



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.



Supplies



Hand-held Mirror



Glue Gun



Glue Sticks



Markers



Paint

Decorations
Faux flowers, glitter, pom-poms, stickers, list of empowering quotes






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.