



ACTIVE CLASSROOM

ACTIVITY CARDS



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.*

