

# Movement Challenges & Games

## MIRRORING

- In pairs, students stand facing each other, hands at chest height, palms facing partner.
- Palms of hands should be touching partners with a light pressure, but not holding on
- One person is the leader, the other the mirror.
- With eyes closed the leader makes deliberate movements with their hands and the mirror does their best to follow exactly, keeping the same pressure through the hands at all times.
- Swap roles after a minute or two.

**Equipment:** None required.

**Area Required:** Area large enough for students to stand comfortably. Preferably the should be away from noise and other distractions.

### Benefits

- Focus (Where was my consciousness during the activity?).
- Sensory development (How did I know where to go as the mirror?).
- Creativity (Why did I choose the movements performed?).
- Balance (What did I notice with my eyes closed?).
- Leadership (How did I feel being in control of another person?).

### How to explain the activity

- Everyone please find a partner and find your own space and stand face to face.
- Place your hands at shoulder height and have the palms of your hands touching your partners palms.
- Do not hold on, concentrate on a light pressure between you.
- Choose one person to be the leader. The other will be the mirror.
- With eyes closed leader make movements with you arms. It can be what ever you feel like. Just remember that your partner is try to follow you exactly.
- Mirror your job is to follow the leader always keeping the same pressure that is in your hands now.
- Everyone eyes closed and away we go.

### Cues for debrief / reflection

- Where was my consciousness during the activity?
- How did I know where to go as the mirror?
- Why did I choose the movements performed?
- What did I notice with my eyes closed?
- How did I feel being in control of another person?

### How to vary the activity

- No leader, both eyes close and see what happens.
- Have multiple partners.
- Place a tennis ball or bean bag in-between hands and try not to drop it.