

Hands in the Mirror

Grades K-5

BENEFIT

Muscular coordination

LOCATION

Grass, blacktop, multipurpose room

EQUIPMENT

None

- 1 Assign each student a partner; one student is the leader, and the other is the mirror. The partners stand face to face, a few feet apart. The partners each hold up one hand so their palms are just inches apart.
- 2 The leader moves his hand around slowly, palm facing his partner. The leader can move his hand up, down, side to side, in circles, and so on. The mirror must mimic the leader's hand movements.
- 3 After about one minute, have the partners switch roles.
- 4 Repeat the exercise; this time have the students use both hands.



The leader holds up both hands while facing his partner, the mirror. The mirror attempts to copy the leader's hand movements.