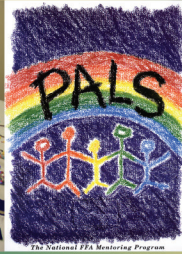


GROW YOUR PALS PROGRAM GUIDE



THE NATIONAL FFA MENTORING PROGRAM

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ACTIVITY

1.6

The Mirror

Unit:
TEAMWORK

PRECEPTS

- K. Emotional Growth
 - K3. Develop self-assurance and confidence

NATIONAL STANDARDS

- CS.01.02.04.a. Identify characteristics of effective teams.
- NL-ENG.K-12.12 – Applying Language Skills

STUDENT LEARNING OBJECTIVES

As a result of this lesson, the student will ...

- Identify the roles people take on in relationships.
- Discuss self-assurance and confidence.





TIME

Instruction time for this lesson: **45 minutes**.



NUMBER OF STUDENTS

One to three students per adult or peer mentor.



TOOLS, EQUIPMENT AND SUPPLIES



One mirror per pair of students



DESCRIPTION

Mirror, mirror on the wall...pairs will take on roles as the leader and follower in a relationship by mimicking a mirror. There are times when we need to step up using confidence and become the leader instead of a mirror to those around us.

DIRECTIONS

1. Spark a discussion about the relationships that are around them. Discuss types of relationships.



Who are the people who are closest to you?

What are your relationships like?

Describe a discussion you would have with a friend.

2. In relationships, there are leaders and followers. This will be demonstrated by using a mirror as an example.



Take a look at this mirror. Let's make some funny faces in it. What exactly do you see in the mirror? Does the mirror show a true reflection of you? Why or why not?

3. *With your PALS, pretend to be a mirror by designating who will make the motions and who will mimic like a mirror.*



Let's play a game like the mirror. First, let's stand up. Make motions, funny faces, whatever and I will mimic your movements just like a mirror. Let's give it a try.

4. *Discuss with your PALS what it was like to lead the motions and for you to follow them.*



Wow! Great job! Those were some funny moves. What was it like to lead all of the actions?

Describe a situation where you were the leader and others followed you.



Let's switch roles.

5. *Repeat the activity with you leading and the PAL mimicking motions like a mirror.*



Awesome job! What was it like to mimic my motions?

Describe a situation where you were the follower and you followed the lead of another person.

6. *Conduct a discussion about the roles that they played today and how those might be similar to roles in a relationship.*



In our game today, we have both been a leader and a follower. How is this like relationships that you have had with other people?

7. *Discuss the concept of self-assurance and confidence. For example, possessing the ability to set an example for others to follow instead of following another leader.*



How did you feel when you were leading the activity?

Were you confident in your ability to perform the task?

8. *Wrap-up the activity and conclude by using the connection questions on the next page.*



What a fun activity. You did a great job!



CONNECTION QUESTIONS

Discuss with your PALS the following question:

1. How did you feel when you were in the lead of today's activities?
2. How did you feel when you were following my lead?
3. What traits are important to have when you want to lead others?

Anticipated Response: Communication, a team focus, clear goals etc.

WRAP UP

Throughout our lives we will be placed in situations where we react as a leader or a follower. Having self confidence will ensure that we can step up and move forward as a leader. Mirror, mirror on the wall...I see a leader of them all!