

Playing with Mirrors

You will need: a mirror and some music

Playing 'Mirrors' helps young children to:

- ✨ try out different moods and feelings in a playful way
- ✨ look at themselves very carefully
- ✨ respond with their whole body to feelings and to music
- ✨ explore their own body language.

What to do:

1. Be in front of a mirror with your child and try making different faces e.g.:
 - a sad face
 - a happy face
 - a surprised face
2. Take turns in making these faces, and copy each other.
3. Put some music on and dance around. Try copying each other, and copying the mood of the music.
4. Keep looking in the mirror and have fun!



What games do you and your little one like playing together?
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