

The mirror image game

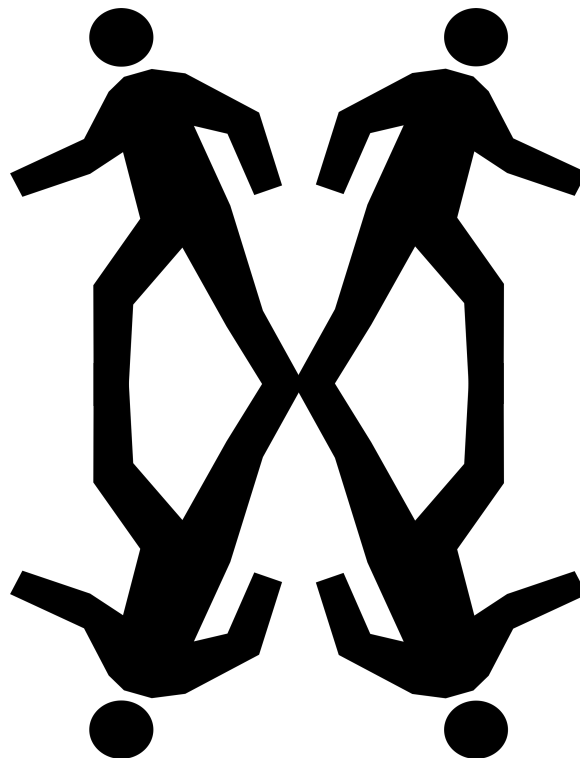
Everyone gets a partner. (If there is an odd number, someone can go twice.) Partners stand in two lines, facing each other, about a metre apart. One is the leader, the other, the **mirror**. Moving only from the waist up, the leader begins to make simple gestures or movements. The **mirror** duplicates the leader's movements exactly - just as a mirror would.

This activity is designed to test the development of children's gross and fine motor skills.

How to play it

Some children have trouble with the right-left shift. If the leader raises his right hand, the "mirror" should raise his left, just as the figure in a real mirror would.

The goal is to mirror the partner perfectly, so the leader must move carefully so that the **mirror** won't fall behind. If they are doing a good job, we cannot tell who is the leader and who is the **mirror**.



For more activities

This activity is taken from **60 Sensory Minutes** by **Dr Tina Rae**. Please visit nurtureuk.org/publications/practical-tools to see the full range of publications designed to increase children's mindfulness and improve wellbeing.

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