

Daily tips for Playful Learning at Home – Number XYZ

Seeing me, seeing you!

Mirrors are a great way to help young children explore and wonder.

They can help with attention and focus, to track images and explore and recognise their own facial expressions and feelings. This all helps with their social and emotional development

What do I need?

Any mirror in your house.

Make a 'Faces' box with hats, silly glasses, sunglasses, sparkly crowns, antennae, masks, animal noses - anything you have in the house!

Face Paint if you have it

What do we do?

Watch your child play with a mirror:

- Do they reach out to touch themselves?
- Do they realise it's their own face they are seeing?
- Do they recognise you in the mirror?
- Do they interact with you through the mirror?

Copy their expressions in the mirror and then try making different faces; stick out your tongue, make wide eyes, wrinkle your face. Do they copy?

Try items from the face box on you, your child or both! Have fun making faces

Play hiding games or use a favourite toy to play 'peek a boo' in the mirror with the toy. Do they begin to look for where you or the toy is going to reappear in the mirror?

Point to and name your nose, eyes, ears, hair and then their nose, eyes etc. Can they copy you?

What will your child learn from this play?

Developing social interaction skills

Anticipation and turn taking

The vocabulary of face parts

Understanding own and others' feelings

Quite a lot of science!

How can you take it further?

Place leaves, pine cones and other natural materials on the mirror so you can get the sensory feel of the materials and explore their reflections at the same time

Use paint, shaving foam or custard to make marks on mirrors with brushes or fingers and use cloths to wipe it off and reveal their face underneath.

Make up some stories you can act out in front of the mirror – or sing it a song!

Write something down and show your child the reflection – chat about what you see

Lots of more challenging mirror games on this link <https://buggyandbuddy.com/science-experiments-kids-reflections-mirrors/>