

**Mirror Moments Reflection**

**Teacher Guidance**

**Context:** Mirror moments are one way for us all to explore our own spirituality; this one encourages us to consider how we feel about ourselves and our place in God’s creation. These sort of activities can lead to all sorts of discussion but part of the aim of this activity is to help all to understand that they are not alone if they struggle with their own confidence or negative thoughts about themselves from time to time – it is normal. However, we can encourage others to recognise the positives too; also, that Christian’s believe we are all special and unique creations that God values and loves.

**You will need:** just the accompanying PowerPoint presentation

**PPT slide 1:** Introductory slide

**PPT slide 2:** encourage everyone to think about this question. No need to expect sharing of the answer to this but if some are happy to share their thoughts then that would help others feel like they are not the only ones who do this. If you feel comfortable to do so, perhaps share an example of your own.

**PPT slide 3**: encourage all to think about whether they hide their feelings a lot. This is sometimes for good reasons but you might want to emphasise that it is good to share with those you trust. Reflect on why it is good to have someone we can talk to and share with rather than bottle up negative feelings and emotions.

**PPT slide 4:** do we do this? This can be a positive thing, reflecting on how we have grown, changed, and matured. Do you remember when I used to……? It can be a sign of more challenging times when we wish things were like they were before. Again, encourage anyone who feels like this to talk to someone they trust if it worries them.

**PPT slide 5**: do we have dreams and aspirations for the future? Do we have role models we aspire to be like? This is good to do but remember we are all unique and have our own gifts and will become our own special person, but perhaps one day someone else will aspire to be like us.

**PPT slide 6:** read this slide. It is a reminder of the Christian beliefthat God knows us all, values us all and loves us. This never changes, no matter how we feel about ourselves, and His presence is always with us. This is of huge reassurance to Christians.

**PPT slide 7**: a concluding prayer. Invite all who wish to make it their prayer to join in with the Amen at the end.