

Mirror Magic

Mirror Gymnastics

Physical Exercise

You Will Need:

Large Mirror
Recording of music

Stand with your child in front of a large mirror and do one or more of the following actions: Encourage her to make movements like turning, bending, twisting, hopping, balancing on one foot, and so on. Watch what happens to her reflection as she does.

Have her face away from the mirror, stand with her feet apart, touch her toes, and look between her legs to see her upside-down reflection.

Put on some music and encourage her to move to the beat.

