

Mirror Image

This demonstrates the value of motion and yet another form of communication. Remember how it felt to concentrate on the nuances of a moving item/image as you think about ways to integrate multimedia into your lessons!



MATERIALS:

- Willing participants paired in groups of 2 (or 3 if there's an extra person)

EXPERIENCE:

- Pair up with someone you don't know and haven't yet worked with in class.
- Stand facing each other, as close as you can. No one may touch or talk or lift their feet once positioned!
- First, the taller of the pair leads by moving slowly in some fashion: twisting, reaching, bending, smiling, etc.
- The partner acts as a "mirror image" and follows the lead by mimicking the motion.
- Repeat the activity after a minute with the second partner taking the lead role!

PROCESSING:

1. Was it hard or easy to maintain composure and accomplish the task?
2. What factors impacted your concentration?
3. What was common to your experience within each pair?
What could you do to make it easier or better for your partner(s)?
4. What did you sense/notice that surprised you most?