

BALANCE MIRROR



This game builds balance and stability, body awareness, motor control under pressure, leadership and followership skills.

Setup:

Place two Precision Sticks™ facing each other for each pair of students.

Game play:

1. One student is the **Leader**, the other is the **Mirror**.
2. The Mirror must **copy (mirror)** the Leader's movements.
3. The **Leader scores 1 point** when the Mirror touches the ground.
4. If the **Leader touches the ground**, roles switch – **no point awarded**.
5. Play to 3 points, then switch partners.

More challenge:

1. Can Only stand on one foot at a time
2. Must do a new pose every 5 seconds

More Support:

1. Limit movements or direction, eg "must face forward"
2. Mirror has 10 seconds to match the pose



More variations, differentiations,
and complete rules