



Me and You (🌍 A Social Health Story)
(PreK – 4-5 yrs.)
Experiment: Mirror, Mirror



STORY CONNECTION-SLIDE 3 (Approx Time: 15-20 mins)

When I look in a mirror, I see myself. Who do you see when you look in a mirror – me or you? We see ourselves when we look in the mirror and other people see themselves when they look in the mirror. That is because we are different people. I am me and you are you. When some animals look in a mirror, they do not think they are looking at themselves. They think they are looking at another animal. This is one way that people are different than other animals.

Materials needed:

- Mirrors in various shapes and sizes-some
- A variety of pictures—these can be printed or taken out of a book or magazine.
- Cards with letters on them—these can be handmade or flashcards could be used.
- A variety of paper with words written or printed on it
- Mirror handout (included below) with student(s)' names written in the box at the top—these will be used in this experiment and later in this story.
- Crayons, markers, colored pencils

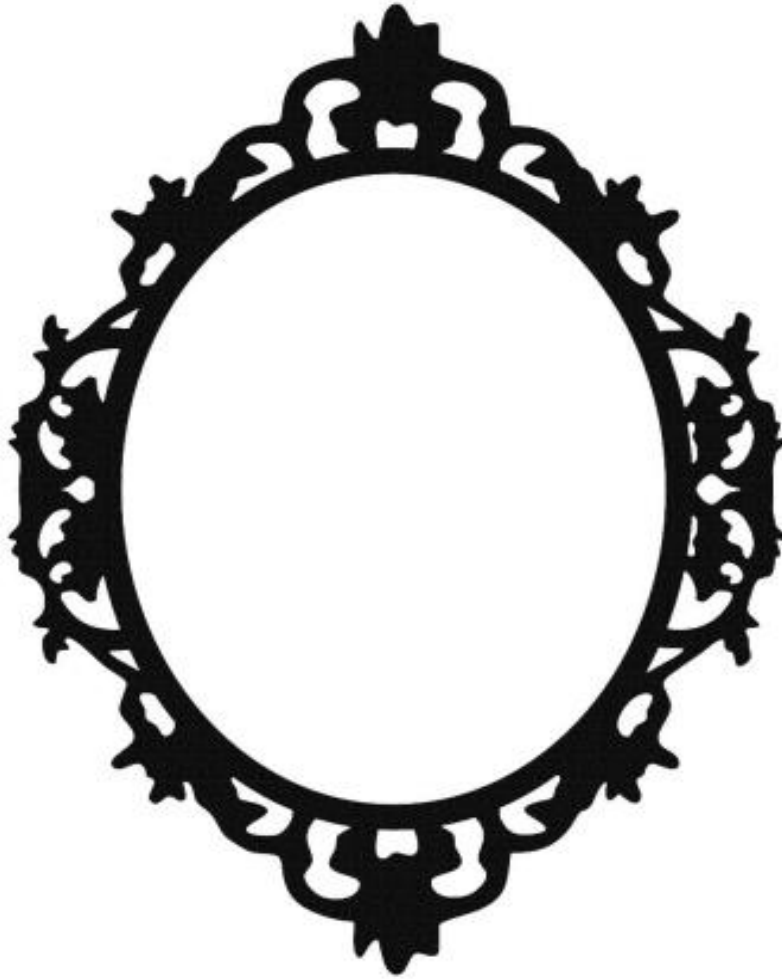
Preparation needed:

- Determine where mirrors will be mounted, leaning, and placed around the room.
- Gather cards and pictures
- At each mirror, place pictures, letter cards, and the papers with words.
- Determine how student(s) will explore the mirrors (dependent on your student(s)/situation).
 - Groups
 - Stations
 - Rotations
 - Free movement
- Determine how much time student(s) will have with each kind of mirror.

Instructions:

1. Explain to student(s) they will spend time exploring what they can see in the mirrors. At each mirror there are different cards they can hold up in the mirror and observe. They can also observe themselves, others, or objects (desk/chair/board) in the room that are reflected in the mirror.
2. Ask student(s) to think about what they are seeing as they explore. Do things look the same? Different?
3. Explain to student(s) how they will move around the room (stations, groups, free movement, rotations).
4. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.

5. Give student(s) an allotted amount of time to explore with mirrors.
6. As they explore, remind student(s) they can look at themselves, the pictures, cards, papers, and objects reflected.
7. After a few minutes, share with student(s) they can have two mirrors facing each other and observe what they notice.
8. Give them ample time to explore and move around to the different mirrors based on your movement plan.
9. After the time is over, bring the student(s) back together and talk about what they noticed by asking:
 - a. What did you see when you looked in the mirror?
 - b. What did you see when you held the pictures up to the mirror?
 - c. What did you see when you held the letters up to the mirror?
 - d. What did you see when you held the words up to the mirror?
 - e. What did you see when you had two mirrors facing each other?
10. Bring them back to what they saw when they looked at their reflection in the mirror.
 - a. Did it look like you? Yes!
 - b. Did you see Bob when you looked in the mirror? No, but Bob did.
 - c. Did you see Amy when you looked in the mirror? No, but Amy did.
11. Review that when looking in the mirror, each student should have seen their reflection, "You saw you when you looked in the mirror!"
12. To close this activity, give each student a copy of the mirror template and have them draw a picture of their face on the mirror.
13. Save these for use later in the story.



MIRROR, MIRROR ON THE WALL

these are my best qualities of all!