

Mirroring

Stepping Stones : Teambuilding & Empowerment; Body, Movement and Senses

Materials : no materials

Type of exercise : written

Duration exercise : 15 min.

Objectives

The learner can say what and how s/he feels.

Instructions

- Divide the group into pairs.
- Agree beforehand who is looking in the mirror (learner A) and who is mirroring (learner B).
- Let the pairs move around. Learner A makes movements, learner B mimics them.
- Change roles.

Variant

Accompany the exercise with music.

Read more in our manual at www.alternativeways.eu

Language skills / Linguistic performance

- Reading

Linguistic competence/knowledge

- Vocabulary

Social-emotional skills and competences

- Communication skills
- Cultural awareness, expression and identity formation
- Empowerment
- Fun