

Mirrors

Mirrors can be prepared or bought in a variety of sizes for a range of purposes and effects. You can make medium sized versions out of large sheets of acrylic mirror, the type they use in public places because they don't shatter. Cut them with tin snips or a saw into manageable sizes with curved edges, about 40x30cm. They do scratch but if you are careful about the materials you use them with they will last and they are incredibly useful. Many people with autism use mirrors as an indirect way of viewing the world and will allow interaction through this medium, perhaps imitating gesture and/or playing with facial expressions.

Smaller mirrors are useful for the following:

- To see your reflection particularly when using face paints or costume. This is especially useful when working one-to-one as you can isolate the reflection from everything else that is going on (Two Sisters)
- As surfaces to paint onto (The May Queen). Face paints are good for this as they have good colour saturation and easily wash off.
- To catch falling glitter/petals/stars etc on (Dreamjester)
- As mobile surfaces to work off wherever the participant might be (The May Queen)
- To reflect light onto the walls and ceiling. Any painted images on the mirror surface will also be reflected, as will your hands/feet etc
- As 'wobble boards' to produce sounds
- As fans to waft either air or light objects such as silk petals, ball pool balls or shredded paper

Larger mirrors can be used as follows:

- As part of the set reinforcing the theme of the workshop (Krypton)
- To create reflections of the lights, for a specific effect and to give a sense of depth to the space (Snow Queen)
- As part of the set to create a particular 3D effect (Lady of Shalott)
- As part of the set to encourage movement, recognition of self, reinforcement of facial expression etc
- To view yourself in costume (House)
- As a two-way mirror, covered with silver reflective film, when lit from the front, can see reflection, when lit from behind, can see who's hiding there.

Links

Facepainting (Activity)

Shopping (Activity)

Workshops - Snow Queen, Two Sisters, Lady of Shalott, Proserpine

Videos

Mirrors

Sand and Water on Mirrors