

# THE FOX THEATRE FOR FAMILIES AT HOME

## ACTIVITIES FOR TUNING INTO OTHERS



### Mirroring

Participants get into pairs. In each pair, the partners decide who will be Person A and who will be Person B, noting that it doesn't matter much since both partners will be in both of the game's roles by the end. In round one, Person A moves slowly and in-place, and Person B does their best to mirror every movement made by Person A. After a little bit of slow moving, Person A can move at different speeds. Then round two begins and the partners trade roles, with Person B moving and Person A trying to be the mirror image. Later rounds can involve mirroring emotional expressions rather than big physical movements. For younger children, participants can all mirror the movements/emotional expressions of one person.

### Discussion Questions

- Why do you think it's so important to tune into other people and notice how they're feeling?
- Depending on their responses, you can help children think this through more clearly by orienting their thinking around certain people:
  - How might it be helpful to notice how one of your parents is feeling?
  - How about a teacher?
  - A friend?
  - A sibling?
- For anyone, how can tuning into someone else be personally beneficial?
- How can tuning into someone else be beneficial to that other person?

*Activities courtesy of The Mindfulness Education Exchange.  
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