Be-YOU-tiful Mirror Craft

Description
Create a Be-YOU-tiful Mirror Craft to give kids (especially tween girls) a tool to encourage a positive self-image.

Activity Steps
1. Cover the table/surface to protect it.
2. Set out mirrors and supplies.
3. Print quotes to write on mirrors.
4. Have fun decorating your mirrors!
5. Start a discussion about the emotions or negative feelings that this mirror may help you and your kids overcome to encourage an open dialogue.

Supplies
- Hand-held Mirror
- Glue Gun
- Glue Sticks
- Markers
- Paint
- Decorations: Faux flowers, glitter, pom-poms, stickers, list of empowering quotes

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