Don't Touch Me
A perfect activity for those who value their personal space, this activity raises questions about goal setting, thinking outside the box, and creativity.

Group Size: 10-20 (per hoop)
Time: 20 minutes
Props Required:
• Hula hoop or other flat object
• Stopwatch
Setup: None
Activity Instructions:
1. Have group stand in a circle. Place object in center of circle.
2. Have group members pick a partner across the circle from their position. Each participant must have only one partner.
3. Explain to the group that this is a timed event and that they are trying to satisfy the following 3 rules in the quickest time possible: a. Participants must switch positions with their partner. b. Everyone must touch the ‘dot’ in the center sometime during the process. c. No one may touch anyone else in the group. For each touch, a second is added to the overall time.
4. After you have explained the rules, only answer questions by repeating the rules.
5. Time the group and add time for any touches.
Facilitator Notes:
• Allow the team to creatively establish their interpretation of the rules. For example, groups tend to make the circle smaller, stand next to their switching partner, pick the ‘dot’ up, and even challenge what switching positions means. Positions switched could be from left eye open to left eye closed – not necessarily physical location as was initially thought. The group may also start the activity with everyone touching the dot.
• As the facilitator, check in to see how satisfied they are with their time after each try.
Possible Debrief Questions:
• How did your thinking change as you worked through the problem? How did the rules initially limit you and your group? Are there other rules that you live by that may limit your ability to work more effectively?
• If you were to create a new rule to work/live/learn by what would it be? How would your life be different if you asked for more clarity and were clear about your outcomes?
• As a group, what rules are we going to live by to take on the challenges we face? How will we know if we are living by them?
Asset Categories: Commitment to Learning, Empowerment, Social Competencies, Positive Values