

# Dance Therapy: Mirroring – Grades 6-12

**Needed Materials: music and space**

**Instructions: Partner your students up and partner 1 will be the person leading the movement and partner 2 will follow (they'll switch throughout the activity).**

**The instructor should create a list of words or phrases to call out and partner one will move according to how they feel to the word or phrase. Partner 2 will then follow the movements of partner 1. After some time then the lead and the follower will switch persons and begin the activity again.**

**When the activity is complete ask questions about how they felt and what they learned about and/or noticed from their partners.**

*Let's  
Dance!*