

AWARENESS ACTIVITY



MIRROR, MIRROR ON THE WALL: SELF-AFFIRMATIONS

A self-affirmations mirror where students can write a kind message for others – and take one for themselves!

◆ OBJECTIVE

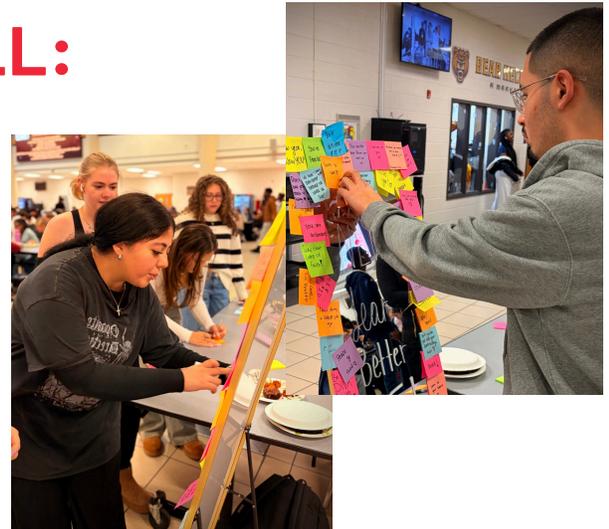
To reflect positive affirmations back into the mirror, leave supportive notes behind, and capture joyful photos with friends.

◆ MATERIALS

- A large, self-standing mirror
- Variety of colors of sticky notes
- Markers and pens

◆ HOW TO ORGANIZE

- Recruit volunteers or a student leadership team.
- Host a prep session to make a few notes to start the mirror off with affirmations.
- Collect materials and determine an easily accessed area for use (like cafeteria or commons).

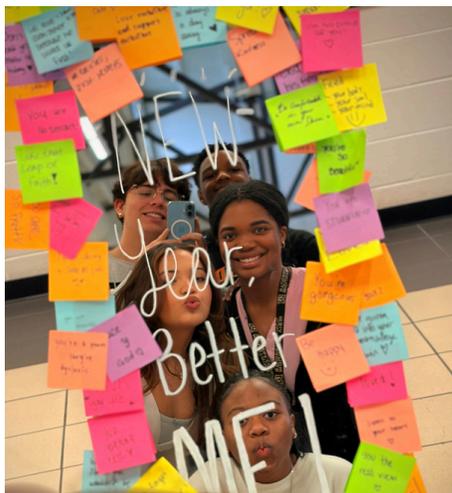


◆ WHAT TO DO ON THAT DAY

- Set up a clearly marked table or station with signage.
- Greet students warmly and encourage them to write an affirmation to add to the mirror.
- Remind students to take an affirmation for themselves as well.
- Take photos (with permission) to share your impact and promote the joy.

◆ IMPACT

- The location becomes a space filled with encouragement, connection, and confidence.
- Instead of critiquing reflections, students replace negative self-talk with affirmations.
- Instead of focusing on perceived flaws, they focus on kindness.
- The mirror becomes more than glass – it becomes a reminder that how we speak to ourselves matters.
- Remember, sometimes making change starts with one kind sentence.



Thanks to Jose Tabares & Mountain View HS in Georgia, for the idea and photos!

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