

WP3 -Joint Training programme for Social, Cultural, and Health Sectors

Active learning activity module 5 #2

DOCUMENT PRODUCED BY: RightChallenge

Active learning activity #2

Module	Communication and Socio-emotional Skills Development for Implementing Theatre Activities with Older Persons
Chapter	Non-Verbal Communication Skills
Name of activity	The Mirroring Game
OBJECTIVE(S)	Enhance awareness of non-verbal cues and signals, improve body language interpretation, and promote emotional expression through mirroring.
METHODS	Pair-based mirroring, physical warm-up, group reflection
TIME ALLOCATED	30 minutes
RESOURCES NEEDED	Open space for pairs to move comfortably.
INSTRUCTIONS *	• Pair up participants and have each pair choose a leader and a follower. • The leader initiates movements using gestures, facial expressions, or body language that the follower will mirror as precisely as possible. • Encourage leaders to vary their movements and expressions to convey different emotions or actions. • After a few minutes, switch roles so each participant experiences leading and following. • Gather as a group to discuss experiences. Ask participants how it felt to mirror someone else and how it helped them interpret non-verbal body language. Discuss the importance of body language in expressing emotions, particularly when words may not be enough.
REFERENCES	Video source for inspiration:

	https://www.youtube.com/watch?v=H_6Y0FjLf4U 
HANDOUTS	• Theme ideas to print (see document “AGE_THEA Module 5 Activity #2 HANDOUT – The Mirroring Game”)

* Full instructions:

To implement the Mirroring Game exercise, the facilitator should begin by pairing up participants and having each pair decide who starts as the leader and who will start as the follower (later they will swap roles). The facilitator explains that the leader will initiate movements using gestures, facial expressions, or body language, which the follower should mirror as accurately as possible.

During the activity, the facilitator should encourage leaders to vary their movements and expressions to convey different emotions or actions. Feel free to print out our idea handouts as an inspiration to show participants during

the activity. The variation helps participants explore a range of non-verbal cues and emotions, making the exercise more dynamic and expressive. After a few minutes, the facilitator signals for the pairs to switch roles so that both participants experience both leading and following.

Throughout the exercise, the facilitator can walk around the room, offering encouragement and gentle reminders to stay focused on precise mirroring. Tips for facilitators include observing participants to ensure that both are fully engaged in their roles and occasionally prompting leaders to experiment with subtle movements, which can increase focus and deepen the mirroring connection.

After completing the mirroring exercise, the facilitator gathers the group for a debrief session. This discussion allows participants to share their experiences, reflecting on how it felt to mirror another person and how the exercise impacted their understanding of non-verbal communication. The facilitator can guide the conversation towards the importance of body language in expressing emotions, particularly in situations where words might not suffice. This exercise, often used in drama and therapeutic settings, builds trust and enhances awareness of body language, making it a valuable tool for both individual expression and group cohesion.



“ON STAGE IN THE GOLDEN AGE: THEATRE FOR HEALTHY AGEING”

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WEBSITE: <https://age-thea.eu/>

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