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.