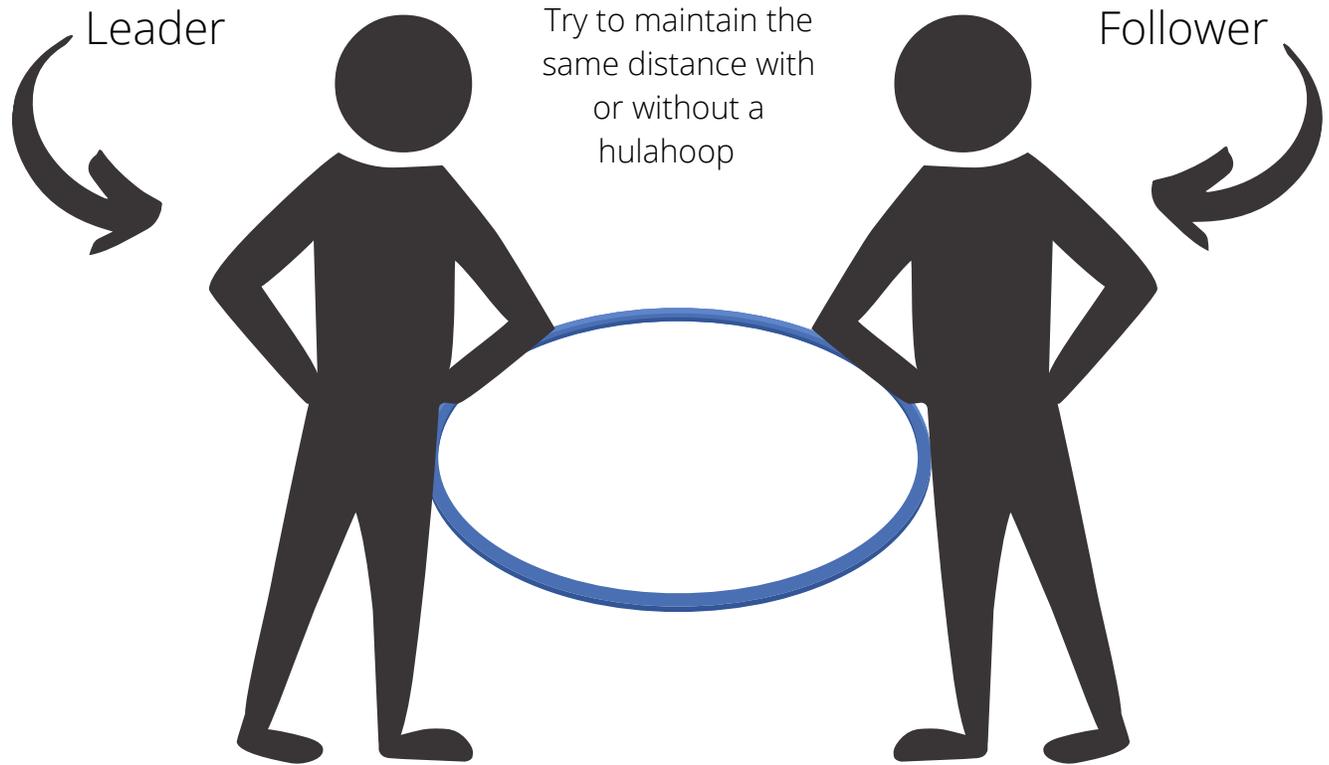




Leaning In – Mirror Walk

InterActive4Life

INTERACTIVITY IN A SNAP SHOT



Do you lean into life's present moments, or do you back away from them?





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COOPERATIVE INTERACTIVITIES

Student Targets



Movement Competence

To develop and perform stability and locomotor skills while responding to external stimuli (the force of their partner's lean).



SEL

Apply skills that help them develop self-awareness, empathy and communicate with others by learning how to fully embrace their partner's trusting lean into them and to return that trust by leaning into them.



Relationship

To develop the feeling of interpersonal connection through space by matching and mirroring a partner's lean.



Physical Distance

This game can be performed in close proximity with someone in your social bubble.



Close Proximity

This game can be played at a 2 meter distance if partners are maintaining a distance with no hula hoop.



Activity Overview

In this game, participants will explore what it is like to fully lean into another person in a mirrored walk (see *Rhythmic Mirror Walk* on p.79 in the *Dance and Rhythmic InterActivities* section for a progression of this InterActivity).



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COOPERATIVE INTERACTIVITIES

Getting Started:

With family members or classmates find a safe, open space with physical distancing measures in mind.

- Find a partner, face each other, label one Partner A and the other B (N.B. partners are scattered around the designated area in no formal formation).
- Each Partner is to balance a hula-hoop between their torsos (just under the chest).
- When ready, invite Partner A to lead Partner B around the designated area in slow, controlled steps. Partner B is to maintain the ideal tension on the hula-hoop (i.e., not back away) and walk in mirrored synchronicity.
- Invite Partner A to gradually change the pace, distance and/or direction in small increments.
- Invite the partners to maintain the connection without the hula-hoop.

Modifications to the Game:

- **Size/ Use of manipulative:** The size and type of manipulative can be changed to emphasize the feeling of interpersonal connection through space. A hula-hoop is perfect for salsa dancers for example but a smaller object such as a ball or piece of paper is ideal for those wishing to learn tango. For those wanting to improve the feeling of connection through space in sports like soccer, balancing a larger object between partners such as a pool noodle is recommended.
- **Locomotor movement:** The pair can choose to explore different movements while maintaining tension on the hula hoop (i.e., lunges, squats, karaoke...etc).

Adaptations to Rules of the Game:

- **Competitive Score within pairs:** In an allotted amount of time, Partner A attempts to move Partner B to back away and lose tension on the hula hoop while Partner B attempts to maintain tension on the hula hoop. If Partner B is able to maintain tension on the hoop for the allotted time they score a point. Partner A scores a point every time the hoop drops.
- **Competitive Score within larger group:** Join up with a few other pairs. Set up an area with a start and finish line. Race to see which pair can successfully walk across the finish line while keeping their hula hoop off the ground. If the hoop drops, the partners restart.
- **Cooperative Rally:** See how many different positions you and your partner can move around the space while maintaining tension on the hula hoop (i.e., back-to-back, side-to-side, front-to-back...etc.).



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COOPERATIVE INTERACTIVITIES

InterActive Function2Flow Assessment:

InterActive Function (Connecting Postures)	<ul style="list-style-type: none">• Partner A, where are you distributing your body weight to lead partner B around the room? Partner B, where are you distributing your body weight to create tension on the hula hoop?
InterActive Form (Connecting Positions)	<ul style="list-style-type: none">• What ways can you modify your lean to maintain tension on the hula hoop?
InterActive Feeling (Connecting Sensations of Timing & Force)	<ul style="list-style-type: none">• What variations in time (i.e., faster, slower, sudden stops, steady steps) or force (i.e., leaning in a lot or a little) help you move around the space while cooperatively keeping the hula hoop up or competitively making it fall?
InterActive Flow (Connecting Energies)	<ul style="list-style-type: none">• What does it feel like when you and your partner move in unison while keeping tension on the hula hoop between you? What helps you maintain this connection?