

Mirror Image

"Mirror Image" is a beginning trust activity.

Have group members choose a partner. Instruct group members to stand facing their partners. They are to choose who will start at the "mirror," and who will start as the person. The mirror is to follow the movements of the person as best as he or she can. After a few minutes have partners switch roles.

Sample Debrief Questions:

- Were you able to follow your partner when you were the mirror?
- What was the most difficult part of being the mirror?
- How could your partner help you?
- Were you told that you may not speak during the activity?
- What do you have to be able to do in order to be an effective mirror?

Optional Additional Instructions:

With younger participants you may want to talk with them, prior to starting, about how to move to help the mirror be successful (i.e.: move slowly, don't do something you know your partner cannot do like a back handspring...). These kinds of issues will likely come out during the debrief with older participants.