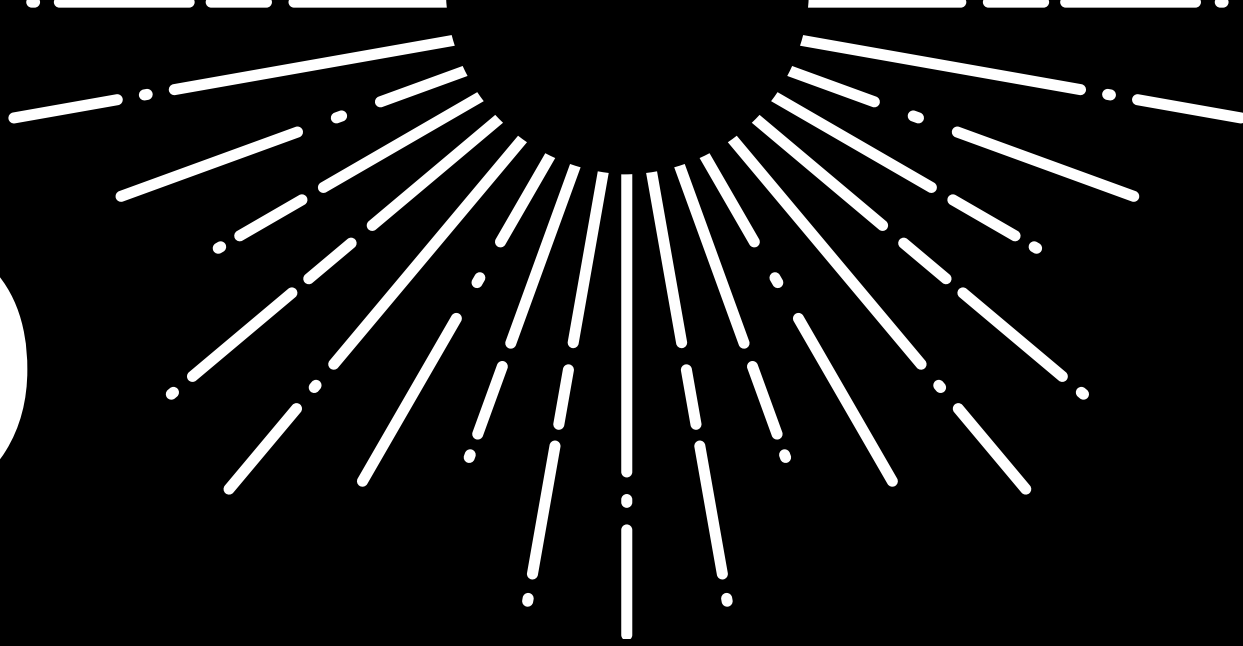


# DANCE



## Mirroring - All Grades

THINGS YOU'LL NEED: Music of your choice (slow or without a steady pulse)

INSTRUCTIONS: The students will be partnered up and faced toward each other, but will stand 6 feet apart. One partner is the leader, and the other partner mirrors their movement as closely as they can.

Encourage the students to make their movement predictable and easy to follow. Change leaders after each song or midway through the song.