

## Form: ABABA

A = Song with accompaniment

B = Humming song, with accompaniment, while partners **improvise mirror movement.** (One partner is the leader the first time, and the second partner is the leader on the next B section.)

**Note to Teachers:** Believe it or not, my 3rd grade boys continue to be my best mirror-ers. They really enjoy the martial aspect of it, and they can really focus! My 2 rules for leading mirror movement are very simple: Keep your concentration, and move slowly. (The style of movement they choose is up to them.)