



Mirror Me

LESSON

LEARNING & DEVELOPMENT OUTCOME

In this lesson, participants will demonstrate integrity and ethical behavior in using influence and power through a mirroring activity.

MATERIALS

None

AGE ADJUSTMENTS

To adjust for an older age group, facilitators can challenge participants by creating an obstacle or a series of tasks for pairs to accomplish while remaining mirrored.

Lesson Plan

Introducing the Lesson

- What does it mean to be a leader?
- Who in your life is a leader?
- Explain that participants will get practice being a leader with another participant.

Experiencing the Lesson

- Put participants in pairs.
- Ask one partner to be spaghetti, and another to be meatballs (or any combination of things that go together).
- Instruct participants that spaghettis will be the mirror and the meatballs will be trying to mimic the person doing the actions as they move. The goal is to try and look as if the spaghettis are actually looking in a mirror!
- Set a timer for three minutes and allow pairs to begin!
- At the end of the three minutes, roles will switch, and participants will mirror each other for an additional three minutes.

Closing the Lesson

- Ask participants what it felt like to be the leader in this situation?
- What did it feel like to be the mirror?
- What is the importance of both the leaders and the followers? See Resources for content to help close the lesson after this question.

After the Lesson

- Remind participants of how they could be leaders in other areas of their life. They could be a leader in their family, or set a good example for neighbors and other communities they are a part of.



Can this be done in larger groups?

"While it is recommended to complete the lesson in pairs to make the process more simple, groups of three can work and be an additional challenge!"



Further Exploration

- Encourage participants to notice times throughout the day when they are a leader vs when they are a follower, and to take note of the different things they do in those roles.



Get Creative

- Allow one participant to be the leader, and the entire group to be the mirror
- Allow participants 30 seconds to be the leader and to switch with another participant who wants to be the leader.

Online

- To facilitate this lesson online, facilitators and participants will need access to audio and video through their meeting platform.
- Put participants into breakout rooms of two.
- Use the broadcast system to instruct participants when the first three minutes of mirroring has ended and to begin the second round.
- Continue as directed.

Resources

- Responsibilities of leaders
 - Goals and direction
 - Feedback
 - Coaching/mentoring
- Responsibilities of followers
 - Self-motivation
 - Collaboration
 - Desire for self growth

