

## The Mirror Effect - 0-2 years

Inspired by *The World Inside Me*

### Inspiration:

The World Inside Me is an interactive show exploring the inner life of our growing bodies. This exercise helps explore the surprising abilities of your bodies and how we all learn by observing others and exploring the world around us.



### How To:

1. Sit with your baby in front of a full-length mirror if you have one or use a hand held mirror.
2. Play the song Peek-a-Boo from The World Inside Me. Sit with your baby in front of the mirror, first let your child explore themselves, discover their facial expressions and see if they realize that they are looking at themselves.
3. Now mirror your baby's facial expressions. Give them a chance to observe you are mirroring. Play around and see where things go, take turns letting your baby lead, then you lead. You can use just facial expressions or start incorporating your whole body depending on the abilities of you and your child. Have fun!

### Connect:

Try adding the game peek-a-boo while mirroring, a fun way to get them smiling and engaged.



What did you come up with?  
Share your pictures and adventures with us!



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## The Mirror Effect - 2-5 years

Inspired by *The World Inside Me*

### Inspiration:

The World Inside Me is an interactive show exploring the inner life of our growing bodies. This exercise helps explore the surprising abilities of your bodies and how we all learn by observing others and exploring the world around us.



### How To:

1. Find an open space in your home.
2. Play the song Peek-a-Boo from *The World Inside Me*. Encourage your child to move to the music instinctively, observe how they are moving, where they carry their weight, how open are your child's movements? How do they differ from yours?
3. Now mirror your toddler's movements. Give them a chance to observe that you are mirroring them then play. Play around and see where things go, take turns letting your toddler lead, then you lead the mirroring. Attempt to make this as organic as possible, try to stop from directing the movements, and just let this happen naturally. Use facial expressions, sit, stand, crawl, really encompass your whole body. Have fun and play!

### Connect:

Try changing it up between large movements and small gestures, see how simple the mirroring can be even just a finger, then allow the small movement to take over the whole body and see how large you all can be.



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