



THE MIRROR

Ages 6+ | Family Based | 2+ Players

AIM OF THE GAME



- ▶ Copying or 'mirroring' the actions and movements of playmates.

EQUIPMENT



- ▶ No equipment needed, just a safe space to play in.

HOW TO PLAY



- ▶ Working in pairs in a safe area one player is the leader and moves different parts of their body whilst their partner copies them as a mirror image. Hold that mirror image for count of three. If playing with three players, the third playmate will check and confirm the mirror image is correct before the leader moves a different body part or makes a different shape.
- ▶ Start with only moving one body part at a time, for example an arm or leg before making it harder and using two or three different body parts. Change over roles after five actions.

GAME VARIATIONS



1. The leader chooses and performs a shape or image for their partner to mirror, holding it for as long as possible. The winner of that round is who holds it for longest.
2. Within a safe space divided in half, the leader can move around their area with their partner mirroring their movements and direction of travel in their half. The leader must count to three to allow their partner time to mirror the action before performing the next movement.
3. Include objects such as a ball to be included in the actions or movements.