

MINDFUL MIRROR

PURPOSE

This activity will help children to focus, encourage creative mindful movement, and develop children's spacial awareness.

ACTIVITY TYPE

Creative movement, self awareness



10-15 MINS

SET UP

Children will need space to move for this activity. If possible, push back chairs and tables or move to a clear hall or playground.

Split children into pairs and have them stand facing each other.

You may wish to demonstrate this activity with a volunteer.

FOLLOW UP QUESTIONS FOR CHILDREN

- How did it feel to lead the movements?
- How did it feel to copy the movements?

FURTHER DEVELOPMENT

This activity can be repeated in different pairs, could be done along to music, or with different creative cues, e.g. 'try moving as if you are underwater / on the moon / feeling sad' etc.

1. Standing in your pairs, face your partner and imagine there is a mirror standing in between you.
2. Pick one person to be looking in the mirror and one person to be the reflection. Any movements the mirror makes must be copied exactly by the reflection.
3. Mirrors, when you are ready, begin to slowly and carefully move your body. Keep your movements gentle and thoughtful, and remember to make sure your reflection can follow your every move.
4. Reflection, remember to copy their exact movements. Notice how they move their fingers, faces, arms, legs, and every little part of their bodies.
5. Keep moving slowly and gently, see what interesting shapes you can find with your body.
6. What is the smallest movement you can make?
7. What is the biggest movement you can make?
8. Now swap over that the reflection has a turn to be the mirror.
9. New mirror, start to move slowly and thoughtfully.
10. New reflection, it's your turn to notice all the tiny movements your partner makes and copy them exactly.
11. Try moving as if your body is very heavy.
12. Try moving as if your body is very light.
13. Slowly find a final shape to make with your body and freeze when you have found it.
14. Take a deep breath, and relax out of your shape. Give your partner a big smile.
15. Wait calmly for your teacher to give you the next instruction.