

Mirror Reminders



This activity will give you a way to remember your word and practice speaking positively to yourself.

Activity Steps

1. Write your word, either on a note you can stick to your mirror, or on the mirror with dry erase markers (if you have permission)
2. Every time you look in the mirror, say to yourself "I am ____" and fill in the blank with your special word.
3. Smile at yourself!
4. Each time you do this, think of one thing you can do to live out your word.

Supplies You Will Need

- Sticky notes (or paper and tape)
 - Something to write with
- OR**
- Dry erase markers
 - Permission to write on your mirror

My special word is...



Here's an idea!

Ask friends or trusted adults to write encouraging messages that you can also tape to your mirror. It is important to speak positively to yourself! You can always add other positive, encouraging words in addition to your special word.