



## People-to-People

### OBJECTIVES:

- Students will follow directions.
- Students will get to interact directly with each other (relieving stress and tension).
- *The instructor has an opportunity to take great black-mail pictures!*

### MATERIALS:

- Friendly, respectful students

### EXERCISE:

1. Pair students with similar physical build (i.e., equal size/height).
2. Inform them that they must pay attention and listen carefully so they can hear the directions.
3. When the group is focused, the teacher instructs each pair to match body parts by gently touching whatever is named; for example, “hands to hands” or “hips to hips”.
4. Increase the pace and/or detail of descriptions until the group becomes too tired or too silly!

### PROCESSING:

- *What was the most fun part of this activity?*
- *How was it difficult?*
- *Can you relate this activity to working in a group on a project, like a web page or presentation?*