



PEACE ACTIVITY

STRONG as a BEAR

Get together in pairs, preferably with someone about the same height. Face each other and decide who is going to be A and who is B.

1) A stands firmly with both feet on the ground, feet slightly apart. Then B starts to lightly push against A's shoulders. How firmly does A stand?

2) Again, A stands firmly with both feet on the ground, feet slightly apart, and A now thinks of something unpleasant or sad. Give A a few moments for this. B then pushes A's shoulders.

3) Finally A stands firmly with both feet on the ground, feet slightly apart, and A now thinks of something positive or happy. Give A a few moments for this. B again pushes against A's shoulders.

4) Swop over and repeat steps 1 to 3. What did you discover?

