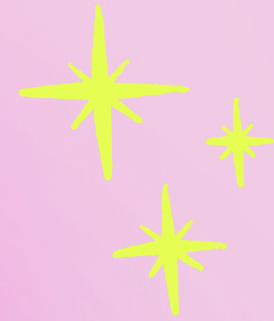


*what's hidden beneath the
surface?!*






Inquiry Question



How does learning to effectively care for yourself mentally and physically improve self-love/self-esteem/ and your mental and physical well-being?



WHAT DO YOU LOVE ABOUT YOURSELF?





Overview Of This Course

For this project, I am looking into making a safe space for kids younger than me (9th graders) to share their experiences with self-love or low self-esteem, while also learning the form of art in a makeup sense. I want everyone to feel like they have a space to be seen. The makeup aspect comes from what I like to do in my free time, and I know a lot of people love the idea of makeup or are interested in the idea of makeup but are just not completely sure about how to execute it on themselves, so with me being experienced we can learn about ways to cope or different ways to view certain things while also doing our makeup and feeling so much prettier than we already are.



WHO ARE YOU TRULY?

Get to know me....

- Hey my name is Miracole
- I am in 12th grade (Senior)
- I'm funny, nice, and social
- I am 18 years old
- I am a self-taught makeup artist
- Been doing makeup for about 4 years



YOUR PERFECT JUST THE WAY YOU ARE!

What is Stagnant Energy?

Everything involves energy. When you get that initial feeling of being “off” this means that there is negative energy trapped in your body. Now stagnant energy causes you to feel irritated and imbalanced. Stagnant energy will manifest itself in the form of pain or tension in the body. Doing things such as dancing, going out for a walk, or meditating will help restore the balance and unleash the stagnant energy that was built up in your body.

EXAMPLE

- **Go for a walk**
- **Meditate**
- **Make some sort of art**
- **Stretch**
- **Write a Poem**
- **Draw or color**
- **Put on some music**

Growth Mindset vs. Fixed Mindset

People with a fixed mindset allows the failure to define them permanently (“I’m a failure), give up, or try to protect their image by hiding their deficiencies, finding blame or excuses. Those with a growth mindset may also feel upset, but they see the mistake as an incident and a problem to be overcome (“I failed this time”). They try to identify their shortfalls, confront the challenges, and seek alternative routes to success.



The Next 4 weeks...

take care
of your mind



I matter

do it for you

May 1st

Defining what self-love is and how you can implement it into your daily lives.

ICE BREAKER: What is your definition of self-love?

May 8th

Learning about affirmations and the power of them. We will do a worksheet at the beginning of the class. We will make our own affirmations share them with the class and then post them up around our school community. We will also do the mirror activity.

May 15th

Self-confidence

May 22nd

Mediatation

YOU ARE SO BEAUTIFUL



What is self-love?!

Self-love means that you have an appreciation, affinity, and positive regard for yourself. It's closely related to self-esteem and self-compassion. When you have a strong sense of self-love, you understand your own value and treat yourself in a loving way.

Take 10 - 15 mins to complete

Quick Prompt

**Would you consider manifestation as
a type of affirmation? Why or why
not?**

YOU ARE SO BEAUTIFUL





What Is An Affirmation

An affirmation is the action or process of affirming something or being affirmed. Affirmations are phrases that are repeated regularly which then improves thoughts from negative to positive motivation into action.





Its Influence

It helps build and improve self-esteem Affirmations replace negative self -talk.




The Benefits

- **Boost Your Health**
- **Boost Your Sense Of Self**
- **Help With Behavior Change**
- **Can Help You Perform Under Stress**



How To Practice It.

- **Decide on a purpose**
 - **Keep it short**
 - **Keep it authentic**
- 

Some Examples

Affirmations For Confidence Boosting

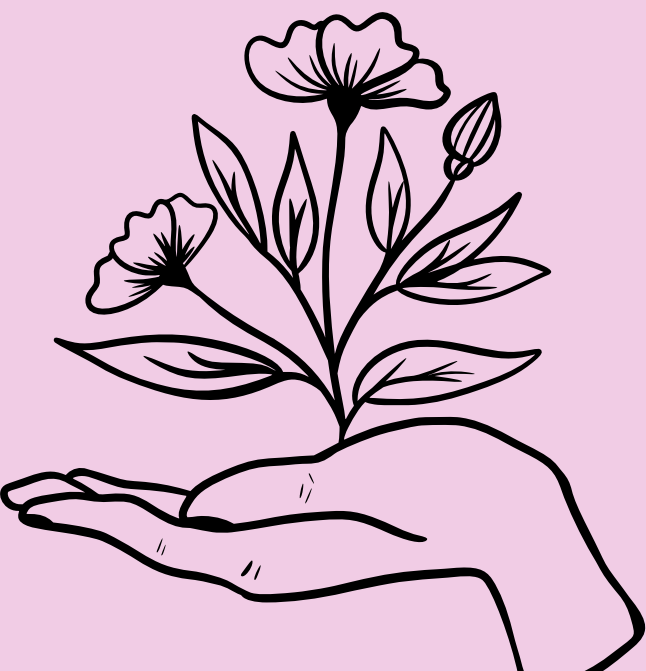
- I can make a difference in the world
- It's okay that the struggle happened
- I was built to endure any chaos

Affirmations For Self-Care

- I'm going to be all right
- My body is beautiful
- I deserve the best

Affirmations For Work/Productivity

- All I can do is my best
- Failure is part of success
- If I keep trying, my success will increase





*“Owning who we are is power.
We’ve got to dare to stand out”*

-Janet Mock



YOU ARE SO HANDSOME



Check-In

How are you feeling?

How was your day?

What could make your day better?

What was your favorite part of the day?

Turn to your neighbor and give them a thoughtful compliment! (don't be funny)

Quick Prompt



The last time I received a compliment was ...

The best compliment I received was....

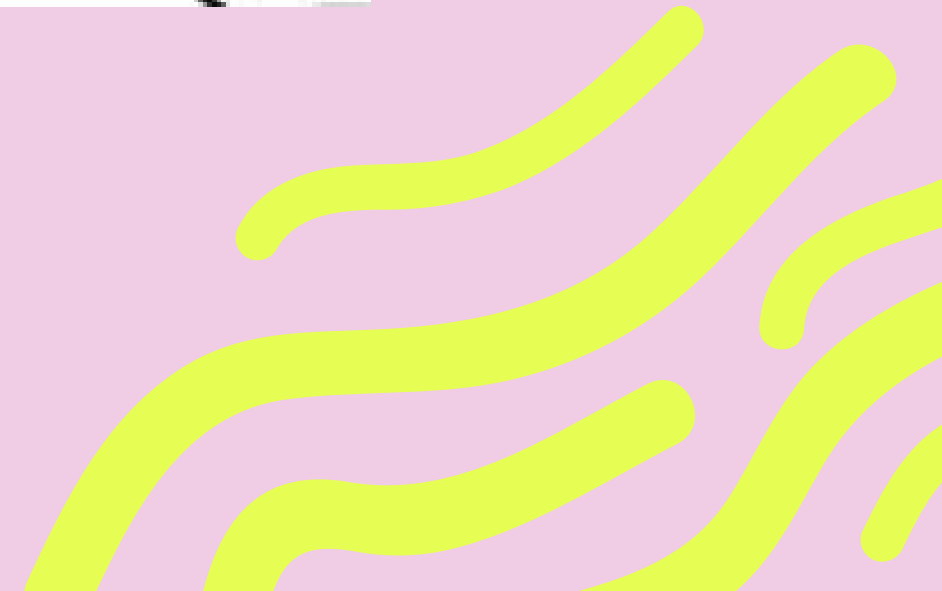
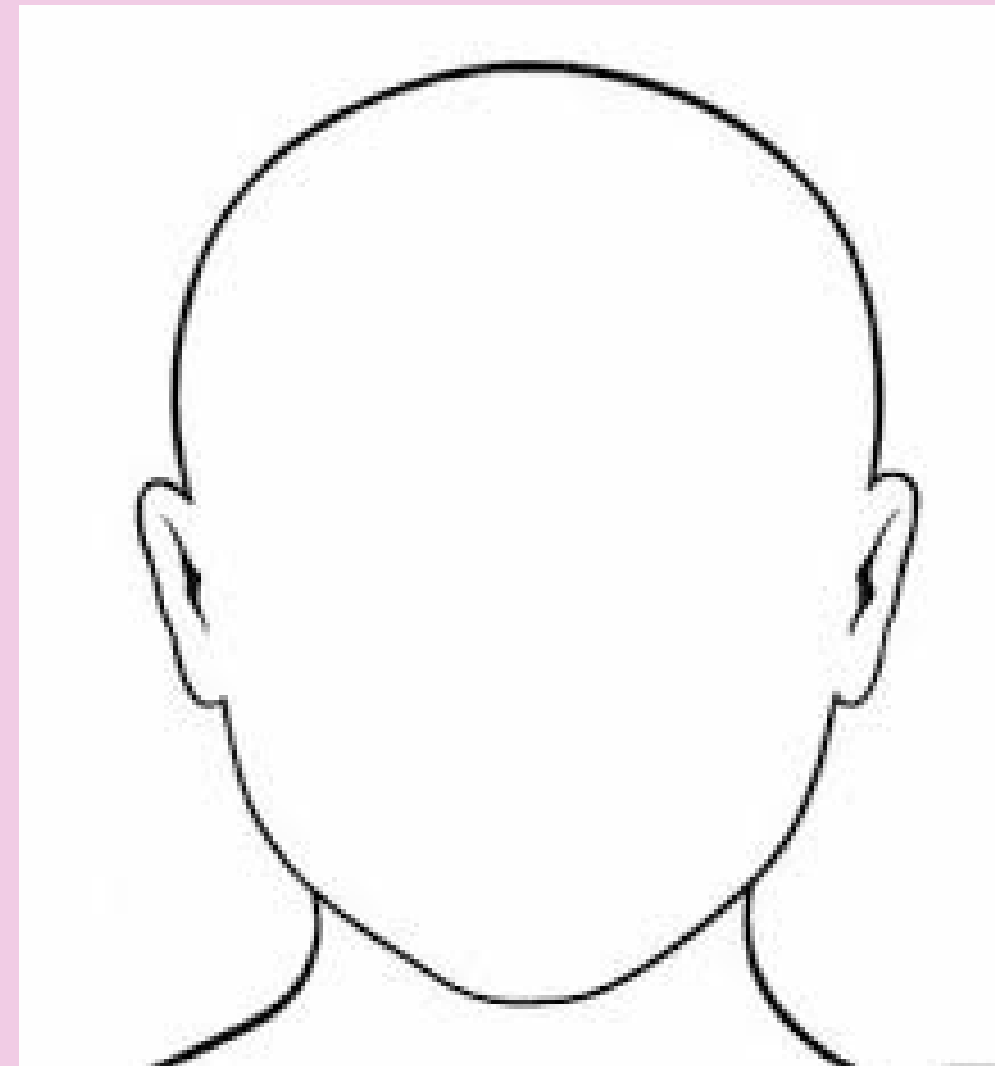


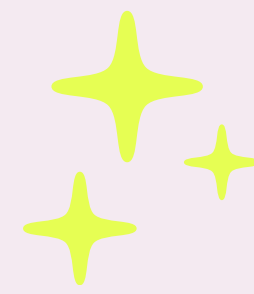
Boosting Confidence



Quick Activity

Take this sheet of paper get some colored pencils or a writing item and start to decorate this blank face with a self-portrait of yourself highlighting your favorite features of yourself. (e.x, your hair, your lips, you eyes, your nose, etc)





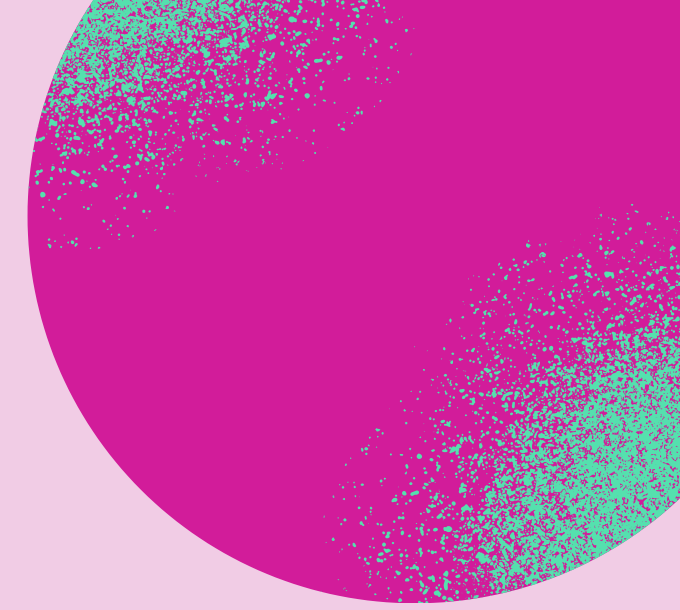
“One of the lessons that I grew up with was to always stay true to yourself and never let what somebody else says distract you from your goals.”

-Diane Von Furstenberg



What Is Meditation?

Meditation is a method of focusing attention and awareness on ourselves, making us fully present in the moment. It allows us to be observant and in tune with our thoughts, feelings, and sensations without any judgment.



The Types

1.) Mindfulness Meditation

2.) Compassion Mediation

3.) Concentration Meditation



4.) Visappana Meditation

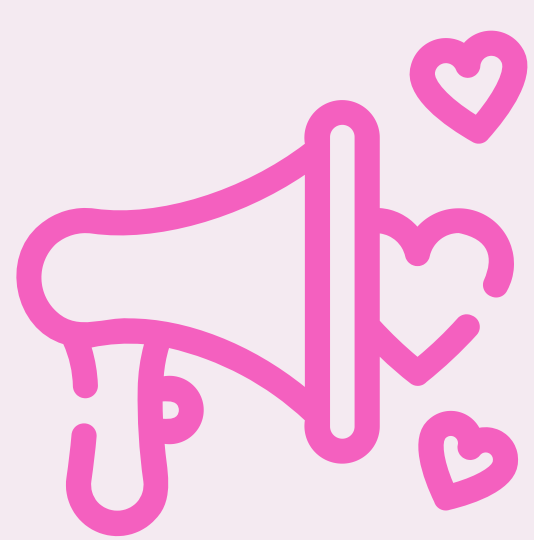
5.) Zen Meditation (Zazen)

6.) Mantra Mediation

7.) Loving-kindness Meditation (Metta Meditation)

****Now do some research of your own to learn more about them and which one you can see yourself practicing****

(10 mins)



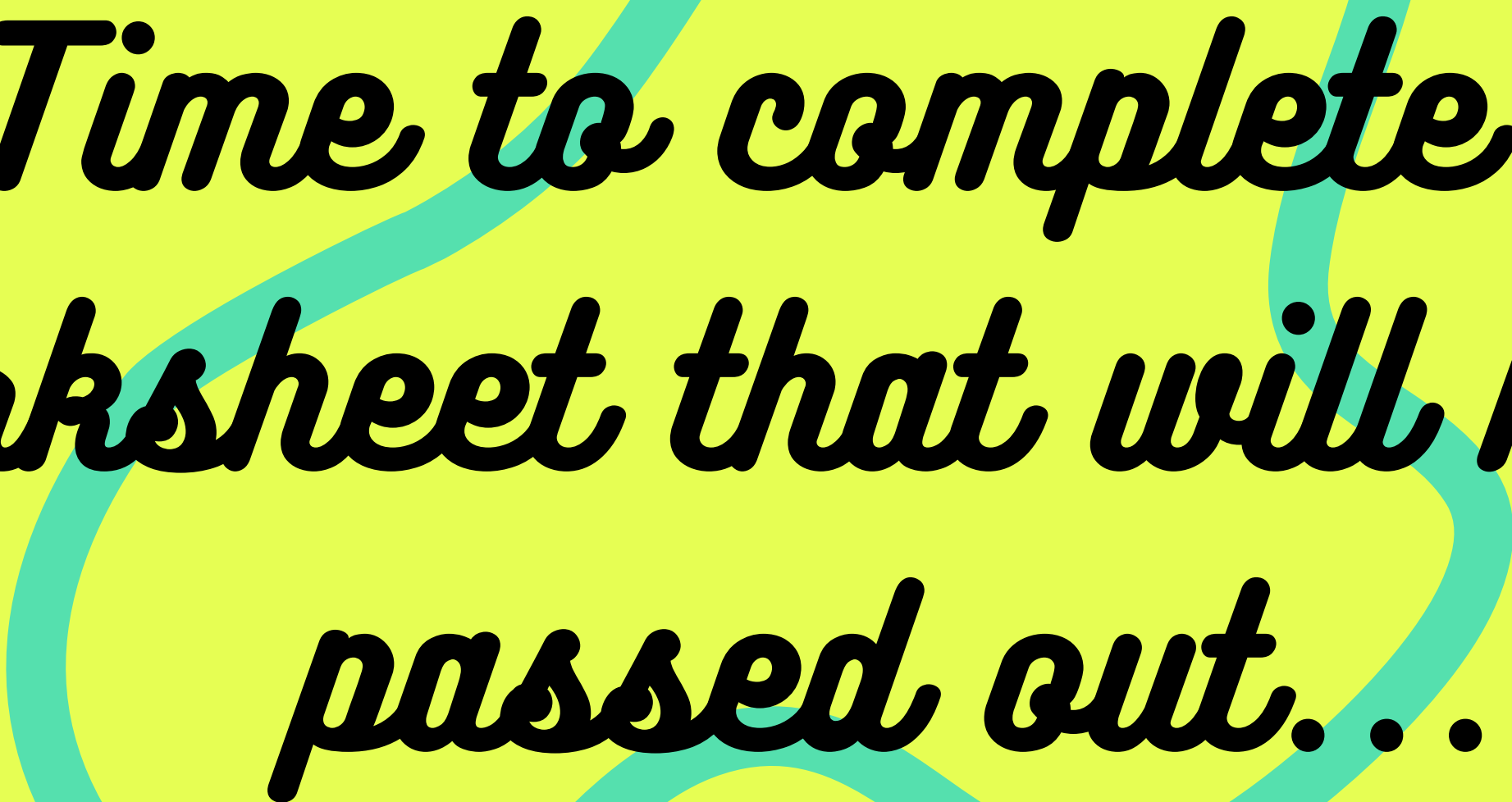
7 Levels of Meditation

- 1.) Physical Relaxation** - *the body is in a deep state of relaxation*
- 2.) Concentration** - *when the mind is completely focused without any distractions*
- 3.) Mindful Awareness** - *being fully aware in the present moment*
- 4.) Deepening peace** - *when inner silence becomes apparent*
- 5.) Insight** - *Understanding yourself and reality*
- 6.) Blissful States** - *Experiencing joy or a sense of contentment*
- 7.) Transcendence** - *A sense of unity or oneness with everything, this is considered the deepest level of meditation*

Quick Activity

Meditation

**Participating activity !! So put all electronics away and silence it.
headphones should be out and put away as well!**



*Time to complete the
worksheet that will now be
passed out...*

Reflection of Course

Thank you so much for participating in this course !!!

YOU SHOULD BE REALLY PROUD OF YOURSELF, YOU DID IT!