



MY STORY OF ENERGY! Mirroring / Imitation

3

Mirror Activities can be done in couples or in groups. The main goal is to observe well what another person is doing and imitate it. There is always a leader and a follower or followers. These exercises are very good for concentration and attention as well as developing team working skills. It is recommended to first try out all activities in slow motion.

Simple Mirroring in Pairs

Two persons stand at opposite sides, facing each other. One person is the leader and the other person is the follower. The leader starts with simple movements and face gestures. The follower is the mirror and imitates the movements. The game instructor indicates when the roles are going to be switched around.

Simple Mirroring in Pairs

Variation: The follower does the opposite movement of the leader.

Variation: There is no leader and no follower.

Follow my hand

This exercise is a couple exercise as well. One person is the leader and the other one is the follower. The follower faces the palm of the hand of the leader. The leader leads the follower with his palm through the space. It is very important to keep boundaries and to be careful and attentive to the surrounding, so that nobody gets hurt.

Let's play!

A group imitation game

All participants move through the space. Until one person has an idea of an activity. The person who has an idea shouts: Let's ... ! For example "Let's jump through the space!" or "Let's clap our hands!" or "Let's hide somewhere!" The person who has the idea is the leader and the rest of the group are the followers, until another person has a new idea.

Follow me!

A group imitation game

The game instructor chooses the first king or queen. The king or queen get a hat or any other prop to identify as king/queen. The person with this prop is the leader and the rest of the participants are the followers. Whatever the leader is doing, the followers do the same and imitate any movement, sound, action of the leader until the leader or the game instructor chooses a new leader.

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<https://fivecowries.org/>
<https://fivecowries.online/>



info@fivecowries.org



+234 908 567 2721