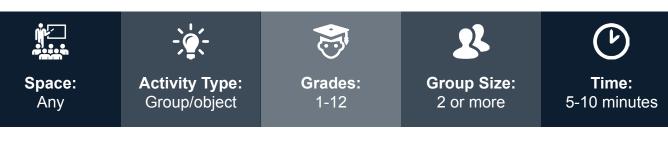
Defense Mechanisms Learning Activity:

The Controller

Introduction:

This is a simple activity where one person acts as the controller and issues typical commands you would find on a video game controller. The participants must follow your commands.

Details:



Materials:

None

Activity Instructions:

Explain that for this activity you are going to pretend that you as the teacher have a magic controller that allows you to control how other people act. Explain that you are going to play a real-life video game in which they are the video game characters and you are running the controller. They must all follow your directions closely. The controller responds to your voice commands. The basic commands are as follows.

- Forward: Move forward
- Backward: Move backward
- Left: Move left
- Right: Move left
- Jump: Jump up
- Crouch: Crouch down
- Pause: Freeze or pause wherever they're at
- Slow Motion: Move in the direction you were told in slow motion

Activity Instructions (Continued):

Proceed to direct your group or class members to follow your directions. Have some fun with them and give them whatever random set of instructions you chose. Perhaps even give some directions that will cause them to bump into each other or bump into a wall or some other obstacle in the class. Do 1 or 2 rounds of this and then invite them to return to their seats.

If you feel like it is appropriate and you have students you can trust, you may even want to allow some of your students to be the controller for the rest or to control your movements.

Processing the Experience:

- · How did it feel to have someone else control what you were doing?
- What was fun about it?
- What could be dangerous about it?
- What would happen in real life if we let someone else control how we were responding during the day?