

# 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

The Alternative Ways toolkit has been developed by GO! onderwijs van de Vlaamse Gemeenschap (Belgium), Elan Interculturel (France), Arbeit und Leben NRW (Germany), De Talentenschool (The Netherlands) and Storytelling Centre (The Netherlands). The project is co-funded by the Erasmus+ Programme of the European Union. Our website: <u>www.alternativeways.eu</u>.