

# Eyes Meet

From *Ryhmä toimivaksi* by Laura Jääskeläinen

**DURATION: 10 MINUTES**

**NO SPEAKING REQUIRED**

Participants stand in a circle. To begin, everyone slowly looks at the person on their left, then the next person, and the next, pausing briefly on each face. When two people make eye contact with each other at the same time, they nod in acknowledgment and quietly switch places in the circle.

After switching places, the process begins again: look to the left, pause, continue around the circle. The teacher should take part in the activity as well.

At the end, ask the group:

- What did it feel like to make eye contact?
- Why might it sometimes be difficult?
- What makes it easier?

## **LAURA'S TIP:**

*This is usually an easy and enjoyable activity. However, if someone isn't used to making eye contact—or if the group is still developing trust—some may look just past the face rather than directly into the eyes. That's perfectly okay. No one should be pressured to make eye contact. Everyone can participate in a way that feels right for them. As the group's sense of safety grows, making eye contact tends to feel more natural.*

### **Hi! I'm Laura Jääskeläinen**

I'm a teacher turned group dynamics coach from Finland. This activity is from *Ryhmä toimivaksi*, my bestselling Finnish guide to building safe, connected classrooms. An English edition is on the way.

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