Name:

Date:

Period:

**The Middle School Mirror**

*What does “self-image” mean? Your self-image is the mental picture you have of yourself. This image can change a lot during your middle school years due to your physical, emotional and mental changes caused by puberty. It includes the way you look (your physical characteristics) and also the qualities that can’t be seen (your personality traits). People with a healthy self-image focus on the positive things about themselves as much as possible. But sometimes it is hard to be positive. You may look in your “mental mirror” and see too many things you don’t like but don’t worry that is when you know it is time to give your self-image a makeover!*

**Part One:** On the attached mirror, draw a picture of yourself that only shows positive things. Your picture should exaggerate your favorite qualities-maybe it’s your smile or the fact that you’re a good listener. Include 3 physical characteristics and 3 personality traits in your self-portrait. If you are having trouble thinking of six things, ask a friend, a parent or a teacher what he or she thinks is your best qualities. Be sure to use color.

**Part Two:** Answer the following questions after you completed your portrait.

1. What people, places or things make you feel really good about yourself? Why?
2. What people, places or things make you feel bad about yourself? Why?
3. Who or what most influences the way you look? (Magazines, TV, parents, friends, etc) Why?
4. Do you think most middle school students have a healthy self-image? Why or why not?
5. What can you do to improve your own self-image?
6. Has the transition into middle school or puberty changed influenced your self-image? Why or why not?

**Part Three:** Take a look at your portrait to answer the following questions.

1. What color is your favorite color? Pick just one! If your not sure think about what color you tend to gravitate too in your wardrobe, bedroom, school supplies, etc.
2. What does that color say about your personality?
3. Do you agree with the color personality definition? Does it match with your personality? Why or why not?