

Connections Activity

Title/Skill:	Scream
Connection Goal:	Personalization
Grade Level:	9-12
Month:	
Time Needed:	25 minutes

Handouts/Materials Provided:

Nothing

Summary of Activity for the Advisor:**Instructions:**

1. Have the entire group get in a circle
2. Explain that you will be saying two sets of instructions repeatedly, "heads down" and "heads up." When you say "heads down," everyone looks down. When you say "heads up," everyone looks up, STRAIGHT INTO THE EYES of anyone else in the room. Two possible consequences:
 - a. if they are looking at someone who is looking at someone else, nothing happens;
 - b. if they are looking at someone who is looking right back at them, they are both to point in a very exaggerated manner at the other person and let out a SCREAM OR YELL. They are then "out" and take their places together outside of the circle to observe.
3. Once the "screamers" have left the circle, the circle closes in and you repeat step two, followed by step three, until you are down to two people. Yes, they have to do it one more time, even though the outcome is a foregone conclusion.

Read/Review/Discuss/Do with students:

What did you learn from this activity?

Was it difficult to complete? Why?

How does this activity make us a stronger group?

Discussion: What made this "fun?" The short answer to the first question is the stress involved. You can then ask them to think about what the actual stress factors in the activity are (will my scream sound silly? Will I embarrass myself?) and when did the stress seem to lessen or intensify?