

Title	Heads Up Heads Down
Duration	10 minutes
Nr of participants	5+
Objectives	presence, communication, eye contact, focus
Description	<p>The instructor brings the group to a circle. The facilitator says “Heads down,” and everyone puts their heads down, chin to chest. Then, the instructor asks them to close their eyes or look at the floor (so that nobody can look at one another). When the instructor says, “Heads up,” participants lift their heads and look directly at another person in the circle. If two people happen to randomly choose to look at each other, then they both have to “die dramatically”, and they are out of the game. If they do not make eye contact, for example, the person the participant is looking at is not looking at them or looking at someone else, they go to the next round. The game will last until there are 2 or 1 person left.</p>
Evaluation and reflection	The instructor could ask at the end the reflection on how we are communicating with each other with no speaking.
Guidelines for the facilitator	<p>This is a simple activity best done at the beginning of a workshop to encourage the group to concentrate and ground themselves. Also it can be done at the end of the workshop as a closure activity. The facilitator can also ask in the explanations How can you die dramatically? So they would have an idea of what they could do.</p>
Summary	This is an easy and fun activity to work on focus and non-verbal communication that can be done as a starter or dessert.