



A Movement of Self Love

ACTIVITY: What am I saying?

Objective: To become aware of the personal language being used when looking at one's self.

QUESTIONS FOR STUDENTS

How many times a day do you look at your reflection in a mirror?

Do you remember the last time you looked in a mirror today?

Are you aware of the words you are using when seeing yourself in the mirror?

INTRODUCTION

Most of us are familiar with the experience of silently talking to ourselves in our head. Maybe you are working on homework and suddenly remember that you forgot an important instruction your teacher gave. "ACK!" you might say to yourself. Or maybe you need to have a difficult conversation with someone, and you silently rehearse the words you will use in your head. This process is what psychologists call "inner speech" or "self-talk."

Self talk is important because it tells us a lot about how we see the world and ourselves. However, it is not very often that we are even aware of the words we are telling ourselves. Most of the time we have inner speech happening, and we never really take the time to question it or examine it.

ACTIVITY

Give everyone a copy of the mirror coloring page. Ask students to draw themselves in the mirror. Next, ask students to turn their paper over and write any self talk, or inner speech, they internally said ABOUT THEMSELVES when drawing. Ask them to consider the words they were using in their self talk. Were they aware of the silent words they were using? Were they words they would feel comfortable saying about their best friend or closest family member? Why or why not? ENGAGE YOUR STUDENTS IN A DISCUSSION.

Now have your students think of one good thing to say about themselves and write it on the mirror over their image. Ask if it took a little more effort to think of something positive to say about themselves, rather than letting their inner speech go on auto-pilot. Encourage each student to use the time they are in front of a mirror as an opportunity to listen to the words they are saying about themselves, evaluate if they are kind and loving, and then intentionally choose to say something positive about themselves.

