60 seconds of staring[[1]](#footnote-0)

Tags: movement, warm-up

Type: partners

Time: 5 minutes

## **Why are we doing this?**

Looking people in the eye can be difficult. This exercise helps rip off the bandaid and forces people to get used to the idea of seeing and being seen.

## **What materials/set-up do I need to prepare?**

You don’t need to prepare any materials, but a timer counting down 60 seconds is helpful.

## **How do we do this?**

Pair up and make the students stare into each other's eyes for 60 seconds. People will end up giggling or looking away or refusing to blink the entire time, and that is ok. The giggling is beneficial as it releases some of the tension that people are most likely feeling.

## **Alternative methods:**

If someone really hates looking people in the eye, they can look at their eyebrows, the corner of their glasses, or their forehead. The main thing is to look people approximately in the eyes.

1. **Source:** Hahlo, R., & Reynolds, P. (2000). *Dramatic events: How to run a successful workshop.* St. Martin's Griffin. [↑](#footnote-ref-0)