

Mirror, Mirror

Primary Competency:

- CASEL: Relationship Skills
- xSEL Labs: Social Problem-Solving

How *Mirror, Mirror* Impacts Students:

We will be able to...

- Practice what active listening looks like, sounds like and feels like.

In *Mirror, Mirror*, we practice active, embodied listening to understand when we should lead and when we should follow. Practicing being both a leader and a follower will help us be successful in both situations.



Skills:

- Active listening.
- Cooperation.
- Leadership.

How to facilitate *Mirror, Mirror* in your classroom:

- Load the video before students come into the class & check that the sound/volume is working.
- Students need to get into pairs for this exercise. If there is an odd number of students, you or another adult can partner with the student!
- Follow along with your students! Reinforce these skills and model active participation.

ENGAGE STUDENTS FURTHER WITH NEXT-LEVEL PROMPTS:

Select one willing pair from the class to demonstrate the leading and following portion of the exercise. Assign role A and B to the members of the pair, and do not share the roles with the rest of the class. Instruct the pair to start leading/following while the rest of the class raises their hand to guess who is leading and following.