



MIRROR, MIRROR ON THE WALL...

Let's play and have some serious fun!

How to play

- One player, in the role of prince/princess, has to move every part of their body on the spot, using any movements that come to mind.
- Another player, the mirror, tries to replicate the movements standing in front of their playmate but be careful... the mirror has to work really hard to do exactly what the other player does.
- After a short while, switch roles.

HOW

Play with 1 marker
(bottle, shoe, ribbon,
or similar object).

WHO

2, 4 or 6 players
Basic game
and variations 1-2: 5+
Variations 3-6: 7+

WHERE

At home or outdoors
(garden, yard, park)
in an obstacle-free
space.

One game leads to another

- 1 Free movements**
Now the prince/princess can decide to move in different directions and with different movements (walking, running, jumping, galloping, on all fours, rolling, crawling, etc.).
- 2 Inverted mirror**
Come on mirror! Try to replicate the same movement but in the opposite direction!
- 3 Crazy mirror**
This time the mirror has to copy the same movement, but with the same limb as their playmate (e.g. right leg - right leg, left hand - left hand, etc.). As the mirror and the prince/princess are facing each other, you will soon realize that moving the same limb is not so easy because it looks opposite in the mirror. Try it!
- 4 The kingdom of truths and the kingdom of lies**
Split the play in two: one side is the kingdom of truths, the other the kingdom of lies. When the prince/princess goes into the kingdom of lies, the mirror has to do the opposite movements (up: down, right: left, etc., it doesn't matter how you try to move differently). As soon as the prince/princess goes back into the kingdom of truths, the mirror has to copy them accurately.
- 5 Let's play with the other inhabitants of the kingdom**
Play in pairs or in threes, holding hands, and the mirror will double/triple as well.
- 6 Real prince and fake prince**
Two princes (or two princesses, or a prince and a princess) hold hands and say out loud who is the fake one and who is the real one. They then start moving. The two mirrors in front of them have to imitate them: the mirror in front of the real prince must imitate the movements accurately; the one in front of the fake prince must do the opposite. When they feel like it, the princes can switch roles and make it harder for the mirror. After a short while, the princes become the mirrors and the mirrors become the princes.

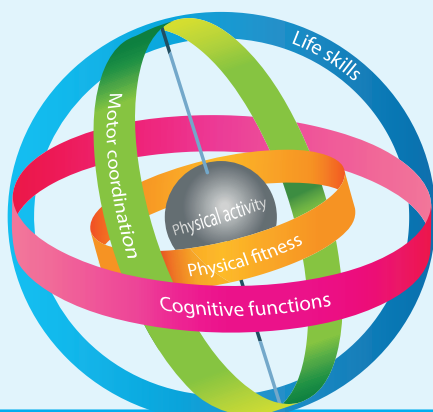
How the game becomes a story

The family storyteller can start off like this: "Mirror, mirror on the wall... who is the ablest of them all? I don't care who is the fairest of all you princes and princesses, you are all beautiful! But I want to find out who is the ablest... or if you will all become able if you practice a lot! What's going on? You're telling me that I, the magic mirror, have to copy how you move? So now the question is: mirror, mirror on the wall... are you the ablest of them all?"
Now continue the story using your imagination...

Fun games for a joyful growth

Joy of moving method

This game is inspired by the scientifically recognized Joy of moving educational method that encourages children to get moving through play and enables them to improve or acquire skills in an engaging and joyful way. The games challenge your kids by training the 4 rings which are fundamental for their growth, ranging from physical fitness and motor coordination to cognitive functions and life skills.



Getting inside the game

This game is an imaginative imitation game to stimulate motor and mental development in older children. In the motor domain, the prince/princess child must be able to control and combine their movements finely to make things difficult for the mirror. The mirror child must instead put into play the ability to continually adapt their movements to those of the prince/princess. Creativity always comes into play; in the variations "The kingdom of truths and the kingdom of lies" and "Real prince and fake prince", children must sometimes imitate and sometimes do the opposite of what they see; to succeed in this 'reverse imitation', they must curb the tendency to copy and be flexible in alternating imitation and counter-imitation.

Put your own twist on the game and build a play community

Try elaborating this game. What will happen if we add some music?
What could we add to move from the land of fables to the feints made in sport to trick our opponents?
What would we need? Maybe an object, or an extra rule?

Share with others your family playtime moments
by tagging [@kinderjoyofmoving](https://www.instagram.com/kinderjoyofmoving) and using [#kinderjoyofmoving](https://www.instagram.com/kinderjoyofmoving)
we have more fun together!

Growing up active, growing up happy!

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