

# The Mirror

Mirrors is a paired activity that allows young people to work on leading/following through collaboration and focus. Partners work silently to create mirrored kinaesthetic movements. The activity involves shared trust and responsibility as partners work to keep each other safe. This activity aims to reflect about inclusion and the difference between inclusion and integration.



Inclusion And Diversity



Improvisation  
Nonverbal communication  
Body language



8+



12+ participants (in pairs)



No material needed



In online version can be used  
Zoom, Google Meet



50 Minutes in total  
1st round: 10 minutes  
2nd round: 10 minutes  
3rd round: 10 minutes  
Debriefing: 20 minutes



YOU.TH. Manual for youth workers  
- 3.2.6 Body language - 3.3  
Theatre Methodologies -  
Improvisation  
<https://youth-theatre.eu/>



It is an activity that can be performed both outdoors and indoors depending on the needs of your group.

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## Implementation:

Divide participants in pairs.

1st round (10 minutes - each partner lead for about 5 minutes).

One of the participants is the person who sees himself (leads) in the mirror and the other one is the mirror (follower).

The lead player should make actions by moving their legs, arms, head, face, gestures and even can make funny faces but in a slow steady motion so they can be followed by their partner.

The follower player should act the same as the lead is acting and thus create the perfect mirror image.

No talking during the activity, only inclusive nonverbal communication.

The goal is for the players to feel completely in sync with one another, so closely that an observer would not be able to tell who is leading and who is following, ask them to make eye contact.

Switching roles.

2nd round (10 minutes - each partner lead for about 5 minutes).

Continuing with the exercise, this round ask them, while moving, to be disobedient mirrors.

The leader should try to bring back the mirror to follow them, but the follower should try to resist and keep being disobedient.

Switching roles.

3rd round (10 minutes).

Continuing the exercise, they now have to get back to being obedient mirrors, but this time they do not previously agree who is leading and who's following. They also have to alternate and switch roles from time to time, but without speaking. The goal is to move together and explore nonverbal communication.

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## Implementation:

### Debriefing (20 minutes)

With this debriefing you want to lead the participants in discussing how they felt during the activities, what was difficult for them, and step by step defining inclusion and what is the difference between inclusion and integration.

Integration and inclusion are often used interchangeably, but they are not the same thing. Integration refers to the act of bringing someone into an existing group or system, while inclusion means creating an environment that values and respects all individuals, regardless of their differences.

Here some questions that could be helpful:

- Which did you prefer: leading or being led? Why?
- How did you strategize to help your partner keep up with you?
- In the second round how was disobeying?

And how was having a mirror who disobey?

- What strategies you tried to bring back the disobedient mirror? Did it work out?
- In the last round, how could you tell who was leading? How did you manage to exchange roles?

If you do it online instead of dividing them in pair, just point out the one who will be the leader, all the others will be the followers. From time-to-time change and assign a different person as the leader of the group, you can reduce the time assigned to each to 2-3 minutes instead of 5. Suggest them to use a lot their facial expression and the parts that can be framed on the screen.

When it comes the last round, explain the rules very clearly and then you can divide the participants in breakout rooms creating groups of 4 people, and let them experience it in 10 minutes.

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## Tips and notes to the facilitator

### Clear Introduction:

Begin the session with a clear and concise introduction, emphasizing the goals of the activity—collaboration, trust-building, and reflection on inclusion and integration.

### Group Formation:

Ensure participants are comfortable with their partners. If there are existing comfort or trust issues, consider strategically pairing participants to create a positive experience.

### Setting the Tone:

Emphasize the importance of non-verbal communication and encourage participants to use body language effectively. Remind them that this is a safe space for exploration.

### Role Switching:

Monitor the timing for role-switching carefully. Five minutes might be ideal, but be flexible based on the group dynamics and the comfort level of participants.

### Debriefing Preparation:

Prepare for the debriefing by understanding the key concepts of inclusion and integration. Familiarize yourself with the nuances between the two to guide a meaningful discussion.

### Debriefing Questions:

Craft open-ended questions for the debriefing that encourage reflection and discussion on leadership, cooperation, and the differences between inclusion and integration. During the activity observe the dynamics so that you can add further questions based on what happened during the exercise.

### Encourage Open Communication:

Create an environment where participants feel comfortable sharing their feelings and experiences. Emphasize that there are no right or wrong answers, fostering open dialogue.

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## Tips and notes to the facilitator

### Online Adaptation:

If conducting the activity online, ensure participants have a clear understanding of their roles. Utilize breakout rooms effectively for the last round.

### Time Management:

Be mindful of time during each round. The activity should flow smoothly, allowing enough time for participants to fully experience each stage as well as enough time to reflect during the debriefing.

### Encourage Creativity:

Remind participants to explore creative expressions in their movements, allowing for a more engaging and enriching experience.

### Ensure Physical Safety:

Even though the activity involves movement, ensure that participants are mindful of their physical space to prevent accidents or discomfort. Inform them that being a leader is also a matter of responsibility in demanding things that others can do.

### Final Reflection:

Conclude the session with a final reflection, allowing participants to share their overall experience and insights gained from the activity.

Remember that the success of the activity lies in the facilitator's ability to create a supportive and inclusive environment where participants feel comfortable exploring and sharing their thoughts. Adjustments may be necessary based on the unique characteristics of the group.