

# BLINKING\*

## ▶ ABOUT THIS ACTIVITY

- 🕒 **Time:** 5 - 10 minutes
- ➔ **Objectives:** By the end of this session, participants will be able to:
  - Have a respite from heavy brain work
  - Physically release some tension.
- ✂️ **Materials:** None
- 🚫 **Preparation:** None

Thanks to Kathy Williams & Rebecca Lane, Compeer, Inc Rte 1, Box 21, Spicewood, TX 78669 for this activity

## Instructions

1. Tell the group to relax, take a few deep breaths, and let go of any tension.
2. Have the group form two lines facing each other. If there are an odd number of people, one person can be an observer. Tell one line to close their eyes; they will be the blinkers. The other line will act as subjects. Tell the blinkers to relax and let go of thoughts. Tell the second line, the subjects, to quietly change their positions so that the blinkers have a new person in front of them.
3. Tell the blinkers to open their eyes for no more than a second or two. When they close their eyes, they should reflect for a moment or two on what they saw.
4. After the blinkers have noted what they saw for a few moments, tell them to open their eyes and go over to their subject person and tell them. Reform the lines, and repeat the process. Have the blinkers and subjects switch roles so that everyone gets to do both two to three times.
5. Discuss in full group after everyone has been a blinker and a subject 2-3 times. How did it feel looking at people in this different way? What did you learn about the subjects? What did you learn about yourself?
6. Summarize: The blinkers begin to get information about people that they don't normally get by keeping their eyes open and scanning the body. The information has to take a different route when you just open your eyes for less than a second. You have to take the whole thing in at once. You can't scan. The process is not linear. It's not left-brain; it is more a right-brain/left-brain combination.

Also, people are not asked to find anything in particular. They are asked to notice their reactions. What does this have to do with cultural competence? Sometimes when we look at people or things in a new way we gather more information, and lose some assumptions.

\* This module is part of the online toolkit Building Blocks to Peer Success. For more information, visit [http://www.hdwg.org/peer\\_center/training\\_toolkit](http://www.hdwg.org/peer_center/training_toolkit). This module comes from the Lotus Women's Peer Education Training Manual, Center for Health Training and Women Organized to Respond to Life Threatening Diseases (WORLD), 2008.