

# Stillness Activity

Inform the learners that the following activity will be completed in silence.

## **Starter:**

- Ask the learners to write down an activity that they enjoy doing and how this activity makes them feel.

## **Stillness Activity:**

- Now ask them to shut their eyes.
- Tell them to imagine that they are carrying out the activity, which they are doing and to be aware of how they feel.
- Ask them to imagine how they feel after doing the activity for 5 minutes, 15 minutes, 30 minutes, an hour, 12 hours, a day and then every day for a week, a month and a year, even two years. Ask them to imagine how it feels doing the activity every day for two years. Has anything changed? What is their attitude towards the activity now? Would they want to change activity?

## **Finish:**

- Ask the learners to open their eyes.
- Write down -

How your attitude towards the activity has changed.  
(E.g. I don't want to do it, it isn't as fun)

How it makes you feel now (e.g. bored, tired, frustrated).

Why your attitude changed. (E.g. I would be doing it all the time)

Do you think the things that make us happy now could make us unhappy? Why? (E.g. Yes if you do it too often it could make you bored)