

“MIRROR DANCE”

Activity developed by: Képes Alapítvány



OVERVIEW

It is a fun, energizing, nonverbal activity that participants carry out in pairs. They dance to different tunes where they mirror each other's moves, alternately.

TIME



5-7 minutes

PARTICIPANTS



Adaptable for 6+ participants

MATERIALS



The trainer creates a 5-7 minutes long playlist that consists of short sections of popular songs with very different styles (melodic song, rock n' roll, electronic music, pop songs, etc.). It may include a small section (20-25 seconds) from 14-18 different songs, or have the playlist and change the track when is needed. The trainer needs some music player device on which the music can be played (and also a loudspeaker).

OBJECTIVES



- To connect participants by offering them a fun activity
- To break the ice
- To raise self-awareness about the limits of participants

STEP BY STEP INSTRUCTIONS



1. Ask participants to create pairs.
2. Ask them to decide who will be “A” and who will be “B”.
3. Tell them that you will start to play a list of different music. When they hear the first one, “A” can start to move to the music any way they wish to and “B” has to mirror them. If “B” feels that the movement of “A” is too restrained, they can enlarge the moves, but they can also be less expressive if “A”'s movement feels like too much for them.
4. When the music changes, the roles change and now “B” shows the moves and “A” mirrors them.
5. This goes on until the last music is played.

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DISCUSSIONS



Questions for debriefing:

- How did you like the exercise?
- What did you learn about your limits? Was there any movement that was too much for you and you felt uncomfortable to mirror it? If so, did you use your right to tone the movements down? Or did you step out of your comfort zone?
- How did you feel in each role?
- If your partner enlarged or toned down your moves, how did you feel about it?



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