

## MINDFULNESS PRACTICE #11

Title: Mimic

Skills: Describe  
Express (great example of breaking down behaviors when coaching)

### Groups of 3 people

1. 1 and 2 stand with their backs to each other, about a foot apart.
2. 1 does a continuous, repetitive movement.
3. 3 describes what 1 is doing to 2.
4. 2 attempts to MIMIC what 1 is doing based solely on 3's instructions.
5. Once 2 gets it right, roles rotate.
6. Repeat until the time runs out.

### TIPS:

Instruct people that if their motion has a name—jumping jacks, “The Chicken Dance”, etc.—don't use the name, but rather describe each movement specifically.

If you end up with 2 pairs, put them in a group of 4 and have the 4<sup>th</sup> person observe their own experience of standing outside the game, as opposed to adding to 3's instructions.

