**THE MIRROR GAME!**

**Objectives & Learning Outcomes**

*Social Emotional Development:*

* Learning to cooperate
* Accepting others’ ideas
* Taking turns

*Cognitive Development:*

* Replicating physically what the eyes see (developing visual sensitivity to change)
* Developing focus, attention, and concentration
* Learning about the concept of mirror reflection

*Physical Development:*

* Practicing a variety of nonlocomotor movements
* Developing spatial awareness (an awareness of space, relative distance, and relationships with space--experiencing personal space)

**How to Play**

**Set Up and Materials**

* Available indoor or outdoor space
* Children paired up and scattered in the space
* Music
* If desired, demonstrate the concept of reflection using a mirror

**Directions**

1. Partners face each other at arm’s distance apart.
2. Ask one child to be the “leader” and perform simple movements in place and his partner (the second child) to imitate the leader as a mirror reflection. For example, if the leader waves his right arm, the “mirror” waves his left arm in the same way, duplicating the movement as if he is looking into a mirror.
3. Start the music--fast or slow. The use of slow background music might help keep the partners moving slowly at first.
4. Go from simple (only one body part moving) to complex (more than one body part moving at the same time).
5. When the music stops, partners change roles, with the leader becoming the mirror and the mirror becoming the leader.

**Suggestions & Variations**

* Children will mirror better if they watch each other’s eyes rather than extremities.
* Ask the leader to move slowly enough so the mirror can follow.
* Have the players do the activity while sitting.
* Combine the activity with streamers or scarves.