

## Wood Park Primary School

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### THE POWER OF MIRROR TALK

CAN WE LIFT OURSELVES UP BY SAYING POSITIVE AFFIRMATIONS TO OURSELVES EACH DAY?



“Mirror Talk” is the practice of saying a positive statement about yourself in the mirror. With regular practice, it can positively lift one’s self-confidence and self-image. The benefits of practicing self-talk are endless. It increases self-esteem, self-acceptance and confidence. It cultivates a healthy self-image, and opens us up to compassion. It helps change how you feel about yourself. When we do it in front of a mirror, it allows us to get a clear reflection of ourselves. We look ourselves in the eye and see our facial expression. We can have empathy for that beautiful person in the mirror.

We are so excited to begin our Mirror Mondays on Monday, November 22, 2021. Each classroom has decorated a mirror to hang outside their classroom. Each Monday morning, before entering their classrooms, students will look in the mirror and tell themselves one positive affirmation. Families can help their students prior to their arrival by discussing things they love about themselves. For example, a student might tell themselves, “You are kind,” “You are a hard worker,” “You are a good friend,” “You always try your best,” “You are going to have great day!”

Sincerely,

Michelle Collison, Principal

*Michelle Collison*

Tricia Sonsire, LCS

*Tricia Sonsire*

School Social Worker

