Real.”