



Elementary School

Watch:

Reflection in Me <https://www.youtube.com/watch?v=D9OOXCu5XMg>

Reflect:

1. Look in the mirror and list three things you love about yourself.
2. Write down 3 specific compliments to give to yourself. Once complete, go to a mirror and read each compliment to yourself. (Remember to consider qualities you can't see too).

