Rhythms of Joy&Justice:  
Heads Up Heads Down Partnering

The body is in dialogue with others even when a person is not fully aware of that. This exercise is for the purpose of connecting nonverbally to identify a learning partner for the remainder of the learning exchange. Of course, it can be used for partnering exercises in meetings and classrooms.

Step One: All stand in a large circle.

Facilitator: The directions for this are quite simple. This is not a musical chairs contest although it is hard in our competitive society not to try to stay in the circle as long as possible. The actual purpose of the exercise is to pair up. You will look down and when I say “heads up”, you will look up and make contact with a person across the circle from you. If your eyes engage, meaning you both look at each other, step out of the circle, and form a pair off to the side until everyone is paired. Take a deep breath and put your head down.

The facilitator continues the heads up heads down until all have been paired.

Step Two:
Facilitator: This is your learning partner for learning walks and other activities during the learning exchange. Take some time to get to know each other.