

Mirror Me

STAY ACTIVE

To help students practise empathy through physical mimicry, matching the movements and energy of a peer. Neptune, with its calm blue atmosphere and gentle swirling winds, inspires us to tune into each other with softness and care.



Learning Intentions

I can watch and listen closely to another student:

This builds focus and empathy through non-verbal communication.

I can copy movements gently and kindly:

This supports social awareness and emotional regulation.

I can take turns being the leader and the follower:

This develops cooperation and perspective-taking.



Success Criteria

I can mirror someone else's movements carefully:

This strengthens attention and connection.

I can move slowly and gently to make it easy for my partner:

This shows consideration and thoughtfulness.

I can swap roles and enjoy learning from someone else:

This supports mutual respect and kindness.



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Objective:

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Players:

Ideal for students in pairs, with whole-class sharing

Materials:

- Calm music (optional)
- Open space with room for pairs to move
- Optional: emotion cards for facial expressions to mirror (can brainstorm emotions as a whole class prior to the activity).

Time Required:

10–15 minutes

Setup:

Begin by reading the Neptune page from *The Playful Astronauts* and asking:

- “What does it mean to understand how someone else feels?”
- “Can we use our eyes and bodies to show we’re listening?”

Explain that this activity is about becoming someone’s “mirror” and showing that we’re paying full attention to them, just like kind astronauts tuning into their space crew.

Gameplay:

Step 1 – Partner Up:

Students form pairs and face each other.

One student becomes the **leader**, and the other becomes the **mirror**.

Step 2 – Mirror Movements:

The leader slowly performs gentle movements, like waving, stretching arms, tilting side to side, or making calm faces.

The mirror copies the actions as if they are a reflection.

Encourage leaders to move slowly so their partner can follow easily.

Step 3 – Swap Roles:

After 1–2 minutes, students swap roles and repeat.

Continue for 2–3 rounds, then come together to reflect.

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Winning the Game:

Everyone who tries to understand and follow their partner's movements is a winner. Neptune reminds us that empathy is about tuning in, slowing down, and truly connecting with another person.

Variation:

In class, try a group variation where one student leads and the whole class mirrors together, promoting shared understanding and laughter.

Additional Notes:

Mirror Me is a beautiful blend of mindfulness, movement, and emotional connection. It reinforces the idea that empathy isn't just about words, it's also about presence, attention, and care. In the quiet stillness of Neptune, students learn that reflecting someone else's actions helps us see what they feel.