

## ACTIVITY WRITE-UP-2

### Name of Activity: Mirror

Type of modality	Humor
Type of play	Intra- individual
Interaction pattern	Shared cooperative
# of participants required	Any even number will work there just needs to be pairs of 2.
Equipment/supplies	N/A
Facilities required/environment	Arm's length of space between each partner.
Precautions	Make sure everyone is comfortable with their partner and mature enough to be appropriate with their partner.

### Directions

1. Everyone will be placed with a partner.
2. Each pair must stand across from one another (arm's length apart)
3. The facilitator will choose what side is leading first
4. The leaders will make any movement they desire to do (the movements can be silly but must be appropriate)
5. The leader's partner will copy any movement that the leader makes (acting as a mirror)
6. After five minutes the partners switch roles
7. Now the new leader has the opportunity to create different movements that the new mirror must copy.
8. At the end let each pair talk about what was hard about this activity and if they can make any changes to be a better mirror in the future.

### Activity Analysis

Category	Skills
Primary body position	Standing
Part of the body required	All body parts
Movement	Bending, hopping, jumping, standing, stretching, turning or twisting hands or arms.
Physical	Balance; dynamic standing, bilateral integration, crossing midline, fine muscle coordination, flexibility, gross muscle coordination, motor control, speed, visual- motor integration.

Cognitive	Arousal/alertness, attention, alternating attention, Attention: focused, sustaining, insight, memory: short term, orientation: place, person.
Social	Interpersonal interactions, maintaining social space, self-expression, social conduct, showing tolerance
Perception	Visual function
Communication/language	Reception of body language, producing body language
Self-care	N/A
Psychological/emotional (possible)	Joy, frustration (if partners are having a hard time following one another)

### **How to Simplify the Activity**

There can only be one person that is the leader and everyone in the class can follow that person. By only having one leader there will be less distractions and the group can follow the movements of the people around them.

### **How to Make the Activity More Complex**

The people in the class can spread out more and have to copy the actions the leader is doing along with what they are saying.

### **Other Comment**

This is a silly game that is made to help people feel more comfortable with one another and can improve the leader's self-esteem. It will help people laugh at oneself and one another in a positive way.