



MIRRORS

Number of players: 2+

Space: Room to wander

Materials needed: None

Procedure:

Divide into pairs and choose an “A” and “B.” “A” will be the mirror and “B” the actor. Pairs stand facing one another. Ask players to make eye contact. As “B” begins moving, “A” is to mirror “B’s” actions exactly while maintaining eye contact. Encourage slow and sustained movements to begin with—and/or common actions such as morning rituals. After a set time, ask players to switch.

Possible side coaching:

“Try your best to move as one unit.”

“Try experimenting with different levels.”

Variations:

Try a “no-leader” round after several switches.

Processing points:

- Which did you prefer: leading or being led?
- What does it take to solve this problem?
- What does this activity have to do with trust, etc.?

Possible learning areas:

Trust, concentration, cooperation, observation