

Mirror Dancing



Dancing | Drama

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WHAT MAKES IT MEANINGFUL

Mirror dancing promotes self-awareness, connection and body confidence. It is a fun way to move, express emotions and connect with the other person involved on an intimate level. It can be done either solo in front of a mirror or with another person, following their movements.

TIME

10-20 minutes

MATERIALS

- Music (speaker or phone)
- Open space
- One other partner
- Optional: mirror if solo



Mirror Dancing

INSTRUCTIONS

1. Bring your partner to an open space where you can dance (if you are alone, find a mirror and stand in front of it).
2. Turn on any type of music either on a speaker or any technology device.
3. The first person will begin to put one of their arms up and hold their hand out towards their partner.
4. The second person will begin to mirror their movement by putting their hand out in front of the other person's hand.
5. Now the first person will continue to move their body in any way they like.
6. The second person will continue to follow their movements.
7. It should almost be like you are looking into your reflection in a mirror.
8. After about 5 minutes, your partner will switch roles with you and they will be the dancer and you will be the mirror.

SUPPORTS NEEDED

Support will vary depending on the individual's needs.