

# Mirroring Drawing Game

Individual and Group Art Therapy Intervention

Age group: preschoolers and up

## **MATERIALS**

White paper 18" x 24" (41.1 x 57.8 cm), or 18" x 12" Coloured pencils, oil pastels, pens or markers

## **DIRECTIVE**

A two-person drawing activity; the client and the therapist or the parent will draw together on the same page.

## **METHOD**

Take a paper and draw a line in its middle. You can put it either horizontal or vertical. When the dyad is seated, tell them that they will take turns either as a leader or a follower. The leader will draw a line or a shape, then the follower will copy it. You can vary the game by changing colours, drawing faster or slower, drawing from up to down or down to up, or drawing without lifting the pencil from the page.

## **SYMBOLIC MEANING**

"Dual drawing gestures facilitate embodied attachment, as they echo early infant imitative dyadic learning associated with reciprocal movement. Subsequently, encouraging the use of caregiver-infant [child] images will help integrate interpersonal mirroring" (Rubin, 2016, p. 374).

## **SOCIALIZATION AND DEVELOPMENT**

The activity enables the parent/therapist to follow the child's lead, and the child to follow the parent/therapist's lead. This is a process of learning by copying each other's art. A 'taking turns' activity teaches the dyad patience and respect.

"Mirroring is a key practice in building connections between the child and therapist; in dyad art therapy, children and parents learn through watching and interacting in similar ways" (Malchiodi, 2014, p.60).

## **REFERENCES**

Rubin, J. A. (2016). Approaches to art therapy: Theory and technique. New York, NY: Routledge.

Malchiodi, C. A & Crenshaw, A. (2014). Creative arts and play therapy for attachment problems. (Kindle version 1.17.0). Retrieved from Amazon.com

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