

# MIRROR, MIRROR

## READY

**EQUIPMENT:**

NONE

**SET-UP:**

SQUARE OR RECTANGLE BOUNDARY

**NUMBER OF PLAYERS:** 10+

**TIME:** 10 MINUTES +

## EXPLAIN

- 1 Players pick a partner and face each other, keeping 6 feet of space between each other.
- 2 One person is going to be the leader.
- 3 The other must mirror his or her movements.
- 4 There should be no talking or touching, just mirroring movements.
- 5 After two minutes, switch roles to let the other person lead.

✓ **For Understanding:**

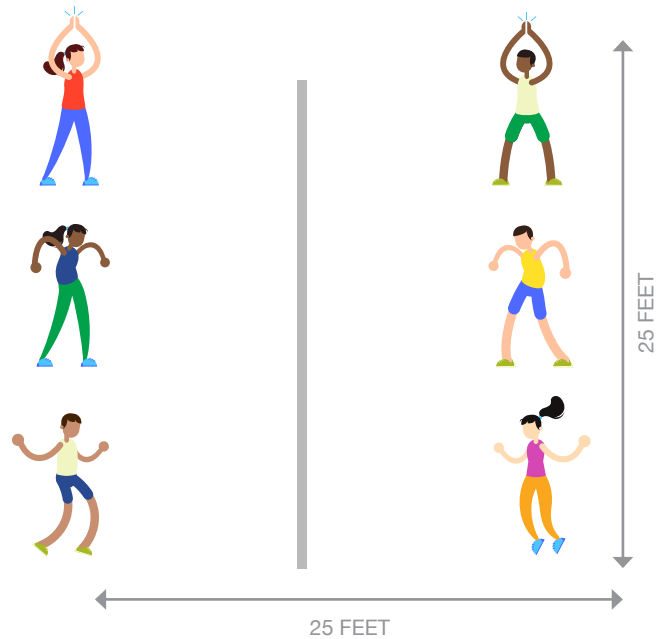
- Who is the leader?
- Should there be any talking or touching?

**GAME TIP:**

- If you are going to be in a quiet area, tell players the instructions before moving.

**CONFLICT RESOLUTION TIP:**

- Have players take turns mirroring others in the group.



**CATEGORY:**  
 BEGINNER

**ENVIRONMENT:**

AUDITORIUM,  
 CAFETERIA,  
 CLASSROOM,  
 GYMNASIUM,  
 HALLWAY,  
 LIBRARY,  
 PLAYGROUND

**GRADES:**

3-8

**FITNESS FOCUS:**



**BACK-UP GAMES:**

ANIMAL FARM  
 HIDING NEMO  
 HIGH WIRE

## PLAY → REP IT OUT!

- **EASY:** Have one leader and one mirror.
- **MEDIUM:** Add movements that require balance.
- **HARD:** Have both students lead and mirror at the same time.