

INTO THE MIRROR

Learning how to listen to each other is important. Paying attention to how people move their body and face is part of listening.

1 Stand opposite another person. Look into their eyes.



2 Turn on some happy music. One of you should move to the music to show "happiness"



3 The other person should copy them, like a mirror.



Switch roles after 3 minutes.

4

Reflect

- Why did you choose these movements for this emotion?
- Could your partner follow the movements? If not, why not?
- What did you learn about body language?
- How can you use your body to show kindness?

Try it again with a different emotion!

We can live together with kindness if we listen better to each other.