



Mirror Game

Experience

Invite your child to sit or stand in front of you. Explain that the rules of the game are to copy each other's facial expressions, gestures and movements.

The adult can go first to role model a facial expression e.g. silly face, big smile etc.

Take turns so that your child can initiate the facial expressions, gestures and movements.

Expression suggestions:

Faces that communicate different feelings (sad, happy, excited, frustrated, angry etc.)

Consider different silly faces.

Learning benefits

- Child learns to decode actions, expressions and emotions of others.
- Encourages turn taking



5 mins



2 - 5 years

Materials

None

Hints and Tips

You could extend this to large body movement as well including arms and legs e.g. clapping, jumping, hopping, waving arms up and down etc.

End experience with a couple of calm movements

Indoors or outdoors