



ARTS INTEGRATION AT HOME

MIRROR

Through these arts integration activities we want to offer a few simple, creative, educational, and arts-based ways to spice up your distance learning. The directions for the activity are shared in two ways - for caregivers/teachers and for kids who can read so they can do the activity independently. Have fun, and feel free to share what you do with us.

Tips for how to utilize these strategies:

- Use this strategy today, or print it out for a later date.
- Feel free to use a strategy more than once. Repetition will help students become familiar with the directions and then be able to take more ownership of sharing what they know through the activity.
- Play them for fun - you don't have to stick to talking about school information.

MIRROR

Mirror is a simple and low-risk activity that invites students to slow down. This activity allows participants to practice focus, responsibility and trust. It is also a great way to practice one of the rules of improvisation - always make your partner look good. If you are working hard to help your partner be successful in the activity and they are doing the same, everyone feels good.

Mirror is credited to the improviser and teacher Viola Spolin. It was first included in her widely used book *Improvisation for the Theater*. You can see a longer description of the activity in the link below from the [Drama-Based Instruction](https://dbp.theatredance.utexas.edu/content/mirrors) website created by Drama for Schools at The University of Texas at Austin.

Mirrors: <https://dbp.theatredance.utexas.edu/content/mirrors>

These activities are curated by Sarah Coleman, Portland Ovation's Director of Engagement | School Programs. Sarah is a theatre educator, an arts integration specialist, and a former classroom teacher who has taught students in grades K - college as well as led professional development workshops for teachers around the country for over 15 years.





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MIRROR

DIRECTIONS FOR CAREGIVERS/TEACHERS

You need two people to do this activity. Stand across from each other - about an arms length apart. Decide who will be the leader. The leader begins by moving, slowly. The other partner will mirror that movement. The objectives are 1) for the leader to move so that the follower can follow and 2) for the follower to mirror their partner as closely as possible. If someone else were to watch the mirroring they shouldn't be able to tell who is leading. Students can move however they want (hint: start with the arms and hands) or they could do simple actions like brushing teeth or playing baseball in slow motion. After a little while, switch leaders so that everyone gets to try both roles.

Then what?

- Challenge them to move even slower! Or if they've been really slow - move a little faster.
- Switch who is leading without communicating in any ways (no using your voice, eyes, gestures, etc.). See if the partners can switch just from being in sync.
- Invite someone else to watch the mirroring and see if they can figure out who is leading. Have them close their eyes before you start so they don't see the first movement.
- Choose different topics to guide the movement - emotions, seasons, environments, math vocabulary, etc.

Tips!

- Remind the leader to think about the pace of their movement. What pace makes it possible for the partner to mirror?
- Remind the leader to think about the type of movement. If it requires balance or goes behind their back will the follower be able to mirror it accurately?
- Remind the follower to pay close attention to the leader and do exactly as they do.
- All of these remind students to work on making their partner "look good."

Follow up questions

1. What was easy about Mirror? What was challenging?
2. Did you enjoy leading or following more? Why?
3. How did you and your partner work well together to create the illusion of a mirror?

Follow up questions allow kids to practice [reflection and metacognition](#) (thinking about one's thinking) both of which are key parts of effective learning.





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DIRECTIONS FOR KIDS

Today's at-home activity is all about slowing down to discover how closely you can follow and how carefully you can lead.

How to do this activity

1. Find a partner and stand an arm's length across from them.
2. Decide who will be the leader first.
3. Have the leader begin to move. The leader should start by moving slowly. It doesn't matter what type of movement you do - you could stretch or play a sport in slow motion.
4. The other partner (the follower) should mirror the leader's movements.
5. After a little bit, switch who is leading and who is following.
6. Once you have each led, switch the leader/follower roles a few times to continue to get better.

Then what?

- Move even slower! Or, if you've been moving really slowly, try moving a bit faster.
- Challenge yourselves to switch who is leading without communicating in any way (no using your voice, eyes, gestures, etc.). See if you can switch just from being in sync with your partner. Then invite someone else to watch your mirror and see if they can figure out who is leading. Have them close their eyes before you start so they don't see the first movement. (But remember to tell them to open them again!)
- Choose different topics to guide how you move. Topics could include emotions, seasons, environments, math vocabulary or more.

Tips!

- Leader, think about your pace. If you move slowly will it be easier or harder for your partner to follow?
- Leader, think about the type of movement you choose to do. If you put your hand behind your back, can your follower mirror you well?
- Follower, how can you work to even more closely mirror your partner?

After you play a few rounds of Mirror, think about and discuss these questions.

What was easy about Mirror? What was challenging?

Did you enjoy leading or following more? Why?

How did you and your partner work well together to create the illusion of a mirror?

