



LET'S PLAY MIRROR, MIRROR!

ON JOUE AU MIROIR!

**THIS IS A TWO-PERSON ACTIVITY SO PICK YOUR OPPONENT!
IT COULD BE YOUR SIBLING OR SOMEONE ELSE IN YOUR
HOUSEHOLD.**

- **STAND FACE TO FACE WITH YOUR OPPONENT, ABOUT A FOOT APART, AND HAVE THEM ATTEMPT TO COPY ALL YOUR MOVEMENTS.**
- **REACH UP AND STRETCH TO THE SKY. DO 10 PUSH-UPS. DO SOME LUNGES. ACT LIKE A MONKEY. MAKE IT FUN AND YOU'LL BOTH BE WORKING UP A SWEAT IN NO TIME.**
- **THEN SWITCH ROLES AND HAVE THE OTHER PERSON LEAD THE MOVEMENTS – THEY WON'T BE ABLE TO HOLD BACK THE LAUGHTER (AND NEITHER WILL YOU!)**



