

## 😊 CHAPTER SIX Pretend You're a Mirror

Mindful movement means focusing on our own bodies. It's also about being aware of our **surroundings**. Surroundings are the things around us. "Mirror Games" are a great way to practice mindful movements. Games can be played with others or by yourself. Mirror Games are quiet games. The idea is to pay careful attention.

Players have to study each other's movements. The partners face each other. One partner is the leader. The other is the follower. The leader makes movements. The follower copies exactly what the leader is doing. This is done for 5 minutes. Then, you switch roles. If possible, change partners.



**Tip:** Copy an animal's movement. Notice how your muscles move differently than theirs.