

# CROSS SPECTRUM

**Time:** Minimum 20 minutes

**Goal or purpose of the exercise:**

- To help a group determine what an effective nonviolent action is.
- To show different perceptions on nonviolence
- To test or develop a specific proposal for effective nonviolent action on which the group agrees.

**How it's done/facilitator's notes**

Make a large cross (+) on the floor with masking tape, long enough to make a grid on which the group members can stand. Write 'nonviolent' and 'violent' on opposite ends of one line and 'effective' and 'not effective' on opposite ends of the other. (Instead of tape, you can simply put the words on paper at ends of four sides.) Present a possible action scenario; ask people to stand in a place on the grid that represents how they feel about it (e.g., nonviolent but not effective). Ask some of the people to explain why they are standing where they are. Let people know that if they are 'moved' by what is said, they can change positions.

If the purpose of this exercise is to create an effective nonviolent action for a certain situation, use scenario suggestions that move people towards the nonviolent and effective corner. As you discuss, make a list of what people identify as needed to make the action more effective and nonviolent (e.g., training all the participants, good media work, etc.) If the purpose is to show different perceptions on nonviolence, suggest a wide variety of scenarios (both from you and from the participants themselves).

Ask questions to get the group thinking more deeply about what is effective and nonviolent. Depending on the purpose of the exercise, this exercise can be done in as little as 20 minutes to show how people feel about actions; it can be extended until a satisfactory nonviolent action scenario is developed if that is the goal. This is also a good exercise to use in conjunction with brainstorming.