

Mirror Me

Pair students with partners and have them face one another. One student (in each pair) should lead the activity, beginning by slowly moving one part of her or his body. The other student should “mirror” the leader. The key to this activity is that the students have to look into each other’s eyes, focusing on the other person’s expression and using their peripheral vision to imitate and follow the leader.

Skills—This activity fosters focus and concentration through collaboration. Students are engaged in mirroring and imitating one another’s movements, and the partner work reinforces the importance of patience and working together. **Note**—Lucille Ball demonstrates a wonderful example of this activity with Harpo Marx in an episode of *I Love Lucy*; you could choose to share that clip with your students.

Your Own Yoga

Many students are familiar with the concept and idea of yoga poses. There are a variety of poses that are based on animal shapes and postures that appeal to younger children (such as Downward-Facing Dog, Snake, and Cat/Cow), while there are more mature, harder positions for older students (such as Warrior and Twisting Triangle). Present some of these basic yoga poses to your students, but encourage them to create their own poses by naming and describing how their poses focus on one part of the body.

Skills—This activity improves focus and concentration and relieves stress and tension in your students (when practiced on a regular basis). By encouraging students to create their own poses, you are giving them a sense of ownership in this activity. There are multiple text and Internet resources for learning and implementing the basic yoga poses described here.

Lessons and Assessments

Dance is commonly found in early childhood (as opposed to upper elementary) settings with movement and physical activities that are seamlessly integrated into free play and group activities. This section includes 16 examples of integrated dance lessons. Although there are specific lessons targeted toward each grade level, I encourage you to read through all the lessons, to draw upon and modify any activities that are relevant to your own setting.