

Mindful Mirrors

How does it help students?

- Students will start to calm their minds by focusing on the partnerwork

What will we need?

- Nothing!

How do we do it?

- Everyone partners up
- One person gets to be the leader to start off. They will slowly start moving arms/hands and their partner needs to mirror them. After approximately a minute, allow them to switch roles.

Additional Notes:

- This activity would work best if the partners don't speak but just follow movements.

Source: N/A