

Reflection Card – Mirror Mirror



#SDG 3 – Good Health and Well-being: “Promote mental health, emotional safety, and well-being for all”

- How do you think Anna felt when everyone commented on her looks and her mistakes?
- What are some things that can affect how we see ourselves — in mirrors and in our minds?
- Do you think everyone has invisible “shoulder figures”? What kind of things do they say?
- What helps you feel better when you’re being hard on yourself?

#SDG 10 – Reduced Inequalities: “Make sure everyone is respected, included, and treated fairly”

- Why do you think Pete had so many unkind shoulder figures?
- What does it feel like to be judged for something you can’t change?
- Have you ever seen someone treated unfairly like Pete? What could you do in that moment?
- What can we do in class to make sure no one feels left out or mocked?