



Mirror This Emotional Expressions



Description: Mirror This visual support is used to help infants express and imitate emotions using the mirror with the caregiver for visual recognition of expressions. The caregiver may also increase interaction with infant by using the mirror together for emotional expressions. Pictures of the child* expressing various emotions may help the infant learn and discover his/her emotions with the picture.

*Older toddler-Use pictures of your own child expressing various emotions

Materials:

- Hand-held mirror
- Pictures of child's emotions
- Velcro
- Laminator and sheets (*optional)

Instructions:

- Take pictures of infant expressing various emotions (such as happy, shy, sad, surprised, afraid, and angry) and print out pictures (or find pictures in magazines or on the Internet)
- Attach pictures to Velcro and be sure that Velcro is on same side of each picture (if the softer side is attached to a picture, make sure all soft sides of each Velcro piece are attached to each picture in order to rotate pictures from the front of the mirror to the back)
- Apply one picture to the handle of the hand-held mirror and place rest of emotion pictures on the reverse side to rotate the pictures

Ways to Adapt:

- Can use any mirror around the house to practice emotional expression with child, along with pictures of child expressing various emotions

*Useful to have pictures laminated for durability