



Create your own “inside mirror” to help you remember all the awesome parts of you that you can’t see.

You could stick your “inside mirror” next to your real life mirror so you see it every day.

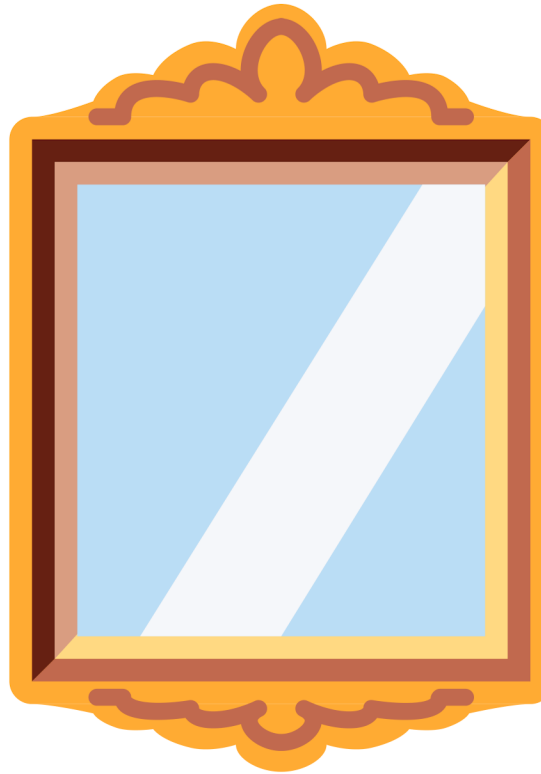
TOP TIP:
Decorate your inside
mirror with our
Body Happy stickers or
colour it in!

My Inside Mirror

I am...



I can...



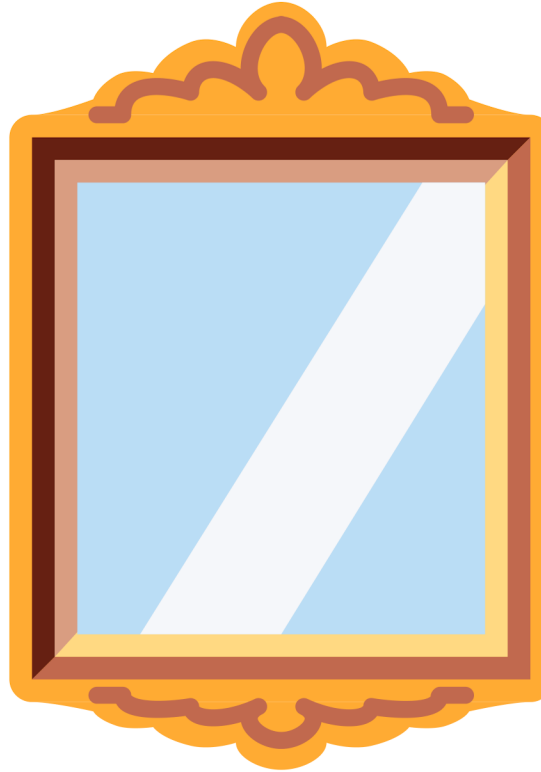
My challenge of the day is



My Inside Mirror

I am...

kind
caring
funny
thoughtful
helpful
determined
talented
loved



I can...

be talented
be entertaining
be funny
be brave
do hard things
do what I set my mind to
do things I'm worried about

My challenge of the day is

