

Fathers – Be My Mirror Movement Activity

Activity Instructions:

1. Begin by reviewing all 3 verses of Fathers.
2. Then, explain to the children that you'll be playing "Be My Mirror."
3. Practice acting out a few simple actions (waving your arm, tapping your knees). Invite the children to mirror your actions.
4. Add in the music! Start singing and acting out some simple or silly actions. Have children mirror your actions as you sing.
5. After practicing with one verse, start a new verse and choose some new actions.
6. Choose a child to come up and lead. The children will then mirror their actions while everyone sings.

Extension Ideas:

- Write simple actions on strips of paper. While you sing, choose an action and have everyone perform the action until you choose a new one.
- Have two leaders! Have one leader on each side of the room perform a simple action. Have each side mirror their leader! (This one is most fun when you choose two different actions!)
- Have each child choose a partner. While you sing, have each partnership take turns being the leader and the mirror.

Fathers – Be My Mirror Actions

Wave your arms

Clap your hands

Stomp one foot at a time, then
together

Raise your hands up high in the air

Pat your head and rub your tummy

Do Jumping jacks

Do some "boxer" punches

Pretend you have a lightsaber

Wrap yourself in a hug

Pretend to be an airplane

Give a big smile

Stand on one foot

Give your partner a high five

Do a pushup

Show your muscles!

Jump up