

AFFIRMATION MIRROR



PURPOSE:

Why?

Empower yourself or uplift the whole school community with our Affirmation Mirror Activity! Whether reflecting individually or spreading positivity school-wide, affirmations foster confidence, reduce stress, and cultivate a supportive environment for all students

HOW TO:

Materials & Budget

- Individual Club Activity:
 - Multicolor card stock paper (\$15 or free if you can use school materials)
 - Pack of small mirrors (\$12)
 - Colored markers or pens (\$5-10 or free if you can use school materials)
 - Glue (\$1-5 or free if you can use school materials)
- School-Wide Activity
 - Multicolor Post-it notes (\$5-15 or free if you can use school materials)
 - Colored markers or pens (\$5-10 or free if you can use school materials)
 - Bathroom mirror/mirrors (free!)

Instructions

- Individual Club Activity
 - Stick the mirror to the middle of the paper with glue.
 - Use colored markers or pens to write affirmations like: I am kind, I am unique, I am thoughtful, and other phrases that describe your amazing qualities!
 - Place this in your locker or room at home!
- School-Wide Activity
 - As a club, spend time writing positive affirmations/messages on colorful sticky notes like: You are amazing, You are capable, You are not alone.
 - Then as a group spread the sticky notes throughout the school on the bathroom mirrors, locker room mirrors or any other mirrors in the building.

Timeline

You need to plan this event 2 weeks in advance. It requires going shopping. The actual activity should take no longer than 20-30 minutes.

Impact

This activity is great for club meetings as it's relatively quick & easy to do individually. However, you can also do this activity on a larger scale and engage the school-wide community.

Example(s)

Individual example from Lincoln Way HS
BC2M!



School-wide example from Sacred Heart
Greenwich BC2M!



Post photos from this activity to your club
Instagram and tag @bc2mhighschool

