**Clasp Your Hands**

* Instruct students to clasp their hands together so their fingers are interlaced.
* Ask students to look at how everyone has clasped their hands.
* Ask students if everyone has done it the same way.
* Ask students who have clasped their hands so that their left thumb is on top to change the way they clasp them so that the right thumb is on top, interlacing their fingers in a different way.
* Ask them how it feels to be outside of their comfort zone.
* Ask students to shake out their hands and arms.
* Ask students quickly to clasp their hands again.
* Ask students if everyone did it the same way they did it the very first time.
* Reflect on whether we revert to old habits or use new techniques when under pressure