

Simple Mirroring Exercise

There are many ways to mirror others. By mirroring, people can improve rapport through imitation of other people's physical positions and mannerisms. Sounds are also an avenue through which those who seek rapport can mirror in style, tone and pitch, fluency, frequency and loudness, the tone of voice, word use and communication style. Physical mirroring comes about when people reflect body posture and non-verbals of others. In verbal mirroring, the person mirroring adopts the position of the other person.

Within the Creative Arts visual artists will attempt to synch with what others see, while dramatists may seek to mirror feelings through both body movement and tone. ([Communication Skills – Mirroring](#))

- Have students choose music they really like
- Form a circle and play Simon says as a warm up activity
- Explain that this is a simple copying game like Simon Says
- Have students form into pairs
- Take turns to make up movements to music and have the other copy.

This is a simple fun activity just to introduce the idea of mirroring