

Mirrors prayer resource

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Purpose

The resource detailed here is intended for use as part of a prayer space in a school running as part of the RE curriculum or a designated spirituality or values week.

Orison

For more information regarding running a prayer space in your school, see www.orisonschools.org.uk.

These resources are available free of charge for your use. However, if you would like to make a donation to support the further development of resources such as these, you can do so at <http://orisonschools.org.uk/donate>.

Feedback

We really value your feedback to help us to continue to develop relevant and useful resources. If you do use this resource in your prayer space, please do come back to www.schoolwork.co.uk and leave a comment.



Mirrors

Suitable for: Teenagers and adults

EQUIPMENT

Essentials:

Full length mirror – you can pick up a basic full length mirror in IKEA for about £5

Lighting – needs to be soft enough to be welcoming but bright enough that people can see themselves in the mirror

Positive quotes about image/self/beauty (also available for download)

Instruction card (enclosed)

Extras:

Fabric to decorate

Carpet

Fabric to create cubicles

The mirror area is a space for people to stand on their own and consider their self-image. It is particularly effective with teenage girls who struggle with body image.

Find a quiet corner where people can use the mirror privately (but not so private that you can't keep an eye on what's happening there!) Hang the mirror at an appropriate height, with the instruction card displayed somewhere nearby. Stick the quotes around the edge so that people can read them whilst still standing in front of the mirror.

If you are using several mirrors, you may want to create small cubicles so that each mirror is a small private space.



Encourage people to take their time in this area, to really look in the mirrors, to read the quotes – even out loud to themselves, whilst they look.

Look in the mirror.

What do you see?

What are the things you like? What are the things you don't like?

Do you know that you are beautiful in God's eyes?

Tell yourself that as you look in the mirror. Or maybe read out some of the things written around the room as you stand.

