

One-Minute Mirror

Grades 6–8 • 3–4 min • 2+ students

WHAT YOU NEED

- None

SETUP

Pair students up, facing each other with a little personal space.

HOW TO RUN IT

1. One partner is the "leader," the other is the "mirror." Leaders move slowly — arms, head, simple gestures — while their partner copies in real time as if looking in a mirror.
2. Run it for 60 seconds with no talking, then call "switch" and swap roles for another 60 seconds.
3. For the last 30 seconds, tell both partners to try to move so smoothly that an observer couldn't tell who's leading.
4. Bring the group back to seats with one collective slow breath.

VARIATIONS

- Use it right before a quiz or test as a settle-down ritual — the slow, deliberate movement works as a genuine focus reset.
- For a class of odd numbers, run one trio with a rotating leader.