

Learning together...

Curriculum Areas: Social- Emotional |
Spirituality

Recommended for: From 6 months

Learning Activity: Mirror Play

Big Idea:

Sense of Identity

What to do:

Place a mirror, or reflective surface in front of your child. Alternatively, find a space in your home where they can see their reflection (window or bathroom mirror).

Benefits:

Infants are naturally fascinated by the faces of others and enjoy gazing at others.

Facial gazing allows them to form deeper

relationships with those around them as well as develop an understanding that we are all made in God's image. Providing opportunities for children to engage with their own reflection not only creates a sense of wonder but also fosters a stronger sense of identity and belonging.



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Links to Early Years Learning Framework:

Outcome 1.1: Children feel safe, secure and supported

Outcome 1.2: Children develop their emerging autonomy, inter-dependence, resilience and sense of agency

Outcome 3.1: Children become strong in their social and emotional wellbeing

Outcome 4.1: Children develop dispositions for learning such as curiosity, cooperation, confidence, creativity, commitment, enthusiasm, persistence, imagination, and reflexivity.

Outcome 4.4: Children resource their own learning through connecting with people, place, technologies and natural and processed materials.

Outcome 5.1: Children interact verbally and non-verbally with others for a range of purposes