



# Teen Self Esteem

Indiana 4-H Civic Engagement Club Activity

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## Club Report/Activity – Mirror, Mirror on the Wall

**Audience:** Grades 7-12

**Duration:** Approximately 10 minutes

### Overview

During this short activity, teens will take a look at themselves through a different lens and think about how their vision impacts their thoughts about themselves.

### Objectives

Those observing and participating in discussion will:

- Think about the positive attributes they possess.
- Consider how teen attitude affects self-esteem.

### Materials

- Mirrors
- Copy of Handout (page 2) for each participant
- Pens or pencils for participants

### Activity/Report

- Set mirrors out on the tables for participants to use.
- Give them handouts, and have them follow the instructions and answer the questions.
- Take time to have them share their responses, if they are comfortable doing so.

# Mirror, Mirror on the Wall

## Handout

For this exercise, let's focus on what is positive in ourselves. Pass around the mirror at your table (or pick up the mirror in front of you). Look into the mirror and see your reflection. Answer the following questions on this sheet. Remember, you do not have to share your responses with anyone if you do not want to.

1. Pretend the person in the mirror is your best friend. How would you describe him or her?
2. What do you like most about you? What are you most proud of?
3. What would you want your parents to see in you?
4. What is one thing you can do to achieve #3?

*(Continued on back)*

## Self-Esteem

1. As a result of this activity, I learned....
  - a.
  
  
  
  
  
  
  
  
  
  
  - b.
  
2. My favorite part of this session was...
  
  
  
  
  
  
  
  
  
  
3. As a result of this activity, I now plan to.....
  
  
  
  
  
  
  
  
  
  
4. I'd like to tell you that.....

Thank you for your thoughts!