



The Mirror and Me



The Mirror and Me

- How boring and predictable would life be if everything and everyone were the same?
- Same music
- Same TV programmes
- Same phones
- Same websites
- Same films
- Same games
- Same clothes
- Same cars
- Same house
- Same food



The Mirror and Me

- We love DIFFERENT.
- Everyone likes to be different in a lot of ways because it shows our individuality, character and interests.
- We look for new clothes
- Search for new music genres/artists
- Enjoy the latest films
- Save up and spend our money on different holidays, shoes or jewelry

- So why do some people look to criticize, make fun or tease when people look, think or act differently?

A large field of green tomatoes, with one single red tomato standing out in the center. The tomatoes are densely packed and fill the entire background of the slide.

The Mirror and Me

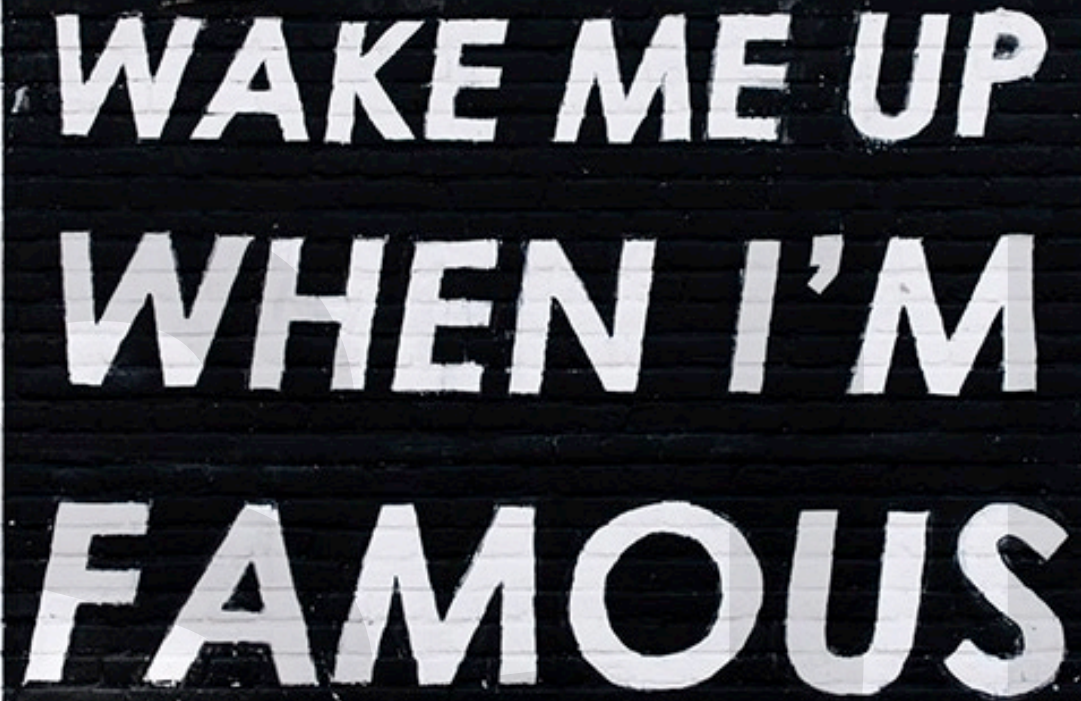
- Think with a partner about all those ‘different people’ we now celebrate and are thankful for just because they didn’t want to accept ‘ordinary’.
- People who were creators, inventors, entertainers, explorers, scientists, writers, humanitarians.....
- Share your thoughts with the rest of the class

The Mirror and Me

Did you mention some of these?

- Christopher Columbus?
- Bill Gates
- Winston Churchill
- Michelangelo
- Beethoven
- Louis Pasteur
- Marie Curie
- Thomas Edison
- Gandhi
- Mother Theresa
- William Shakespeare



A black rectangular sign with white, bold, sans-serif text is mounted on a white brick wall. The text is arranged in three lines: "WAKE ME UP", "WHEN I'M", and "FAMOUS".

WAKE ME UP
WHEN I'M
FAMOUS

The Mirror and Me

Or some of these?

- Martin Luther King
- Leonardo da Vinci
- Pele
- Jesse Owens
- Isaac Newton
- Einstein
- Baron Pierre de Coubertin
- Elvis Presley
- Bob Marley
- Steven Spielberg
- George Lucas



The Mirror and Me

- So why do we look for 'different' in our lives yet when people are different we think, speak and act negatively?
- Being different is brilliant and if it were not for those people who thought, spoke and did different then our lives would be the poorer for it.

The Mirror and Me

- The same principle applies to having different bodies.
- Bodies come in many many shapes, sizes and colours.
- There is no such thing as 'normal' and no one has the 'perfect' body.
- Who decides what the perfect body is?
- Why do we put so much pressure on ourselves?
- Why can't we just be content to be healthy and happy?
- <https://youtu.be/LzT2ZzDXceg>



The Mirror and Me

- Our bodies might have;
- Scars, wrinkles, hair, no hair, freckles, cellulite, knobby bits, wobbly bits, small bits, big bits, extra bits, missing bits, bent bits or not matching bits.
- IT'S OK
- IT'S NATURAL
- IT'S MEANT TO BE THAT WAY

- BE KIND TO YOURSELF
- <https://youtu.be/xBEpOOlhNVQ>



The Mirror and Me

- LET'S CELEBRATE AND EMBRACE BEING DIFFERENT

- Start by being kind to each other but especially ourselves.

- https://youtu.be/TaQ4l_WrTks

Give a hug, get a hug.

