

# MIRROR ACTIVITY

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\*an activity to do with your toddler\*

## This Activity Teaches Children:

- Body awareness
- To see him/herself as separate from others
- To explore his/herself using language



## How to:

1. Get in front of a mirror with your child
2. Make faces
3. Point out different parts of the face, such as eyes, ears, and nose, while pointing out parts of your own face (“These are mommy’s eyes”, “These are daddy’s ears”, etc.)
4. Ask your child to point out his/her body parts, as well as yours, like you did in the previous step