

A Silent Mirrors



5 minutes



Pairs



track 3

Purpose: To increase left and right awareness using homolateral and cross-lateral movements

Resources: None

To play this game

- Stand up in pairs with the palms of your hands together. One person is real and the other is their reflection.
- The real person moves their hands in any pattern and their reflection follows. Start by creating patterns that you can both follow easily. Build up to more interesting and varied movements.
- Swap positions. Share ideas with your class and try out theirs.



Variations

Individually - imagine you have a partner.

In pairs with but with eyes closed. Progress onto not quite connecting hands.

Lying down with feet connected - progress this activity as well.



Teaching/Observation Points

- Encourage the children to flow with their whole bodies
- Let them reconnect if working apart is too challenging
- Encourage them to move around the room whilst doing this activity



Risk Assessment

- Children may get tired stomach muscles with the feet activity
- Are they appropriately warmed up?
- Do children need mats?

Your ideas: