

# mirror mirror

## What you need:

Either a print out or drawing of a mirror

## What to do:

1. Inside your mirror, write at least 5 compliments about yourself
2. Think about who you are on the **INSIDE**. What kind of person you are and what other people like in you. Are you kind? Are you funny?
3. Once you have filled your mirror with positive words about yourself, practice reading and believe them.
4. You could even practice saying them to yourself in a real mirror!



# stress ball

## what you need:

- 1 balloon
- 2 parts cornflour
- 1 part hair conditioner
- a permanent marker
- a little wool for the hair (optional)



## what to do:

1. In a bowl, mix together the cornflour and hair conditioner until you have a dough like consistency
2. Stretch the opening of the balloon (you will need an extra pair of hands for this) and scoop in the dough until the balloon is about the size of a tangerine.
3. Once you are happy with the size, tie a knot to secure the end and use a permanent marker to draw on a funny face or picture.
4. You can tie some wool around the knot of your balloon to make hair if you like.

Now enjoy squishing, squeezing and fidgeting with your stress ball whenever you feel you need to.