

ACTIVITY: MIRRORING WITH A PARTNER

RECOMMENDED AGE: 8 and up

TIME: 10 – 30 minutes

SET-UP: Adults – ensure that you have a clear space for children to move around

SUPPLIES:

- **For Extension: Access to different styles of music and a way to listen aloud (CD player, phone, computer, etc.)**

One of the most popular acting activities is Mirroring. Mirroring is a paired activity that allows people to work on leading and following through collaboration and focus. Partners work silently to create mirrored physical movements. This activity helps actors strengthen their ability to focus, attention to detail, and listening to their scene partner.

INSTRUCTIONS

1. For this activity you need an even number of people. In teams of two, decide who is Player A and who is Player B.
2. Player A will start by being the Leader and Player B will be the follower. Both Players will stand facing each other and making eye contact. As Player A begins moving, Player B's job is to mirror Player A's movements exactly. Both players should maintain eye contact throughout the activity.
 - a) Start by moving slowly or explore simple actions like brushing your teeth or playing a sport in slow motion. As the Players have gotten comfortable with this, increase the difficulty of your movements.
3. After a minute or so, the Leader and the Follower should change roles and continue to repeat the exercise.
 - a) After switching a few times, challenge yourselves to find a nonverbal way to communicate who is leading, or work together with neither person as the mirror.

EXTENSION - FLOCKING

If you have more than two people, you can all do this at the same time! Assign one person to be the Leader and everyone else will follow. The followers will mirror the leader like before. Everyone will still have the chance to be the leader. For more fun, you can mirror each other to music!



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