

Be There/Not Be There Activity



GOAL: Identify Be There Behaviors and non-Be There behaviors

TIME: 10 minutes

PROPS: None

VIDEO: [Event Resources: Be There/Not Be There](#)

1. Pair participants, no trios if possible. Be sure they learn each other's names.
2. One member of the pair is "A," the other is "B."
3. Ask the As to think of a story about their family, a student or friend—something that they would want to share with person B. The As will do their best to tell this story to the Bs. (Or you can have them tell about a time someone was there for them.)
4. Tell the group that for the next minute, the Bs should do everything they can think of to NOT Be There for the As.
5. Have partner B look at A and say, "I'm sorry." (They'll laugh and feel relieved.)
6. Look at your watch and say "Go."
7. After about 55 seconds, call "Stop," and ask the following questions:
 - Of the As...*
 - Who felt frustrated? Why?
 - Who gave up?
 - Who, even though they knew it was futile, tried harder?
 - Of the Bs...*
 - Who felt bad? Why?
 - Who was secretly trying to listen while pretending to not Be There?
 - Who just started listening?
 - To All...*
 - Did that feel longer than a minute? It was actually only 55 seconds.
8. Ask the partners to thank each other.
9. Take another minute and give them time to retell their story, but this time the Bs should really Be There. Use that as a comparison for Be There and Not Be There behaviors. Discuss.
10. If time permits, brainstorm Be There behaviors.

