

HANDBOOK FOR TEACHERS

ART FOR WELLBEING IN THE CLASSROOM

MIRRORING IN PAIRS

Good for	Relating to others Observation skills Concentration Fun
Length	10 mins
Resources	Big room / Outdoors
Actions	<ul style="list-style-type: none">• Pair the group, standing opposite each other• Invite them to mirror one another's movements• Start with slow, simple movements• After a while swap them around
Tips	Follow with the next activity
Variation	-

