

# 19 - Reflections

Mirror, mirror on the wall...why do I see my reflection at all? On this episode of Who Smarted? our Evil Queen will learn how her Magic Mirror works, why we all look different in photos than in the mirror, and the surprising history of the first mirrors!

Your kids will discover that the first mirrors were made from rocks - yes, rocks! Specifically obsidian, which is a shiny volcanic rock that can be polished to a glass-like finish.

They will learn that modern mirrors are mostly made by spraying aluminum onto glass.

And they will learn the reason your face often looks weird in photos is simply because you spend more time looking in mirrors, which flip your image. A photo is actually truer to what other people actually see -- but because you rarely see yourself that way it 'flips you out.'

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Keep the learning going:

Sit in front of a mirror with your kid. Have them go from head to toe naming something they like about the way they look. This is a good self-confidence building exercise. You can join in too!

While still in front of the mirror, give your kid a pad of paper and marker and ask them to draw something. BUT they have to look at the image in the mirror while they draw - no looking at the actual pad. This is a great way for them to understand how the reflection in the mirror is flipped from real life. Note: they may find this exercise FUNNY or FRUSTRATING!

Drawing challenge - have your kids draw their version of our Evil Queen and her snarky Magic Mirror.<sup>1</sup>

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<sup>1</sup> This activity guide is for the Who Smarted? podcast [www.WhoSmarted.com](http://www.WhoSmarted.com)