

# Climbing Out

## *Mirror, Mirror*

**Spatial Requirements:** Classroom with moderate space required

**Activity Type:** Movement/group

**Grades:** 3-12

**Group Size:** 4 or more

**Time:** 15 minutes

**Introduction:** This activity will show that we are always either being “leaders” or “followers.” We are either leading or following others into or out of the pot.

### **Materials:**

- Upbeat music

### **Activity:**

In this activity, everyone will be grouped into pairs. Each pair will decide up front who will be the leader and who will be the follower. The pair will face each other, and the leader will be making hand movements that the follower must “mirror” simultaneously as closely as possible.

Before you begin, select one volunteer to come up before the group and demonstrate this activity.

Explain that you will be the leader and your partner must face you and “mirror” your hand motions. Start out very slowly, moving your hands in simple motions – out, up, and down. Tell participants that they can create something silly or beautiful – it’s up to them.

Say that now you are going to shift into medium speed and go a little faster. The follower must continue to mirror your movements. After about 30 seconds, explain that you are now shifting into “high speed.” This is where the leader tries to lose the follower by going too fast to be mirrored. Jokingly explain that this is what we call “creating a new dance.”

Now have participants find a partner and determine which of them will be the leader and the follower. Have the pairs face each other and remind them that they will be starting out slow. Say, “Go!”

After 15 seconds, turn on upbeat music (Example: “Staying Alive” by the Bee Gees)

After about a minute, say, “Now shift into medium speed.” Followers must continue to mirror the leader’s movements. After another minute, say, “Now shift into high speed. Create a new dance—try to lose your follower.”

If there is time, briefly comment on what you’ve observed, then reverse roles and repeat the activity.

Express gratitude for students who may have been out of their comfort zone.

### **Processing Questions:**

- Was it easier to be the leader or the follower? Why?
- What are the characteristics of a good leader? (This includes someone who has vision, knows where they’re going, concerned for the welfare of those he/she is leading, and is doing the things they are asking you to do.)
- What are the characteristics of a good follower? (This includes – someone who knows who to follow, when to follow, and where it’s leading to.)
- You’re either following or leading people in or out of the pot (or the harder but worth it track.)