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MINDFUL MIRROR



Summer Mindfulness Challenge

Day 7: Mindful Mirror

15 minute exercise



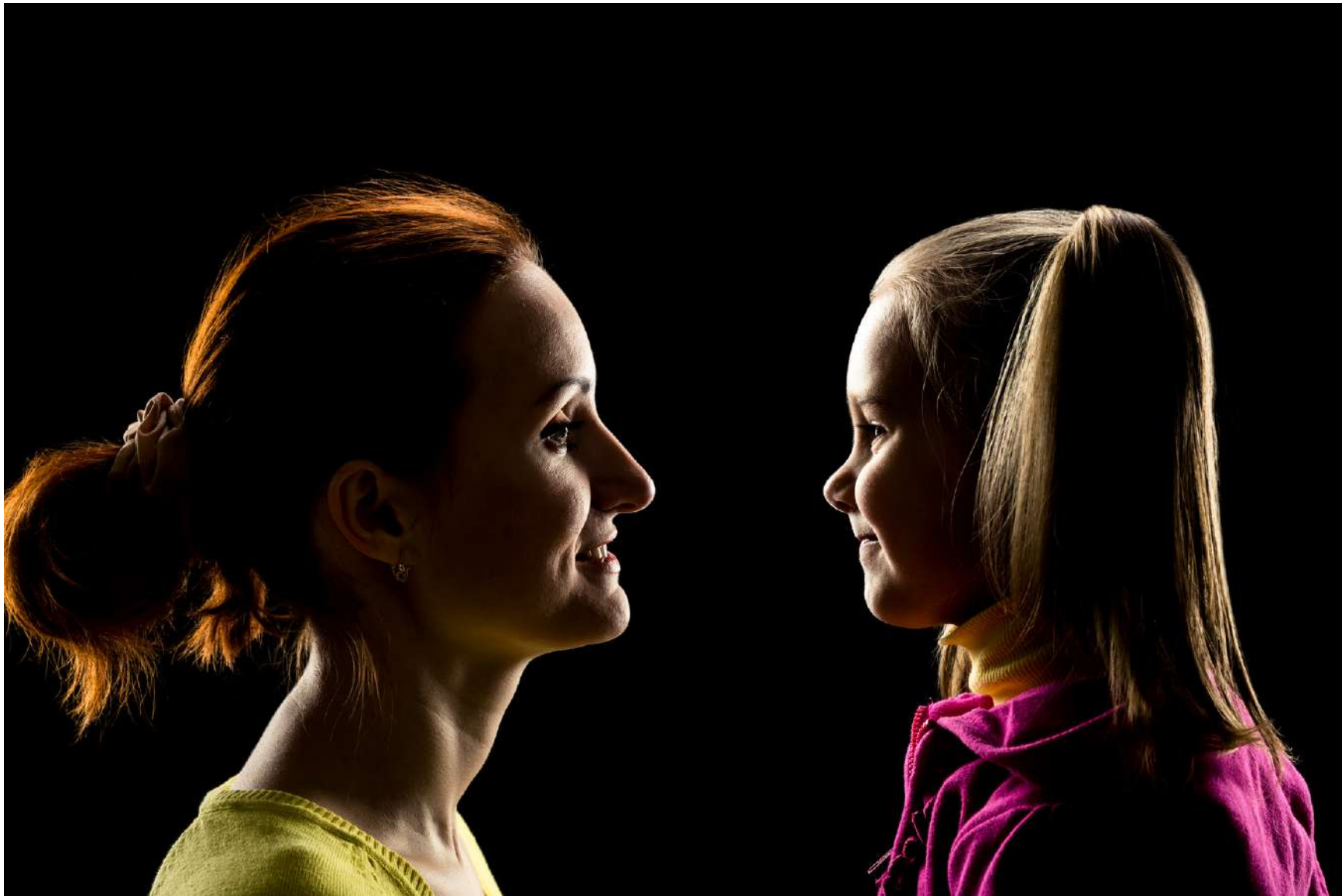
MINDFUL MIRROR



Practicing mindfulness with a partner can be a great way to connect with another person.



MINDFUL MIRROR



Practicing mindful mirror is a fun way to introduce mindfulness to your child.



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One person is the lead. The other person is the mirror. The lead will do slow, deliberate movements while the “mirror” imitates those movements just as slow and deliberate.



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You are trying to mimic the experience of looking into the mirror and seeing your reflection. Notice your partner's body movements and facial expressions.



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Once you have completed this exercise for a couple of minutes, switch roles.

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If you don't have a partner to practice mirroring, search online for a [Qi Gong video](#). After making your selection, turn the volume to the video off. Then simply try to mirror the instructor's slow, flowing movements without the aid of audio instruction.



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Take time to reflect with your partner after you have completed the practice. How did the practice go? What went well? Were you able to stay in the present moment? How do you feel?

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MOMENT & IMPROVE EXECUTIVE FUNCTION.

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