

Grade Level: K - 1

Curriculum: Explorations, Career Education, ADST

Title of Lesson: Mirror Movement!

Learning Goals/Objectives:

- Skills can be developed through play.
- Everything we learn helps us to develop skills.
- Effective collaboration relies on clear, respectful communication.

Materials Needed:

- A partner, parent, sibling or other family member to play with!
- A mirror

Activity Instructions: (Step by Step)

- Start by looking in a mirror at yourself.
- Take your left index finger and place it lightly on the tip of your nose.
- Take your right index finger and place it on your left earlobe.
- Count 3....2....1.....Switch! Move your left index finger to your right earlobe, and your right index finger to the tip of your nose
 - Keep switching your fingers back and forth on the count of 3.
 - Once you get comfortable, start to increase the speed
 - Switch every 2 seconds, then 1 second, then as fast as you can!
- Once you have mastered this, try teaching this game to a family member or friend. Instead of looking in the mirror, stand facing your partner.
 - Pretend that your partner is your reflection, so you must do as they do
 - As you get faster, you can begin to add in new movements, such as clapping, pointing to your knees, touching a foot, of whatever else you would like to do
- Try sharing your game with other people and see what new movements they can share!

Extension:

- If you had fun playing and moving with your partner, try watching this video to learn the game, Yes, Let's!
 - <https://www.youtube.com/watch?v=nr3gmOpETKA>