



**SKILLS:** Active listening, cooperation, leadership

**OBJECTIVE:** Practice what active listening looks like, sounds like, and feels like.

Students embody active listening.

### Quick Tips

- Students need to be paired off for this exercise.

### Why do we do this?

In Mirror Mirror, we practice active embodied listening in order to understand when we should lead and when we should follow. Sometimes it's okay to be in charge of a responsibility, a chore, or a project and act as the leader, but sometimes we need to follow when it is another person's turn to be the leader. Practicing being both a leader and a follower will help us learn the skills to be successful in both situations.

### Ideas for Integration

- If you see that students are having trouble taking turns as the leader for different activities outside of MTW, or having trouble sharing, you can do this video as a way to reinforce these skills.

### Virtual Facilitation

**Synchronous:** This exercise involves partnerwork. Instead, if you are facilitating this exercise in a video conference, designate partner A and partner B to model the exercises for the group. If you choose to repeat the exercise, choose different students to model.

**Asynchronous:** This exercise involves partnerwork, so students participating remotely should engage with someone nearby. If this is not possible, encourage students to review a Power of Pause video or share the video prompt so students can respond online:

- When is another time you have been a leader or a follower?