

Activity Share: **Mirror Exploration**

Age group: **IT / Preschool**

Mirrors support many areas of social emotional development. Children from infancy enjoy looking at their reflection in the mirror to help them understand who they are and what they can do!

Understanding their physical characteristics and abilities, is foundational for their emotional development and to develop a positive sense of self.

Place mirrors in your environment at your child's level. Talk to them about what they are looking at- you can identify body parts, things or people they see in the mirror, or make different facial expressions.

[Click here](#) for a link to shatterproof mirrors!



In infancy, children see a reflection of a baby and the environment.

As toddlers, they begin to connect their reflection to themselves. They are able to see the features of their faces and bodies.



As preschoolers, children will use the mirror to make expressions as they begin to understand emotions.