

## Activities for workcamp participants

# Mirror reflection

**Length:** around 60 min., apr. 5 minutes for each volunteer

**Main objective(s):**

- \* to encourage volunteers to reflect on their own learning
- \* to support volunteers into looking at themselves and their learning from another point of view
- \* to highlight the important elements of one's learning

**Materials needed:** a box, a small mirror fitting in the box, a cover (sheet, blanket etc.) that cover the whole box and can even flow over, a few sheets of paper

**Outline (step by step methodology):**

IMPORTANT NOTE: This activity should be used by an experienced trainer or facilitator. If you don't feel like having too many experiences yet, we suggest to select other activities now and when you gain experience, get back to this one.

At the end of the workcamp, in the middle of the volunteers' circle, there will be a box with a cover on top. Volunteers will be told that in the box there is the photo portrait of each person. In turns, volunteers will peek in the box, see the face of a volunteer and talk about that person, without giving any type of hint on who the respective person is. (Campleaders will have to change the "photo" afterwards).

Key questions:

- \* What do you think about that person we all met?
- \* What changes have you seen in this person during the time here? What competences has s/he learnt during the workcamp?
- \* What advice would you give to the person?

Campleaders can add some funny questions or other relevant ones.

THE METHOD is that in the box (besides a few pages that make the simulation of changing photos) volunteers will see a mirror. Surprising the volunteer, he/she will speak about themselves without having prepared answers beforehand, here more sincerity.

Another part of reflection, is that participants will listen to the comments of each one and see themselves through the eyes of others, wondering if it's about them talking. On the other hand, participants who have been in front of the mirror, will be able to further reflect on their learning hearing other points of view.

You can also see how the method works in practice: <https://youtu.be/swxnvk7ioe8>

**Source:** According to Cosmin Saic, <https://www.saltoyouth.net/tools/toolbox/tool/reflective-reflection.2074/>