



## **MIRROR MIRROR ACTIVITY SUPPLEMENT**

### **WEEK 1 • JESUS WASHES FEET**

**Pick an action or sound from the list below. Repeat it long enough for the kids in your group to copy you like a mirror.**

**Game adaptations if a kid in your group has a disability:**

- Only choose movements or sounds the child with a disability is capable of copying.

#### **Actions**

- Blink your eyes
- Hop on one foot
- Spin around
- Bark like a dog
- Touch your toes
- Make a silly face
- Do a sit-up
- Act like a dinosaur
- Pretend to eat an ice cream cone
- Sway back and forth
- Do push ups
- Cry like a baby
- Do the robot dance
- Run in place
- Stretch your arms in the air
- Wiggle your ears
- Shake your head
- Act like a monkey

#### **Sounds**

- Bark like a dog
- Sing, "La, la, la!"
- Growl like a tiger
- Roar like a lion
- Croak like a frog
- Shout, "Yippee!"
- Meow like a cat
- Ring like a telephone
- Hum
- Buzz like a bumblebee
- Whinny like a horse
- Vroom like a car
- Pop like popcorn
- Squeak like a mouse
- Hiss like a snake
- Smack like a kiss
- Trumpet like an elephant
- Bleat like a sheep