**Personal Space**

**Human Rock, Paper, Scissors Game**

**Purpose:**

This activity will serve to help adolescents and young adults become more aware of both their own personal space, as well as others’ personal space.

**Getting Started:**

As a large group, decide a full-body pose that will signify each element

* Rock – each person in the group will bend down and hug their knees and curl into a ball so they look like a rock
* Scissors – each person in the group will stand with legs should-width apart and both arms out in front of them, and clap their arms together so they look like scissors
* Paper – each person stands with their arms and legs spread apart in a “star” position

**Game Play:**

After the poses are decided, break into groups of two. For each round, each individual will need to do one of the poses. Once all of the groups have their poses ready, a facilitator will have the two groups face each other and count down from three (e.g. three… two… one… GO). On “GO" each group will need to strike one of the three poses. Rock beats Scissors, Scissors beat Paper, and Paper beats Rock. Individuals can play as many times as they would like. Best out of 5 rounds is a good number for a medium sized group.