

Mirror Hands

This exercise demands high levels of concentration and involves sustained eye contact between pairs.

Anticipating body movement is similar to the anticipation of verbal exchanges and so this is a perfect exercise for the EAL classroom.

NOTE: This exercise is NOT competitive!

Instructions:

- 1) Divide into pairs, facing each other
- 2) Both raise their hands together, without actually touching
- 3) The first person moves their hands, the second person mirrors their movement
- 4) Swap roles