



Activity

LOOKING GOOD!

Look in the mirror and say the declarations below. Declarations are things you say out loud that come from your heart.

"I AM READY FOR THE DAY!"

"I HAVE PURPOSE."

"I AM FREE TO DREAM."

"I CAN IMAGINE."

Say the statements above with a smile, straight face, and a happy heart.

Now try to communicate the words below without your voice. Let's see your facial expressions.



HAPPY
EXCITED
NERVOUS
BRAVE

Think About It

Why is it important to take care of your appearance? Appearance is how someone looks on the outside.

• The Children's Gift Series •

Sasha

THE STYLIST

Sasha helps others look in the mirror with *confidence*. Confidence is what happens when someone likes what they see in themselves.

Do you feel better when you look better?

How do you like your hair to look?

