MIRROR, MIRROR
• Face your partner (6’+ apart).
• One partner is the leader, the other partner is the mirror.
• The leader makes safe movements (jump, jog in place, exercise, dance, etc.).
• The mirror follows along.
• After 30 seconds to 1 minute, change roles.

MOTIVATION: A desire and willingness to do something or to work toward a specific goal.

Fiona’s motivation for going on long hikes was her love of nature, animals, and trees.