

# DO NOTHING

## MATERIALS |

None

**OBJECTIVES |** The objectives of this activity are for participants to understand how people differently interpret rules, to acknowledge that decisions and behaviors are often more complex than we think, and to recognize that even when we do not think of ourselves as doing anything in particular we are having an impact on the world and space around us.

## FACILITATOR INSTRUCTIONS |

Ask the participants to form a circle—standing or sitting.

Tell them there are two rules to this activity:

- Rule #1: Do nothing.
- Rule #2: Look at the person standing six people to your left. Do everything they do but exaggerate it just a little bit.

Repeat the two rules, then begin.

Let participants “Do Nothing” for at least 10 minutes

## DEBRIEF QUESTIONS |

- How did it feel to do this activity?
- How did you interpret the rules?
- How did you handle the contradiction in the rules?
- What do you think you were supposed to learn from this activity?



## SUPPORTING MEDIA |

<https://www.michiganlearning.org/icebreakers-and-name-games/>

## NOTES |

This activity is especially good to pair with days focused on creating community norms or classroom rules.