



## BRACED ANNUAL LEARNING EVENT, MARCH 8 - 11 2016, DAKAR, SENEGAL

*This exercise is one in a series of Applied Improv exercises used during the workshop. If you would like to use them in practice, ensure you use these exercises in a suitable context, facilitated in a way that provides a safe space for all participants and maximises learning.*

### **Mirror - leading and following**

*Purpose:* Understand that in collaborative process we sometimes need to lead and sometimes need to follow

*Time frame:* 10 to 15 minutes

*Group size:* Even number between 2 and 100+

*Required logistics:* Ideally an empty room

*Required materials:* None

### **Flow**

**Step 1:** Ask people to stand up and find a partner they would like to work with.

Explain that they will be working facing each other as if one person is the mirror image of the other..

**Step 2:** Ask people to choose who is A and who is B in each duo

*Facilitator note:* ask all A's to raise their hand, and then all B's, just to be sure. This also allows to see if somebody doesn't have a partner.

**Step 3:** Explain that A will be leading and that B will be acting as the mirror image. B will need to reproduce exactly the same movements, at the exact same time, as if in a mirror.

*Facilitator note:* tell A's that easy, slow movements usually work best

**Step 4:** Demonstrate step 3 with a partner.

**Step 5:** Explain that whenever they hear the sound (whistle, gong, bell...) they will switch roles. B's become the leader and A's become their mirror image.

**Step 6:** Start the activity and after approx. 1 minute make the sound to allow the switch. Let them continue and after another minute make the sound again. Prompt people to always continue the activity until you say stop. Keep on going and make the sound with ever smaller intervals until you make sounds every second or so. Then stop making sounds and encourage people to continue...

**Step 7:** Debrief the activity by asking questions like: how was it be the leader, ... and the follower. What happened when I stopped making the sound. Who was leading then? What does this say about the way we want to work together?