

What Makes You Glow
March 20th - LIBERTY Purim Prom 2020
Temple Beth El
Stella Smolowitz

The Why:

- PPs will become aware of their individual self-worth and confidence
- PPs will learn how to build on their self-worth and confidence
- PPs will learn how to think about themselves in a more positive way

Touchstone Text(s):

- “We are all *b'tselem elohim*, or created in the image of God.”

Materials:

- 2 packs of 16 compact mirrors
 - https://www.amazon.com/Pieces-Handheld-Cosmetic-Portable-Camping/dp/B08HS15J7D/ref=sr_1_5?dchild=1&keywords=handheld+mirror+bulk&qid=1613661938&sr=8-5
- 50 expo markers
- Roll of paper towels (to use as erasers)
- 50 sharpies (preferably black)
- Pack of notebook paper
- Pack of colored paper
- 50 pens/pencils
- Packs of assorted markers/colored pencils or other colorful writing utensils
- Large roll of white paper
 - https://www.amazon.com/Hape-Paper-Replacement-Easel-Paper/dp/B00II02206/ref=sr_1_10?keywords=large+roll+of+paper&qid=1582480853&sr=8-10

People:

- PPs
- PL- Stella Smolowitz
- No GLs needed (more of an individual program)

Space Needed:

- Temple Social Hall or Chapel

Set-Up:

- Mirror Activity
 - 20 sets of two chairs facing each other (should be enough chairs for the number of PPs)

- Expo marker, sharpie and paper towel located on each chair
- Stack of mirrors located on table near side of room
- Bucket List Activity
 - Tables with chairs around and stack of notebook paper and pens/pencils in middle
- Mural Creation Activity
 - Roll out easel paper across floor until each PP has enough space to work with
 - Litter colored pencils/markers/other art supplies around paper

Nikayon (Cleanup):

- PPs can take mirrors and bucket lists home
- All art supplies should be returned to boxes
- Collect mural and find location to hang up/display

Time Table:

- 00:00-00:02 Introduction to self-worth and mirror activity
- 00:02-00:17 Mirror activity
- 00:17-00:20 Introduction to bucket list
- 00:20-00:30 PPs create bucket lists
- 00:30-00:32 Introduction to mural
- 00:32-00:50 Mural design/creation

Detailed Procedure:

- **00:00-00:02 Introduction to self-worth**
 - PL: “Hi everyone! I hope you had a lot of fun dancing tonight at LIBERTY’s What Makes You Glow Purim Prom. Tonight, we will be doing a program based on the song... what makes you glow by Dan Nichols! The meaning of this song is trying to find what makes you personally stand out, or what makes you glow. Therefore, tonight’s program will be finding that ‘inner glow’ in all of you guys and then finding out how to build on and boost it. In our society today, sometimes our self-confidence and self-worth takes a toll. Social media, peer-pressure and celebrities are just some of the ways where our self-esteem can be hurt.”
- **00:02-00:17 Mirror activity**
 - PL: “For this first activity, I will be putting you guys in partners. Please pick a set of chairs and sit across from your partner.

Partner 1	Partner 2

- When PPs get seated, PL: “The first step to improving your self-confidence, is building and discovering your self-image. Self-image is mostly conveyed by mirrors today. So I want you all to go up to this table and grab yourself a little mirror. On your mirror, write with your dry-erase marker as many things as you can about what you see when you look into the mirror. This is an individual activity so please do it silently and please take it seriously.”
- For 3-5 mins, PPs all write what they see of themselves in the mirror (normally exterior features, probably negative things)
- After time has finished, PL: “Now, I want you to all look at your mirrors and what you have written. Because of our society and the way we view things, most of you have probably written all exterior characteristics of yourselves and I bet a lot of them are negative. But self-image isn’t just about the exterior traits or the imperfections you see on your body. Being *cute* or *beautiful* or *handsome* is not just about what is on the outside. A lot of it is defined by your personality and the character traits you possess on the inside. Now, I want you all to look at what you wrote on your mirror. And I want you to take your paper towel and erase it. These negative words and imperfections are not what should define your self-image. When all the words are erased, please hand your mirror to your partner.”
- PPs erase the dry-erase marker words off their mirror completely and hand mirror to the person across from them
- PL: “Now partners, please pick up your sharpies. I want you to look at the person across from you and think about how you see them, not just from the outside but from the inside. With your sharpie, write down words or character traits that describe this person. Please be respectful, this is a very serious activity.”
- For 5-7 mins, PPs should write down positive things about their partners to boost their self-esteem
- PL: “Now, please return the mirror to your partner. Please read what your partner wrote about you. Reflect on how it makes you feel and if this helped you boost your self-image. Thank you for all participating in this activity and please keep this mirror to remind you of your positive self-image and how amazing each and every one of you are. Please return your sharpies and dry-erase markers to their boxes.”

● **00:17-00:20** **Introduction to bucket list**

- PL: “For this next activity, we will be working at tables. Please move your chair over to a table.”
- PPs should take their chair and find a table to sit out

- PL: “To boost your self-esteem, research shows that making goals for the future is very helpful. In this activity, you all will be making bucket lists. Your bucket lists can be designed however you want and they can be for just this year, your next few years, or just life in general. The items you put on your bucket list should be things you want to do and should be things that you look forward to. There should be paper and writing utensils on your table for you guys to make your bucket lists. You have 10 mins to create them.”

- **00:20-00:30** **PPs create bucket lists**
 - PPs will work individually at their tables on their bucket lists and can design them however they want.

- **00:30-00:32** **Introduction to mural**
 - PL: “Now we will move on to our last activity which involves creating a mural. To summarize all we have talked about surrounding self-image, self-confidence and self-worth, you will be creating something on the mural that reflects how you imagine these concepts. What you create/draw could be realistic or abstract and you have creative freedom. There are art supplies laid out around the mural, and you can use any of them.”
 - While PL is talking, other board members should be rolling out paper on the floor just long enough so all PPs have a spot to decorate. They should then scatter art supplies around the paper for use.

- **00:32-00:50** **Mural design/creation**
 - PPs should find a spot on the floor where they can decorate an empty space of the paper with what they imagine self-image, self-confidence and self-worth look like.
 - PPs will discuss these questions with the people around them while decorating mural:
 - What surprised you about the mirror activity?
 - What did you add to your bucket list that you would like to share?
 - What did you draw on the mural? How do you picture the concepts we talked about today?
 - Other than these activities, what do you do in your daily life to boost your self-esteem when you’re struggling?