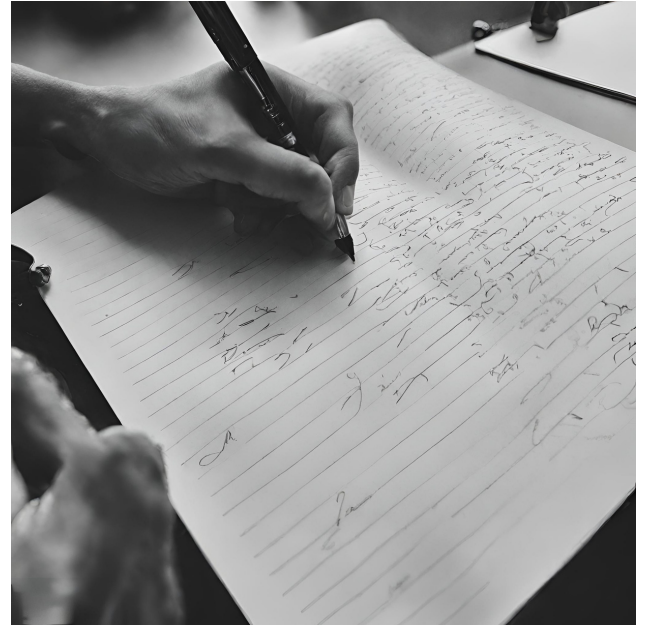


Mirror Movement & Writing Activity

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Leading and following is a part of everyday life—whether be it a conversation, a learning experience, driving, playing a game, or meeting someone for the first time.

Let's play a Mirror Movement game & Describe the experience in vivid detail to practice motion-sensing inquiry.

Mirror Movement & Writing Activity

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Mirror Movement Activity Instructions

- Find at least 1 person to play a mirror me game.
- Decide who will be the “leader” and the “follower”.
- The “leader” initiates a movement with a body part (finger, hand, foot etc) and the “follower(s)” mimic.
- Leaders are encouraged to introduce at least two changes in direction, pattern, or tempo.
- Try to do the activity for at least three minutes.
- Take a few minutes to reflect on your experience as a “leader” or as a “follower” with the assistance of the Function2Flow prompts.



Interdisciplinary Function2Flow Prompts for Reflection

InterActive Function Actions	What was it like to move in different postures and positions?
InterActive Form Shapes	What shapes, pathways and directions emerged? Did you get lost in a pattern?
InterActive Feeling Sensations	Did it feel lighter or heavier in different moments? Did the rhythm feel slow or quick?
InterActive Flow Connections	Did you feel moments of synergistic resonance? Describe sensations of feeling connected in movement.

Mirror Movement & Writing Activity

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Writing & Drawing out Meaning

- Pick a particular poignant moment you experienced as a lead or a follow & describe it in vivid detail so that we get a feel for what it is like to be in your shoes. Consider using the present tense.
- Emphasize your sensory experiences (i.e. feelings, qualities, textures, colours, sounds, smells, etc.) in your description.
- Remember- there is no right or wrong way to do the activity and to write about it; just dive in and learn through practice!
- Share your description with your partner. Listen to what it was like for them. What did you learn about your partner? What did you learn about yourself?
- If you were to do the activity again what would you focus on?
- In what ways does this experience relate to other ways you interact in everyday life?



We hope this activity helped you orient to Motion-Sensing inquiry.

Here are some examples of how leading/following activities were researched with MSP.

- Lloyd, R. & Smith, S. (2022). Leaning into Life: A Motion-Sensing Inquiry into Becoming InterActive for Life through Partnered Practices. *Journal of Dance & Somatic Practices*, 14(1), 91-108. <https://www.ingentaconnect.com/content/intellect/jdsp/2022/00000014/00000001>
- Lloyd, R. & Smith, S. (2022). Becoming InterActive for Life: Mobilizing Relational Knowledge for Physical Educators. *Frontiers in Sports & Active Living*, 3, 1-11. <https://doi.org/10.3389/fspor.2021.769031>
- Lloyd, R. (2021). Dancing Salsa Solo: Somatic Shimmies & Sways of Awakenings in the Midst of Pandemic Death. *Education Review*, 7(2), 35-45. https://education.uottawa.ca/sites/education.uottawa.ca/files/uo_fefe_educrev_fall2021_acc.pdf
- Lloyd, R. J. (2021). The power of interactive flow in salsa dance: a motion-sensing phenomenological inquiry featuring two-time world champion, Anya Katsevman. *Qualitative Research in Sport, Exercise and Health*, 13(6), 955-971. <https://doi.org/10.1080/2159676X.2020.1820559>
- Lloyd, R. & Smith, S. (2021). *A Practical Introduction to Motion-Sensing Phenomenology*. *PHEnex journal/revue phénEPS*, 11(2), 1-18.