



MIRROR & FREEZE GAME

EF Skill Practice:
Self-Awareness &
Self-Monitoring

Purpose:

Help your child build self-awareness and self-monitoring skills through fun, active play.



What You Need:

- Open space (living room, backyard, etc.)
- Optional: Mirror or a partner to “mirror” with

How to Play:

Choose a Coach:

One person (adult or child) is the “Coach.” Everyone else will follow their movements.

Mirror Movements:

The Coach starts making simple movements (wave arms, jump, stretch, spin, silly faces).

Everyone else copies the Coach as closely as possible, like a mirror!

Freeze!

At any moment, the Coach yells “Freeze!” Everyone stops and holds their last pose.

Add a Twist:

Slow Motion: Move extra slowly, can you still match the Coach?

Opposite Day: Do the opposite movement (Coach lifts left arm, you lift right).

Mirror Feelings: The Coach shows a feeling with their face/body (happy, tired, excited, grumpy). Everyone mirrors the feeling.



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Reflect Together:

After each round, ask:

“What did you notice about your body?”

“Was it easy or tricky to freeze?”

“How did your body feel when you moved slowly? When you copied a feeling?”

Tips for Families:

- Take turns being the Coach!
- Use a real mirror or stand face-to-face with a partner.
- Celebrate self-awareness: Notice breathing, heart rate, balance, and feelings.
- Keep it playful, mistakes are part of learning!

Try this game a few times a week to help your child tune into their body and feelings, while getting the wiggles out!