



MIRRORING GAME

At Home Edition - #MCMAtHome

Are you ready to have fun while exercising?

Exercise Facts:

- Aerobic exercise, like brisk walking, running and playing sports are best for brain health.
- Being active can help you think, feel and sleep better.
- Children ages 6-17 should get at least 60 minutes of physical activity per day.
- Adults need at least 150 minutes per week of physical activity – that's 30 minutes a day for 5 days.
- Exercise lowers the risk of heart disease, stroke, type II diabetes, high blood pressure, dementia and Alzheimer's.

For this interactive activity you will need a partner.

The MCM Challenge:

- Stand facing each other.
- Decide who will be the leader first.
- If you are the leader, begin to move in any way you want, keeping your pace slow.
- Your partner will copy you, becoming your "mirror."
- After a few minutes, switch and let your partner be the leader.

Want more?

Check out our **Elves, Wizards, and Giants** activity sheet for another great active activity to do with a partner! Be sure to take pictures or videos and tag #MCMAtHome