



Life Skills – Empathy Mirror Exercise



Aim of the Game: To follow a partner's movement in a mirror

Learning Objectives:

- To pay attention to movements and actions

Structure: In pairs

Time: 10-15 minutes

Materials: None required

Method:

- Ask the Scouts to find a partner and form a circle of pairs.
- Tell them that the activity is a mirror game activity and ask them to follow the following instructions:
 - Face each other,
 - Assign each other as A and B.
- On the first round, A plays "the person" and B plays "the mirror"; then they reverse roles.
- Encourage them to make as many movements as possible for their mirror images to follow, beginning with facial expressions, then body movements.
- After two rounds, ask the Scouts to sit in a circle and begin discussing the experiences.

Evaluation:

- What can you say about the activity?
- When you were the mirror, how were you able to keep up with the movement of the person you were reflecting?
- In our everyday life situations, when do we need to reflect each other's actions or emotions and why?