

Breaking Social Norms Project Ideas

Here's a list of breaking social norms project ideas under different niches:

At School

1. Wear your backpack on the front—see how friends react when you do something different.
2. Say “have a terrible day” instead of “good day”—switch up normal greetings.
3. Walk backward in the hallway—try moving in a new way.
4. Clap when someone sneezes instead of saying “bless you”—change how you respond.
5. Draw with crayons in math class—use unexpected tools for schoolwork.
6. Eat dessert first at lunch—switch the usual order of eating.
7. Write using your other hand—challenge your usual way of writing.
8. Sit backward in your chair—try using furniture in a different way.
9. Answer “purple” to every yes/no question—give silly answers on purpose.
10. Wear your clothes inside out—try dressing in a fun way.
11. Skip instead of walking—move in a playful way.
12. Read books upside down—see normal things from a different view.
13. Call teachers by their first names (if they say it’s okay)—change how you talk to them.
14. Bring stuffed animals to class—carry a fun item to school.
15. Draw faces on your school supplies—make everyday items more fun.
16. Speak in rhymes all day—play with how words sound.
17. Give high-fives instead of shaking hands—change up greetings.
18. Wear mismatched shoes—break the usual clothing rules.
19. Stand up when answering questions—participate in a different way.
20. Write notes using only pictures—communicate without words.
21. Sing your answers instead of talking—use music to reply.
22. Do homework at school and classwork at home—switch up your routine.
23. Eat lunch for breakfast and breakfast for lunch—change when you eat certain foods.
24. Walk in slow motion between classes—try moving at a different speed.
25. Use fancy words for simple things—make talking more interesting.
26. Take notes with colorful markers only—brighten up schoolwork.
27. Tell jokes during serious moments—add humor in unexpected places.
28. Start counting from 10 instead of 1—change the order of numbers.
29. Wear pajamas over your regular clothes—layer your outfits differently.
30. Write everything in bubble letters—make writing more playful.

At Home

31. Eat dinner under the table—change where you do normal things.
32. Watch TV while standing—use furniture differently.
33. Sleep with your feet on the pillow—switch up sleeping positions.
34. Brush your teeth with the opposite hand—do things differently.

35. Walk like a penguin around the house—move in a fun way.
36. Use spoons as forks—try switching utensils.
37. Wear socks on your hands—use clothing in a different way.
38. Make breakfast for dinner—change what meals you eat at certain times.
39. Talk to plants like they're people—pretend objects are alive.
40. Wear a Halloween costume on a regular day—dress up for no reason.
41. Read books from the back to the front—switch the usual way of reading.
42. Put empty boxes in the fridge—store things in unusual places.
43. Make animal sounds instead of words—talk in a silly way.
44. Use pillows as chairs—sit on something different.
45. Drink water with a fork—try using tools in strange ways.
46. Walk sideways through doorways—enter rooms differently.
47. Wear clothes backward—change how you get dressed.
48. Use the kitchen as a study room—switch up where you do things.
49. Eat ice cream with chopsticks—use utensils in an unexpected way.
50. Sleep in the living room—rest in a new place.
51. Wear winter clothes in summer—dress for the wrong season.
52. Use the bathtub as a reading spot—read in a fun location.
53. Make a sandwich with cookies instead of bread—change food combinations.
54. Brush your hair with a toothbrush (a clean one)—use tools in a new way.
55. Use a flashlight during the day—use nighttime items in the daylight.
56. Eat breakfast foods at night—switch the time you eat certain meals.
57. Walk on paper instead of the floor—create a different walking surface.
58. Use cups as bowling pins—turn household items into games.
59. Wear a hat as a glove—use clothing differently.
60. Color with food instead of crayons—make art in a new way.

In Public

61. Say “goodbye” when meeting people—switch greeting words.
62. Walk like a robot in a store—move in a silly way.
63. Wear sunglasses at night (safely)—use items at odd times.
64. Give compliments to strangers (safely)—spread kindness unexpectedly.
65. Speak in whispers at the playground—change how you use your voice.
66. Dance while waiting in line—add movement to waiting.
67. Wear a party hat while shopping—dress for a celebration anytime.
68. Count your steps out loud—make walking more fun.
69. Wave at cars like you're in a parade—turn normal things into special moments.
70. Wear different shoes on each foot—mismatch on purpose.
71. Carry a stuffed animal everywhere—bring a fun friend along.
72. Walk in zigzags on the sidewalk—move in a creative way.
73. Wear a cape to the grocery store—dress like a superhero.
74. Use a fancy accent while ordering food—speak differently for fun.
75. Skip instead of walk in the mall—move joyfully.
76. Wear rainbow colors from head to toe—dress super colorfully.
77. Give a thumbs-down for good things—switch reaction signals.
78. Wear a name tag with a silly name—change how people see you.
79. Carry an umbrella on a sunny day—use weather items in a different way.

80. Walk backward in store aisles—move in a silly way.
81. Wear a winter hat in summer—dress for the wrong season.
82. Say “meow” instead of “thank you”—talk like a cat.
83. Wear costume jewelry everywhere—dress up in a fun way.
84. Use a puppet to talk to people—communicate through toys.
85. Carry a balloon everywhere—bring a happy item along.
86. Walk like an astronaut in the park—pretend you’re in space.
87. Wear a tiara while exercising—add a royal touch to workouts.
88. Use a bike bell while walking—make fun sounds.
89. Carry a teddy bear in your backpack—bring a friend to school.
90. Wear swimming goggles while shopping—use sports gear differently.

With Friends

91. Use the opposite hand for high-fives—change up greetings.
92. Speak in a made-up language—create your own way to talk.
93. Walk in circles while talking—move while chatting.
94. Wear matching outfits backward—coordinate clothing in a fun way.
95. Use silly names for each other—change how you call your friends.
96. Dance instead of walk together—add movement to everyday life.
97. Wear paper bag masks (decorated)—dress up in a fun way.
98. Use only rhyming words—make conversations playful.
99. Swap shoes with friends—trade items for fun.
100. Speak using only song lyrics—communicate through music.
101. Create new secret handshakes—make special greetings.
102. Walk like favorite animals—move in a fun way.
103. Use food names as nicknames—call friends by silly names.
104. Wear clothes in rainbow order—match colors in a fun way.
105. Speak using only questions—change how you talk.
106. Use hand puppets to have conversations—talk through toys.
107. Create new walking styles—move in silly ways.
108. Wear funny hats together—dress up in a playful way.
109. Use sound effects while talking—add noises to words.
110. Switch personalities for a day—act like each other.
111. Create new playground games—make up fun activities.
112. Speak only in opposites—reverse what you mean.
113. Use sign language incorrectly—communicate in a funny way.
114. Wear mixed-up clothes—dress in a silly style.
115. Create new words for everyday things—invent a fun language.
116. Walk in slow motion together—move in a playful way.
117. Use face paint randomly—decorate faces for no reason.
118. Speak in whispers outside—use your voice differently.
119. Wear shoes on the wrong feet—mismatch on purpose.
120. Create new dance moves—invent your own way to dance.

During Activities

121. Read books while standing—change how you read.

122. Write stories backward—switch the order of writing.
123. Draw with your eyes closed—create art in a new way.
124. Sing instead of talking—use music for speaking.
125. Play sports while sitting down—change how you move.
126. Do homework upside down—study in a different position.
127. Color outside the lines on purpose—break art rules.
128. Exercise in pajamas—wear unusual workout clothes.
129. Play board games while standing—change the way you play.
130. Write using both hands—challenge how you write.
131. Paint with unusual tools—try different ways to make art.
132. Do math using colors—make numbers more fun.
133. Play music using body sounds—create rhythms in a new way.
134. Read books to stuffed animals—have a fun reading audience.
135. Draw using your feet—make art in a unique way.
136. Play games backward—reverse the rules for fun.
137. Write in circles—change the way words look.
138. Exercise with books—use items in a different way.
139. Color with food—use unexpected art supplies.
140. Play sports with the wrong equipment—switch game tools.
141. Sing your homework answers—turn learning into a song.
142. Draw on unusual surfaces—make art everywhere.
143. Play games in silence—change how you interact.
144. Write in different directions—explore new writing styles.
145. Exercise with toys—use playtime in a new way.
146. Color with your eyes closed—create without looking.
147. Play games upside down—change how you see things.
148. Write songs about homework—make learning musical.
149. Draw using your mouth—try making art differently.
150. Play sports in slow motion—change the speed of games.

For Fun

151. Wear clothes in size order—organize outfits in a fun way.
152. Create new table manners—make up silly eating rules.
153. Make up new words—add to your own vocabulary.
154. Walk like sea creatures—move like ocean animals.
155. Use fruit as decorations—make food into art.
156. Create a sock puppet news show—present information in a fun way.
157. Wear holiday clothes randomly—dress for celebrations anytime.
158. Make up new sports—create your own games.
159. Use food as art supplies—paint and decorate differently.
160. Speak using only weather words—use nature terms to talk.
161. Create new dance moves—invent fun ways to move.
162. Use vegetables as pretend phones—act like they work.
163. Wear clothes in alphabetical order—arrange outfits in a silly way.
164. Make up new holidays—celebrate something different.
165. Use leaves as pretend money—imagine a new way to pay.
166. Speak using only color words—describe things in a fun way.

167. Create new handshakes—invent a special way to greet friends.
168. Use boxes as pretend cars—turn ordinary items into fun things.
169. Wear shoes as hats—put things where they don't belong.
170. Make up new games—create different ways to play.
171. Use pillows as drums—make music in a fun way.
172. Speak using only animal sounds—talk in a wild way.
173. Create new superhero moves—pretend to have superpowers.
174. Use paper as pretend clothes—dress up differently.
175. Wear blankets as capes—be a superhero at home.
176. Make up new dances—move in a creative way.
177. Use sticks as magic wands—imagine they have special powers.
178. Speak using only number words—talk in a mathy way.
179. Create new fashion rules—dress in unique styles.
180. Use rocks as pretend pets—imagine they are real.

At Special Events

181. Celebrate unbirthdays—have fun on random days.
182. Wear a graduation cap while shopping—dress fancy for no reason.
183. Have a picnic in the rain—do outdoor activities differently.
184. Celebrate New Year's in the summer—switch holiday times.
185. Wear party clothes to bed—dress up for sleep.
186. Have a breakfast party at night—eat morning food late.
187. Wear beach clothes in winter—dress for the wrong season.
188. Celebrate morning at night—switch up celebrations.
189. Wear fancy clothes to the playground—dress fancy for fun.
190. Have a dance party in the morning—start the day with fun.
191. Wear a Halloween costume once a month—dress up regularly.
192. Have a tea party at the beach—mix locations for fun.
193. Wear winter clothes in the pool—dress in unexpected ways.
194. Celebrate regular weekdays—make ordinary days feel special.
195. Wear pajamas to a party—dress differently than expected.
196. Eat birthday cake for breakfast—switch up celebration food.
197. Wear swim gear in the snow—mix up seasonal clothing.
198. Celebrate bedtime like a party—turn routines into fun events.
199. Wear holiday clothes every week—dress for celebrations often.
200. Have a midnight lunch picnic—eat at an unusual time.

Breaking Social Norms Project Ideas for College Students

1. Attend formal lectures wearing full pajama set and fuzzy slippers
2. Give detailed health updates when someone asks, "How are you?"
3. Walk backward across the entire campus while having a normal conversation

4. Face the back wall in a crowded elevator while making small talk
5. Eat messy spaghetti in a quiet library, making loud slurping sounds
6. Wear a heavy winter coat and boots on a hot summer day
7. Start clapping loudly during silent moments in busy campus areas
8. Speak only in whispers while talking with other students
9. Call all classmates "Sir" or "Madam" in casual conversations
10. Carry a potted plant everywhere and introduce it as your best friend
11. Take lecture notes using only bright crayons and stickers
12. Wear a fancy tuxedo or an evening gown to casual campus events
13. Hold eye contact for an uncomfortably long time when talking to strangers
14. Sit at a table with strangers in the cafeteria and start studying
15. Walk very slowly through the busiest campus areas during rush hour
16. Use fancy Victorian-era language when ordering coffee on campus
17. Reply to all text messages with handwritten letters sent by mail
18. Wear swimming goggles to all indoor classes and meetings
19. Begin every conversation by saying "Goodbye" instead of a normal greeting
20. Start a choreographed dance while waiting in line
21. Pay for coffee using only pennies, counting them out very slowly
22. Wear a full superhero costume to regular classes and meetings
23. Give a detailed weather report during an unrelated class presentation
24. Use a different accent in each of your classes on the same day
25. Bring a bright desk lamp to outdoor study sessions at noon
26. Wear sunglasses indoors while reading and taking notes
27. Read books and textbooks upside down in public study areas
28. Use chopsticks to eat all foods, including sandwiches and pizza
29. Wear mismatched shoes and say they're your favorite pair

30. Take pictures of everyday objects with extreme excitement and focus
 31. Answer all phone calls by saying "Goodbye" instead of "Hello"
 32. Carry an open umbrella on a clear, sunny day without explaining why
 33. Wear a graduation cap and gown to regular weekly classes
 34. Start a meditation session in the middle of a busy campus area
 35. Submit all assignments written in different crayon colors
 36. Walk sideways through every doorway while keeping eye contact with others
 37. Wear all your clothes inside out for an entire day
 38. Greet everyone with deep, fancy Japanese-style bows
 39. Use fancy dining etiquette while eating at a fast-food restaurant
 40. Talk about yourself in the third person all day
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Breaking Social Norms Examples

41. Stand very close to people while talking to them
42. Clap excitedly after every routine announcement in public places
43. Wave wildly at every single passing car
44. Order and eat dessert first at a restaurant, explaining why it's better
45. Wear a party hat to a serious business meeting and don't mention it
46. Skip instead of walking while keeping a serious face
47. Try to eat soup with a fork while acting completely normal
48. Wear full winter gear, including a scarf, on a hot summer day
49. Have long, deep conversations with plants in public places
50. Write everything in capital letters and read aloud in a dramatic voice
51. Only speak in questions for the whole day
52. Use baby talk when speaking with professors about serious topics
53. Wear formal business clothes, including a tie, to the gym
54. Give high-fives instead of handshakes when meeting people

55. Walk backward through a grocery store while shopping normally
56. Sit on the floor instead of a chair during formal meetings
57. Stack multiple hats on your head while doing normal tasks
58. Narrate your actions in the third person as you do them
59. Do everything with your non-dominant hand for a full day
60. Replace "Excuse me" with a loud "Meow" in public places
61. Wear swimming goggles while shopping at the mall
62. Do a full stretching routine while riding in an elevator
63. Eat a sandwich one layer at a time using utensils
64. Wear a superhero cape while doing normal errands
65. Count your steps out loud while walking in quiet areas
66. Talk like royalty, using "We" instead of "I" all day
67. Wear a name tag with an obviously fake name
68. Carry a stuffed animal everywhere and treat it like a real person
69. Keep reintroducing yourself to the same person throughout the day
70. Eat all food using only a spoon, no matter what it is
71. Wear a Halloween mask while doing everyday activities
72. Work on homework assignments while shopping in a grocery store
73. Only communicate using a hand puppet for the whole day
74. Walk like a robot while keeping a serious face
75. Wear a fancy prom dress to regular college classes
76. Start singing randomly in the middle of a conversation
77. Use a megaphone for all indoor conversations
78. Wear full scuba diving gear while doing normal activities
79. Take detailed notes while watching regular TV shows
80. Perform an interpretive dance while waiting in line

81. Give a detailed weather report whenever you introduce yourself
82. Use a kazoo to emphasize important points in serious conversations
83. Wear completely different styles of shoes on each foot
84. Answer every phone call by pretending to be a pizza delivery person
85. Do jumping jacks while ordering coffee at a busy café
86. Wear a giant birthday crown every day for a whole week
87. Speak only in an opera-singing voice in public places
88. Carry a goldfish bowl around as a fashion accessory
89. Wear inflatable arm floaties while doing regular indoor tasks
90. Make realistic race car sounds while walking through buildings
91. Use a fairy wand instead of a regular pointer during presentations
92. Wear a superhero cape to important business meetings
93. Do yoga poses while waiting in public places
94. Speak in a pirate accent all day at school
95. Bring a huge beach umbrella to an indoor classroom
96. Wear swimming goggles while reading books in the library
97. Use an orchestra conductor's baton to point at things
98. Wear a colorful tutu over your regular clothes for the whole day
99. Make sound effects for every action you take
100. Direct pedestrian traffic using official-looking hand signals
101. Wear an inflatable dinosaur costume while doing everyday tasks
102. Speak only in famous movie quotes for the whole day
103. Wear a diving mask while shopping for groceries
104. Announce everything you say like a royal proclamation
105. Go to class wearing a full medieval knight costume
106. Narrate your daily activities using a sports announcer voice

107. Create and wear balloon animal accessories throughout the day
 108. Speak only in wise fortune-cookie-style phrases
 109. Wear a bright red clown nose while doing serious tasks
 110. Use a referee whistle to highlight points in conversations
 111. Complete daily tasks while wearing a full astronaut helmet
 112. Talk to people like you're hosting a game show
 113. Go to lectures wearing glittery fairy wings
 114. Use a wizard staff instead of a normal pointer
 115. Wear a Hawaiian lei during snowy winter activities
 116. Speak in a circus ringmaster voice during presentations
 117. Wear a spinning propeller hat in serious discussions
 118. Only communicate using mime gestures for the whole day
 119. Dress up in full cowboy gear in the middle of a city
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Social Norms Breaching Experiment Examples

120. Count money very slowly while people wait behind you in line
121. Face the wrong way for an entire movie in a theater
122. Join a random conversation halfway through and contribute normally
123. Stand for an entire class period while taking notes
124. Speak in a robotic monotone voice all day
125. Walk in perfect squares around campus instead of straight lines
126. Use very formal titles when speaking to close family members
127. Maintain extremely long eye contact in all conversations
128. Stand too close to people during social interactions
129. Take everything people say literally, no matter how obvious
130. Use overly formal language in casual conversations
131. Talk loudly in quiet places like libraries

132. Enter a building through the exit doors while walking backward
133. Introduce yourself formally to every person you meet
134. Use a spoon for foods that obviously need a fork or knife
135. Wear summer clothes outside during freezing winter weather
136. Respond to "How are you?" with completely unrelated statements
137. Stand uncomfortably close to strangers while waiting in line
138. Use huge dramatic gestures in normal conversations
139. Talk about yourself in the third person all day
140. Make random noises during silent moments in public
141. Respond to common greetings with completely inappropriate answers
142. Talk loudly out of turn during organized group discussions
143. Arrive at scheduled meetings way too early or too late
144. Ignore dress codes in places that require them
145. Mix formal and casual language in ways that make no sense
146. Eat food in completely unconventional ways during meals
147. Challenge traditional gender roles in daily interactions
148. Act much younger or older than your actual age in public
149. Use professional business language in very casual settings
150. Make loud noises in traditionally silent moments
151. Stand too close or too far away from people while talking
152. Skip basic greetings in very formal situations
153. Use the wrong facial expressions for common social cues
154. Keep switching between extremely formal and casual behavior
155. Ignore common time-management habits in social situations
156. Maintain an odd distance when speaking to people
157. Use very unusual greetings in professional settings

158. Disrupt normal social behavior patterns in public
 159. Be overly polite or completely ignore politeness
 160. Take on unusual social roles that don't match the situation
 161. Talk in a way that doesn't match social expectations
 162. Speak in an extremely serious tone while joking
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Breaching Experiment Essay Examples

163. Write about how people reacted when you started dancing in a library
164. Analyze how strangers responded when you walked backward all day
165. Study reactions when you faced the wrong way in an elevator
166. Observe how people reacted to you standing too close in lines
167. Record reactions when you stayed silent in normal conversations
168. Analyze the impact of wearing the wrong outfit to formal events
169. Document what happened when you greeted people unusually
170. Study how people responded when you cut in line
171. Record reactions to switching social roles with someone for a day
172. Observe what happened when you arrived very late to a meeting
173. Analyze how people reacted when you spoke too formally in casual chats
174. Study responses to using fancy words in everyday conversations
175. Record reactions when you broke common habits in public
176. Analyze public responses when you exaggerated hand gestures
177. Study how people reacted when you acted like a child in public
178. Observe what happened when you broke gender expectations
179. Document reactions to staying silent in a loud setting
180. Analyze how people responded when you ignored politeness rules
181. Study what happened when you disrupted usual social behavior

182. Observe how people reacted when you used the wrong body language
183. Record responses when you arrived at events at the wrong time
184. Analyze how people acted when you ignored personal space rules
185. Study reactions to using weird greetings in professional spaces
186. Record how people responded to overly formal language in casual settings
187. Document what happened when you ignored standard time rules
188. Analyze public responses when you broke normal speaking habits
189. Study what happened when you didn't follow normal politeness rules
190. Observe how people reacted to you ignoring personal space norms
191. Record what happened when you used the wrong social signals
192. Analyze reactions when you completely ignored conversation rules
193. Study how people responded to your odd behavior in public