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Mirror Image

Activity No. 1



Student Work Sheet

Very few people know what they really look like to other people. In the following exercise you will describe yourself, starting at the top of your head and ending with your feet. You will need a full-length mirror and a hand mirror. Recent photographs may also be used. You may **not** ask anyone for help—you must determine the color of your hair, the color of your eyes, and the shape of your face yourself. Some characteristics are measurable; some will require a value judgement.

Name _____ Age _____ Sex _____

Height _____ Weight _____ Body Build _____

Hair Color _____ Texture _____ Style _____

Face Shape _____ Eye Color _____ Skin Color _____

Eyebrows _____ Nose _____ Mouth _____ Ears _____

Hand Shape _____ Ring Size _____ Fingernails _____

Arms _____ Legs _____

Foot Size _____ Shape _____

Distinguishing Marks _____

Other Comments _____

What do you like best about your looks? Why?

What do you like least about your looks? Why?

Rules for Living

Activity No. 24



Student Work Sheet

If you had to live the rest of your life by three rules you established today, what would those rules be?

Rule No. 1: _____

Rule No. 2: _____

Rule No. 3: _____

Are your rules "do" rules or "don't" rules? Explain.

Why do you think your rules are good? How will they help guide your life? What do you think they say about you?

Would your rules work for other people? Explain.
