

Mirrors

Equipment needed:

Full length mirror or series of mirrors hung on a wall.

Positive self-image quotes

Fabric or sheets to create a more private area in the room.

Lamps.

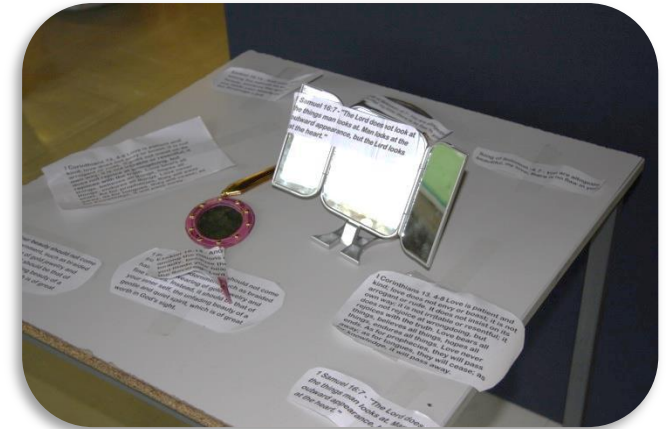
This activity encourages students to consider how they see and feel about themselves.

Instructions:

This activity encourages students to see and think about themselves in a more positive way.

Hang some fabric or sheets from the ceiling to create a private area in a corner of the room. Securely attach the full length mirror to the wall, or if it is free standing, ensure that it is well supported. Also, try to make sure the area is well lit so that the students are able to see their reflection clearly, but not so bright as to be uncomfortable. Hang positive quotes around the area so that students are able to read them from in front of the mirror.

This activity works best when students use it on their own, so that they can look at themselves in the mirror without feeling embarrassed. Some students find this activity very difficult because of their poor self-image. It's good to have a team member nearby.



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Prayer Spaces
in Schools

Below is an example of the instructions you could use for this activity. Please feel free to copy these and adapt as you wish. If your prayer space has a name you might like to add your own logo.

Mirrors

Look in the mirror. What do you see?

Are there things about yourself that you don't like?

Read some of the quotes around the mirror.

Take your time.

Christians believe that God made everyone,
and more importantly, that God loves everyone.

No one is perfect, but each person is
unique and special.