



Mirror Activity

Purpose: Students will be able to reflect on their outer appearance, how they feel about themselves and what features about their outer appearance reflects their ethnicity. They will also be able to think about their inner qualities and how much of an impact their race and culture has on who they are as a person.

Format:

- Individual

Materials:

- Mirror (provided)
- Sheet of Paper
- Pens, pencils, crayons, markers

Instructions:

1. Place a mirror in the classroom
2. Post the questions beside the mirror or write down the questions on the board for students.
3. Individually, students look into the mirror and take as much or little time as they need to consider the "Reflection questions".

4. Once they have returned to their desks they individually work on writing down their answers; it can also be done at home. In the classroom, students that feel comfortable answering the questions can do so during a discussion session.

Reflection Questions:

- What are some of the first few things you notice about yourself when you look at yourself in the mirror?
- What features do you really like about yourself?
- What do you think people can't see when they look at you? What parts of your culture or race make you who you are?
- How does your race or culture help make you who you are?
- What are your favorite personality traits about yourself?
- Do you think it is important to understand more about others and their cultural backgrounds? Why?
- What are some questions you can ask people about their cultural backgrounds?
- What are some questions you can ask your family about your cultural background?