

MIRROR MOVEMENT

Mirror neurons are specialised nerve cells in our brain that allow us to imitate other people. Mirror neurons influence how we respond to other people and their emotions. For example, have you ever seen someone bang their toe and you flinched for them? Those are your mirror neurons at work!

In pairs, turn to face your partner. Choose one person to be Person A and the other person, Person B. Person A has to move their body into different positions while Person B copies their movements. These are your mirror neurons at work! Swap over and let Person B have a go at leading.

