

Activity

Spend five minutes just sitting or staring in one direction. You might want to lie on the floor and gaze at the ceiling, or perhaps just stare at a fixed place on a wall.

If doing this with others, no one should interact with others in the room in any way during the five minutes.

Time the five minutes carefully.

At the end of the five minutes, consider how the experience felt, both physically and mentally.

Did you quite enjoy the silence?

What would it be like if this had gone on for several hours?

Think about and make a list of what happens to people if they remain physically and mentally inactive for long periods of time.