

## Doing vs. Being Modes

### **How does it help students?**

- This activity allows students to actually *feel* the difference between doing and being, lines that often get blurred within a school environment.

### **What will we need?**

- Pencil & one blank sheet of paper for each student

### **How do we do it?**

- Complete these tasks: Pick up your pencil, draw a circle on the blank sheet of paper, then stand up, turn around 1x, and sit back down. Direct your focus within to consider how your body feels. Where is your energy located? What does it feel like? Are you holding stress anywhere in your body? As humans, we are so often plagued by doing, doing, doing -- we quickly forget that we are human *beings*.
- Now take a couple moments to settle into yourself and just simply *be*. Plant your feet on the floor, feel your spine long, and begin to direct your focus to your breathe. With each inhale, strive to create more space in your body. With each exhale, strive to send out into space all of that stress and chaotic energy. Practice this deep breathing for one minute. Realize how much less exhausting this *being* state is as compared to the prior *doing* state.

**Source:** Adapted from various sources by Jacklyn Czekaj