MIRROR



Experiential education



N° of pax 2-20



indoors | outdoors



30 mins



movement | art expression

PURPOSE

MOVEMENT
EXPRESSION

- rapport building
- leading and following
- improvisation

MATERIALS

- background music

PREPARATION

- Clear a large open area indoors or outdoors
- Set the devices for participants to be able to listen to the music
- Choose a music that supports the movement expression
- If participants are too shy, the facilitators can suggest to focus on specific body parts.

INTRO

The aim of the activity is to experience how you interpret the posture and mimics in someone else's behavior.

MIRROR

STEPS

1. Participants are randomly divided into pairs and are asked to stand facing each other and establish a loose eye contact. This means to see the other through a soft focus, in order to be more aware of the space the whole person takes up. The whole exercise has to be done in total silence with background music:



2.. (5 min) One of them starts leading the movement while the other person mirrors them.

3. (5 min) Partners are asked to change roles.

4. (5 min) At this point, they are asked to act in both roles at the same time in order to make a continuous flow of „following and leading".

5. The facilitator invites everyone to gather in a circle and to share and reflect on the experience.

REFLECTION

- Which of the three parts of the activity did you prefer?
- What feelings came up during the activity?
- How is this activity useful for you for your resilience building?

COMMENTS

- The activity is best used when the group members know each other very well.
- Choosing the right music is an important part of the activity: with popular music participants can engage better since there is something they know and enjoy,
- If the music is more of a background type soft music, then the focus is more on the two persons engaged in the activity, and this might be uncomfortable for some participants, it depends on how much participants are easy with movement exploration.