

## Stop!

**Aim** Self-reflection: personal space, awareness of boundaries

**Duration** Max. 5-10 Min + some time for discussion

**Number of participants** 2-20

**Difficulty** easy

**Conditions** -

**Material** -

### Preparation

-

### Description

The participants form teams of two and stand opposite at some distance from each other. One of the two partners stands still while the other one comes closer and closer. As soon as the approaching person enters the "comfort zone" of the standing one, the standing one should shout "STOP" and raise his/her hand.

After this activity the participants should talk about their personal space, how close they could get to each other and at what point they started to feel uncomfortable.

**Source** Henk Göbel, HILFE-FÜR-JUNGS e.V. Berliner Jungs

**Link** <http://peerbox.at/?p=302>