

SEE THE GOOD IN ME

This activity uses the mirrors from "Make a Mirror" to help children see and appreciate their positive qualities to foster a healthy self-image and self-esteem. Using the space below children write 2 things that they love about themselves - it could be "I am smart, I am kind, I am fast etc." Once they have decided on their 2 things these can be written on each half of the mirror's frame.

I AM

I AM

Is developing a sense of who they are and their strengths.

