

ICEBREAKER, DISTANCE PROXIMITY

PURPOSE OF THE EXERCISE:

The participants are aware of their limitations in terms of distance-proximity, peer pressure and possible coercion.

TIMING:

15-20 min

NEEDED MATERIAL:

None

HOW TO CONDUCT THE EXERCISE:

The students are each two in a row with their faces toward each other at about 2 meters apart. The teacher says an action, the students make clear in a nonverbal way if they want to do this action. If yes, then they go towards each other and they do the action. If not then they will just stand still. Then everyone moves one space to the right and the outer ones cross over so everyone comes face to face with someone else and a new action is said. The exercise is repeated several times with another action.

The exercise will be debriefed with a number of questions:

- How could you tell if someone did or didn't want to do an action?
- Did it depend who the other person was?
- Did you do something that you didn't want to do in the first place?
- Did you not do anything because of the reaction of the other person?

Possible actions:

- Give a hand
- Give a hug
- Give 3 kisses
- Give a high five
- Squeeze the buttocks of the other
- Do a little dance
- Stand nose to nose
- Lick the earlobe of the other
- Give each other a kiss on the mouth

SUGGESTIONS:

Debriefing by discussing distance-proximity, borders, coercion, peer pressure, voluntary,...

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