



MIND MIRROR CRAFT

EF Skill Practice: Self-Awareness & Self-Monitoring



How to Use Your Mind Mirror

Draw or Write: Inside the mirror, draw or write one thing you did today. Big or small, it all counts!

Think About Next Time: In the box, draw or write one thing you could try differently next time.

Pick a Feeling: Circle or colour the emoji that shows how you felt today.

Decorate It!: Add colours, doodles, or stickers to make it your own.

Share or Keep: Show your Mind Mirror to a parent, friend, or coach, or keep it as your secret reflection journal.

Print Page 2, then flip it over to print page 3 on the back - Fold it in half for their very own keepsake card so kids can watch how they grow each time!

Village of Play



Mind Mirror Magic!

Peek in the mirror, what do you spy?

Draw something you did today, just give it a try!

Dream of tomorrow, what will you do?
Draw out your wishes and make them true!

How are you feeling? Pick a face below!
Circle it, colour it, let your feelings show!

Add doodles, stickers, glitter, and more,
Your Mind Mirror is yours, from ceiling to floor!

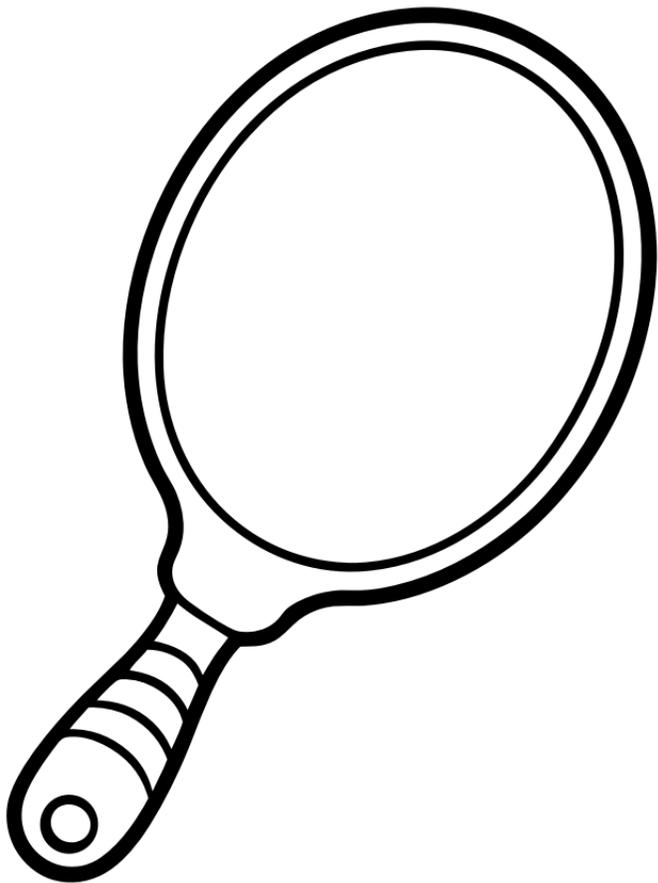
Show off your creativity and celebrate
YOU!

Each Mind Mirror is special just like you are.

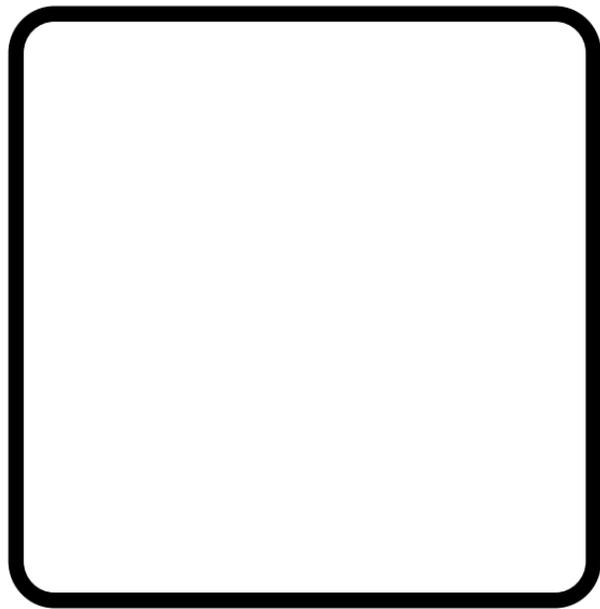


My Mind Mirror

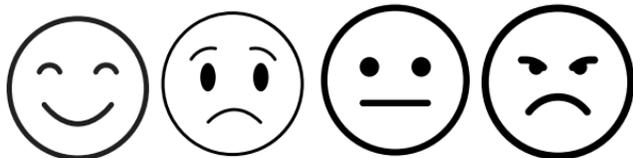




What did I do today?



**What can I try differently
next time?**



How did I feel today?