

# Mirror Station

Kinesthetic — Posture & Body Awareness

## WHAT THIS CORRECTS

Proprioceptive mismatch — students who THINK they look right but don't. Updates the body map.

## MATERIALS

Full-length mirror (or phone on selfie mode).

## AT A GLANCE

- Play WITHOUT looking → play WHILE watching → spot the difference

- Fix ONE thing at a time while watching

- Remove mirror → can you maintain the fix?

- "Your body lies to you. The mirror tells the truth."

## PROCEDURE

### 1 SET UP MIRROR.

**DO** Full-length mirror, angled so student sees upper body without turning.

**SAY** *"This mirror is your teacher when I'm not next to you."*

### 2 PLAY WITHOUT LOOKING.

**SAY** *"First 8 bars. Don't look at the mirror. Just play normally."*

### 3 PLAY WHILE WATCHING.

**SAY** *"Same passage. This time watch yourself. Don't fix anything yet — just observe. What do you see?"*

**CHECK** Let THEM discover it. Common: "My shoulders are up." "I'm leaning." "My hand looks weird."

## 4 FIX ONE THING.

**SAY** *"Pick ONE thing. Fix it while watching. Play again."*

**DO** One correction at a time. Mirror gives continuous real-time feedback.

## 5 REMOVE MIRROR.

**SAY** *"Step away. Play with the fix. Can you hold it without seeing yourself?"*

**CHECK** Reverts immediately = needs more mirror time. Holds = body map updating.

### ASSESSMENT

■ Identifies at least one issue independently

■ Maintains correction during mirror observation

■ Correction persists (even partially) after mirror removed