

## Special Me

Take a small mirror and hold it so you are looking at your own face. Choose 2 things that you like about yourself.

Why might some people find this task difficult? (even adults).

We are constantly surrounded by TV, Magazines and the internet so we are always comparing ourselves to those we aspire to be.

Look at photos of yourself, notice and celebrate the great bits about you!

In the frame place a picture of you that you like and write the qualities/special features about yourself.

