

## What is Your True Reflection?

This is an exercise to **SEE** how you really **SEE** yourself.

- You can do this one of two ways, either by doing a freehand drawing of yourself, or by taking a picture of you (school photo is fine) that is large enough to use as a backdrop for the rest of the activity.
- If you are doing a drawing, take a hand mirror and hold it up in front of your face and draw what you see on a standard size piece of blank paper or cardstock. As you do this, think of each part of your face as you draw and what you like about it. Emphasize those traits as you draw, for example, if you like your eyes... make them sparkle.
- If you are using a picture, cut around the outline of your image and place it on a standard size piece of blank paper or cardstock.
- Once you have your image on the paper or cardstock, find some magazines that you have in your house that are going to be recycled. As you look through the pages, find words that you think describe who you are. You should try to find words that not just represent how you look, but also how you feel.
- Cut out these words and place them on your face, wherever you think that they should go.
- Once you are done, find words that you think describe what you want to be. Cut them out and glue them around the outside of your image.

