



Mirror Mirror Self-Awareness Activity

This activity requires children to think about their public faces and their private thoughts and feelings, and can be done one-on-one or with the whole family. Verbal and self-awareness skills will be exercised. The child may begin to recognize the truth in the adage that “actions speak louder than words.”

PREPARATION

Print the inside and outside mirror form (attached).

ACTIVITY

1. Talk to your child for two or three minutes about the ethiSkill, Self Awareness. What is it? Why is it important? “what’s the deal?” definition is: Knowing yourself and what you stand for. Understanding you can control what you choose to do no matter what you are feeling. For example, you can act calm even if you are feeling angry.
2. Give the child the inside/outside mirror form.
3. Inside Mirror. “What people don’t know about me that I’d like them to know.” Give them a chance to think about the question and then ask them to list those ideas on the Inside Mirror side of the paper.
4. Outside Mirror. “What people see or think they know about me that isn’t true.” Give them a chance to think about the question and then ask them to list those ideas on the Outside Mirror side of the paper.
5. After they have had time to complete the Inside Mirror exercise, ask them to pick one thing and discuss how they can let people know that about themselves. For example: “My friends don’t know how worried I am about our environment (it’s not cool). Maybe I need to ask them to help me write an article on it for the school paper.”
6. After they have had time to complete the Outside Mirror exercise, ask them to pick one thing and discuss what they can do to change that perception. For example: “Kids at school think I’m stuck up, but I’m really just shy. Maybe I can ask a few close friends to help me with this.”
7. Wrap-up: Pick one thing on each side of your mirror that you would like to improve. (If doing this activity in a group, ask if anyone will share.)
8. Self-Awareness is about knowing the truth about yourself and how you are changing and growing. Suggest that talking about their lists would be a great thing to do with a friend.



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Inside Mirror

What people don't know about me that I'd like them to know.

1 _____

2 _____

3 _____

4 _____

Outside Mirror

What people see or think they know about me that isn't true.

1 _____

2 _____

3 _____

4 _____