

What's in the Box

You will need:

A cardboard box

A small mirror

Activity 1

Put the mirror inside the box with lid on and give to your child.

Ask your Child what do they think could be inside the box? Have a mini discussion about their answers. Why do they think this?

Next ask your child to open the box – what do they see? (ME!) Should be the answer!

Ask them to generate words to describe themselves eg: their appearance, their likes, hobbies and interests. Parent could also add words to describe their child.

Ask them how they feel?

Discuss that they are UNIQUE - there is only one of them!

Parent could then do the same with the mirror and answers will be different to their child's.

Tell them “we're all different and that's ok as that's what makes us all individuals”. It is ok to look different and like different things to other people. We all special in different way.

This should hopefully generate lots of discussion and be fun.

Activity 2

You will need:

Card/paper A4 or A5 size

Pencil

Coloured pencils/pens

Draw a mirror shape with a border A5 size - be creative

Using the mirror get your child to draw a self-portrait, using the mirror to draw their reflection. They can just draw their face or a picture wearing their favourite outfit.

Then in the border of the mirror add the adjectives, hobbies and all the words your child generated in your discussion earlier.

Decorate as required and then your child can display their self-portrait.