

# Gaze Locked In

# PLAY

To enhance communication skills, build trust, and foster connection among peers through the practice of maintaining eye contact in a structured and mindful activity.



## Learning Intentions

**I can practice maintaining eye contact, which is an important communication skill:**

This encourages students to develop their ability to engage with others non-verbally, improving communication skills.

**I can build trust and connections with my peers:**

This helps foster mutual respect and deeper connections between classmates through shared focus and attention.

**I can be mindful of personal boundaries while engaging in close, eye-contact activities:**

This emphasises the importance of respecting others' comfort zones during the activity.



## Success Criteria

**Maintaining Eye Contact for 60 Seconds:**

Students can maintain eye contact with their partner for 60 seconds, ensuring they actively participate and focus on the activity without distractions.

**Switching Partners and Repeating the Activity:**

Students can switch partners and repeat the activity, ensuring that they are engaging with multiple peers, enhancing social connections and trust.

**Respecting Personal Space and Boundaries:**

Students can respect their partner's personal space and boundaries, reinforcing the importance of being considerate and mindful of others' comfort during the activity.



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**Objective:** To enhance communication skills, build trust, and foster connection among peers through the practice of maintaining eye contact in a structured and mindful activity.

**Players:** Ideal for small to medium-sized groups (6-26 students).

**Materials:** None

**Time Required:** 5 minutes (Approximately 60 seconds per pair, with time for switching partners)

**Setup:** Ask students to pair up and stand facing each other at a comfortable distance. Ensure that they understand the goal of maintaining eye contact without talking or looking away for the designated time (be mindful that students will have a giggle early on, that's ok, let them be, also explain that they need to try and focus as best as possible and control their emotions and silliness!).

## Gameplay:

1. **Pair Up:** Ask students to pair up and stand facing each other at a comfortable distance. It's important to create an environment where students feel safe and are able to make eye contact without discomfort.
2. **Start the Gaze Locked In:** Instruct the pairs to maintain uninterrupted eye contact for 45 seconds. Encourage students to focus on their partner's eyes, while remaining calm and still. Emphasise that this is about connection, not staring aggressively.
3. **Switch Partners:** After 45 seconds, instruct the students to switch partners. Let them know that they will repeat the process with a new person, continuing the practice of maintaining eye contact for another 45 seconds. A good way to switch the partners is to randomise it by using a six sided dice. Roll the dice and whatever number is rolled, that's how many spaces students on one side of the line need to move along.
4. **Repeat and Reflect:** You can repeat this process with students pairing up with a total of four different classmates, ensuring they experience different types of eye contact and connection. After several rounds, ask students to reflect on the activity.



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## Reflection Prompt:

- How did it feel to maintain eye contact with your partner for 45 seconds?
- Did you find it difficult or easy to make eye contact? Why?
- How did the activity help you feel more connected to your partner?

**Winning the Game:** There is no winner in this activity. The goal is to practice eye contact, build trust, and foster a sense of connection and mindfulness during the interaction.

**Additional Notes:** Gaze Locked In is a simple but powerful activity that helps students develop their communication skills and enhance trust with their peers. By focusing on eye contact, students learn to build connections non-verbally, which is essential for effective communication. This activity also provides an opportunity for students to practice mindfulness and respect for others' boundaries.

