

## Classroom Activities



# Mirror Mirror

Suggested Levels: 6-12

Time: Less than 5 minutes

Foundation: Hand/eye Coordination

Equipment: none needed

Objective: Promotes movement to refocus the brain while practicing key foundations.

Description: Have students stand in pairs. Without talking, they must mirror one another's actions. Specify who will be the leader to start. Instruct the students that without talking they should switch back and forth as the leader.

Source: Modified from <http://www.coloradoedinitiative.org>