

Relationships and Sex Education (RSE) Day It begins with me

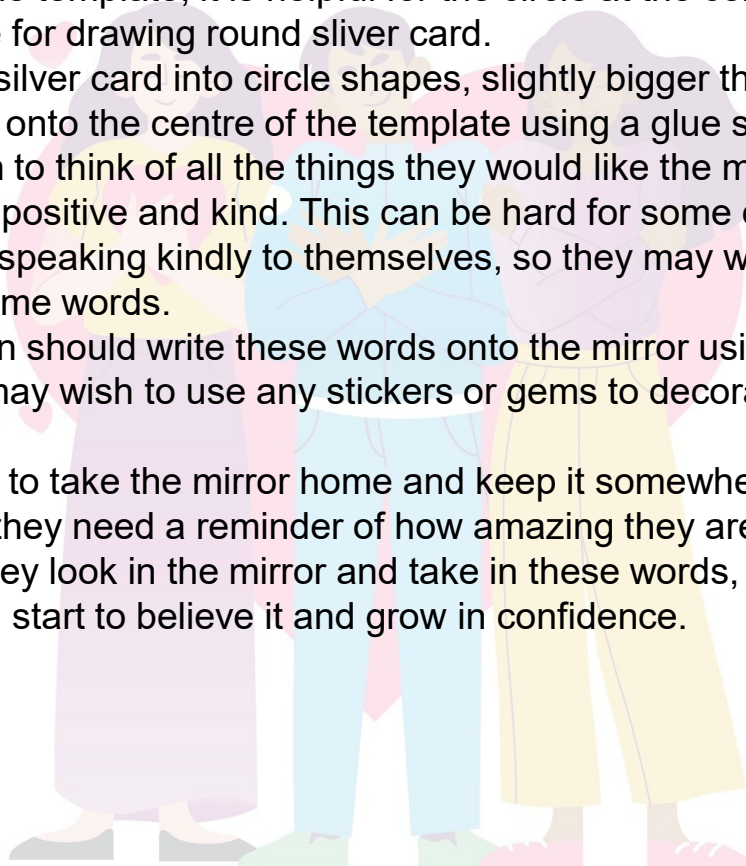
Self-esteem Mirrors (Teacher instructions)

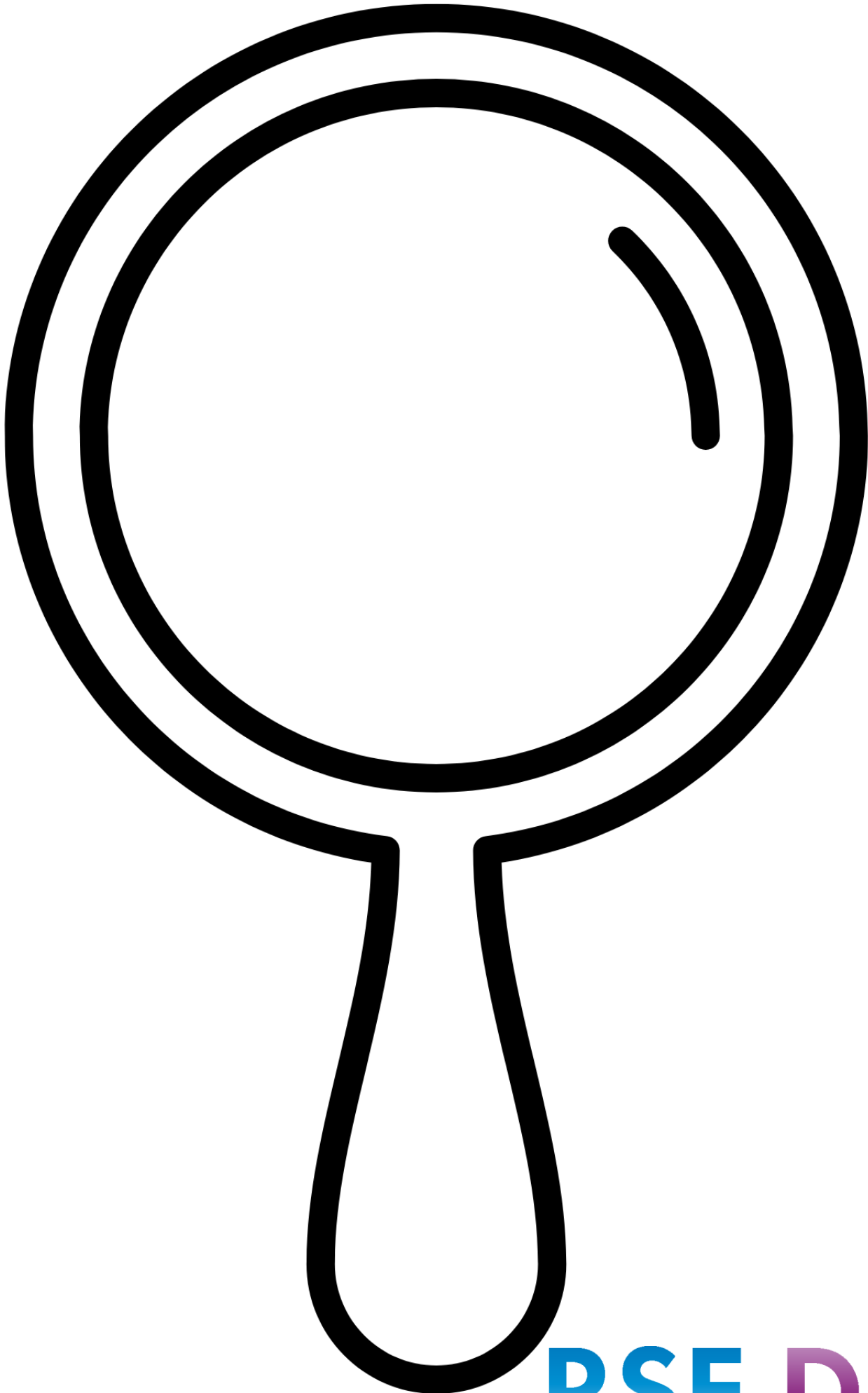
You will need:

- Mirror frame outline (optional template on next page)
- Silver card
- Stickers, gems or other decorative items
- Coloured marker pens
- Scissors and glue sticks or PVA

How to make the mirror:

- Cut out the hand held mirror frame outline if using it, or allow children to make their own mirror frame from card.
- If using the frame template, it is helpful for the circle at the centre to be cut out and used as a guide for drawing round silver card.
- Pre-cut out the silver card into circle shapes, slightly bigger than the template circle. Stick this onto the centre of the template using a glue stick or PVA.
- Ask the children to think of all the things they would like the mirror to reflect back at them which are positive and kind. This can be hard for some children to do if they are not used to speaking kindly to themselves, so they may want to ask a friend to help suggest some words.
- Now the children should write these words onto the mirror using pens or letter stickers. They may wish to use any stickers or gems to decorate the mirror to their style.
- Allow the pupils to take the mirror home and keep it somewhere they can look at it regularly when they need a reminder of how amazing they are. Say to the children that the more they look in the mirror and take in these words, the greater the chance they will start to believe it and grow in confidence.





RSE DAY 
Celebrating relationships & sex education

Examples of mirrors

