

Mirrors

- **Equipment**

Full length mirror or series of mirrors hung on a wall, positive self-image quotes (from the Bible or well-known personalities), fabric or sheets, lamps.

- **Set up**

Hang some fabric or sheets from the ceiling to create a private area in a corner of the prayer space. Securely attach the full-length mirror to the wall, or if it is free standing, ensure that it is well supported. Make sure the area is well lit so that the pupils can see their reflection clearly, but not so bright as to be uncomfortable. Hang positive quotes around the mirror so that students are able to read them from in front of the mirror. This activity works best when pupils use it on their own, so that they can look at themselves in the mirror without feeling embarrassed.

Some pupils find this activity very difficult because of their poor self-image. It's good to have a team member nearby to ensure that this is a 'safe space' for them.

- **Instructions**

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. Can you believe this? Can you believe the quotes around the mirror? What might happen if you truly believed how amazing you are?