

Mirror Moments

Name: _ _ _ _ _

Self-Awareness
Grit & Resilience
Pathfinders (10-13)
Volume One





Parent Guide

"Mirror Moments"

Ages 10-13 | Pillar: Self-Awareness/ Resiliency & Grit

Hi there,

Thanks for joining us on this week's **Spark lesson**.

"**Mirror Moments**" is about more than just looking back—it's about **noticing who your child is becoming**, and helping them reflect with honesty, courage, and curiosity.

Through **story, drawing, and reflection**, your child will explore what kind of person they are in **everyday moments**. When they're proud. When they're unsure. When they're **growing in real time**.

They'll use a creative **self-awareness activity to reflect** on the choices they make, the feelings behind them, and the **kind of person** they want to be—when it's easy, and when it's not.

These aren't abstract concepts—they're **building blocks for real-world character**.

🧠 Why We Do This

This lesson isn't about boosting self-esteem—it's about **building self-clarity**. Kids who can name what they're feeling and how they acted are more likely to **make better choices next time**.

They don't need adult approval—they **need tools to grow** into people they respect.

🕒 How to Use This Lesson

If you can, pick up a dedicated notebook for your explorer (or paper sheets, whatever you have is peachy). Your child will **read Ember's story** and **reflect** through a creative self-awareness tracker.

They'll draw a **moment they remember from this week**, then analyze it with color, words, and questions.



Parent Guide (continued)

“Mirror Moments”

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🕒 How to Use This Lesson (continued)

We recommend spreading the lesson out over 3–5 days or even a full week or two depending on your learner’s rhythm.

At the end, they’ll have a **simple takeaway**: “When I looked in the mirror today, I saw a kid who...”

(And trust us—it’s powerful.)

🧠 Want to Take It Further?

Here are a few quick ways to **connect**:

- **Ask** them what they drew in their mirror—and why.
- **Share** a “mirror moment” of your own: a time you noticed yourself growing or slipping up.
- **Use** their tracker reflection to notice patterns together: What’s showing up most? What helps them reset?

📝 We’d Love Your Feedback

Scan the QR code below for a quick 3-minute feedback form. Your insights help us create better lessons for families like yours.



🚀 Next Step: The Full Curriculum

This Spark lesson is just the beginning.

Our full Self-Awareness/Resilience & Grit bundle for ages 10–13 includes 4 weeks of engaging, reflective lessons:

- 🔥 Real-world stories with Ember
- 🎯 Creative trackers, challenges, and visual tools
- 💬 Built-in prompts for family conversations
- 🛠️ Life skill development you can actually see

🌱 Thanks for being part of this journey. You’re helping your child grow into someone who sees themselves clearly—and shows up on purpose.

— The RootedSparks Team



👋 Hey there, Spark Seeker—

This week, you're going to hold up a mirror—not to check your hair, but to notice something way more important: who you're becoming.

We're calling this week “Mirror Moments.”

Not because you need to be perfect (spoiler: no one is), but because it takes real guts to pause and look closely at how you act, think, and feel—even when things get messy. Especially then.

You're going to remember one moment from your week—maybe something you're proud of, or something you'd want to do differently. You'll draw it, break it down, and see the story inside the moment.

That's how self-awareness grows.

You'll also get to color in how you felt, figure out what helped you reset, and name the kind of person you were trying to be. Because that's what counts.

🔧 Bottom line?







You already have tools inside you—like noticing, reflecting, and adjusting. This week helps you sharpen them. Real-world ready means self-aware, not self-perfect. Big difference.

You got this. Mirror up.

—The RootedSparks Team + Ember 🦊🔥



Mirror Moments: Words to Know

Word	What It Means	Example Given	Your Turn: Write or Draw Your own example!
 Mirror Moment	A quiet time when you pause and notice how you're showing up—what you're feeling, doing, and choosing.	Example: Taking a breath before reacting when something annoys you.	
 Self-Awareness	Being able to notice your own thought, feelings, and actions- and how the affect you and others.	Realizing you get snappy when you're tired.	
 Reset	A way to pause, take a breath, and choose a new way forward- especially when things feel messy or overwhelming.	Taking three slow breaths before trying again	
 Reflection	Looking back at what happened to understand it better and learn from it.	Thinking about a time you got upset and how you could handle it next time.	
 Pattern	Something that happens again and again in your thoughts, feelings, or actions.	Noticing you always feel rushed on Mondays.	
 Self-Image	The way you see yourself —or the story you tell yourself about who you are.	<i>"I'm the kind of person who keeps trying, even when it's hard."</i>	

Mirror Moments

Lets Talk:

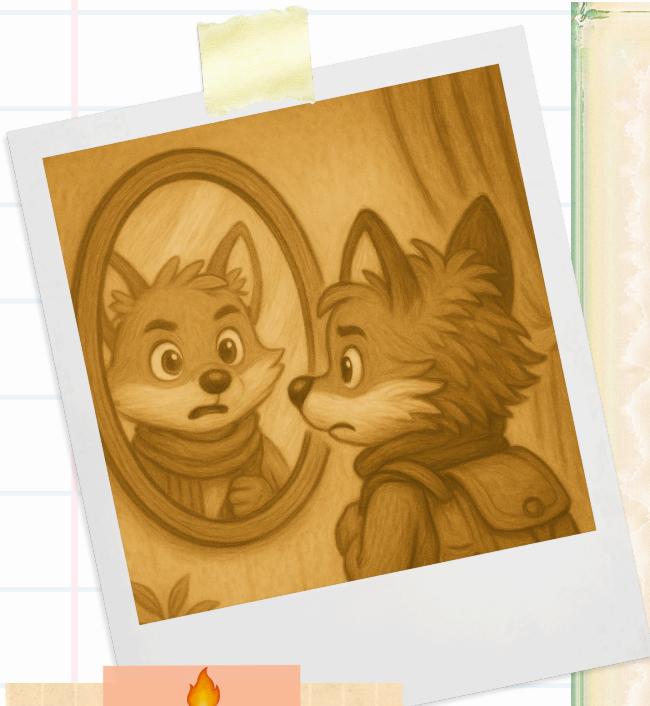
Noticing Who You Are- Not Just What You Do

What if your **reflection** could talk back? Not about your hair or outfit—but about **your choices**, patterns, and growth?

This week isn't about selfies. It's about the kind of mirror that **shows what's inside**: your habits, your values, and the things **you might not always notice**—but that shape how you show up.

Real self-awareness isn't just thinking about yourself. It's noticing how you act, react, and grow. And then asking, **"Is that who I want to be?"**

Let's zoom in.



REFLECT

What's one moment in your week when you felt rushed, reactive, or not quite yourself?

What would your "mirror" show in that moment—and what might it say back?

Ember's Story:

The Morning Mirror

Ember was rushing. **Again.**

He'd **promised Pip** they'd walk to the creek together—but **he'd slept late** and skipped breakfast.

As he grabbed his satchel, he **caught his reflection** in the cabin mirror. **He looked** frazzled, wild-eyed, and messy. But what caught his attention wasn't the fur. **It was the look.**

"Why am I always in a rush?" he whispered.

Then he **paused.**

He **remembered how often** he'd **snapped** when he **felt rushed**. How he forgot to say **thank you**. How he rushed through chores and missed **little moments**—like the sound of Pip's laugh or the coolness of the early morning air.

That wasn't the fox he wanted to be.

He took one deep breath. Two.

Then he **left the cabin**—this time, **choosing to walk without the rush.**

Mirror Moments Tracker

☀️ Let's Talk

This activity is about zooming in on real-life moments—not to judge them, but to notice them. Because the more we pay attention to how we show up, the more power we have to shift.

Every day, you'll pick a moment that stuck with you. Then you'll break it down, reflect, and choose what you'd like to keep—or do differently next time.



Activity Instructions: Mirror Moments Tracker



DRAW + REFLECT: What's in your Mirror?

1. On the Mirror Worksheet, draw a scene of a moment this week you remember. It could be a moment when you felt proud, frustrated, kind, or unsure.
2. **Around your mirror**, write or draw words, colors, or images that describe:
 - **How you felt**
 - **What you did**
 - **What you're proud of** (or what you'd change next time)

COLOR + REVEAL: Who Showed Up?

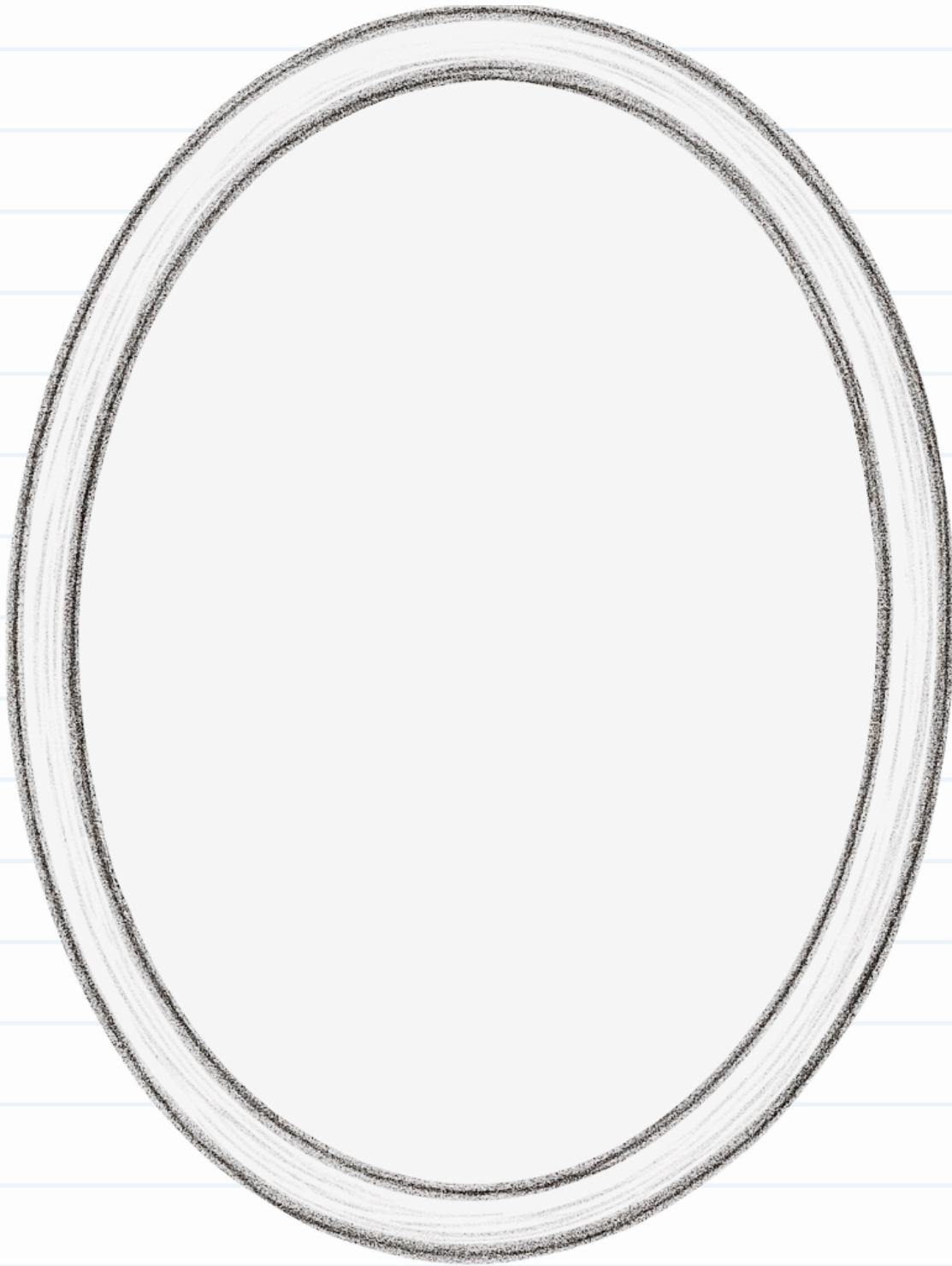
Use the color key to shade in the outer frame of the mirror:
Blue= calm & focused. Red = Frustrated, Yellow = Brave, Green = Kind

FILL IN THE CAPTION AT THE BOTTOM:

"When I looked in the mirror today, I saw a kid who _____"



My Mirror Moment



When I looked in the mirror today, I saw a kid who ...

Let's Reflect:

You Did It! Here's What That Showed.

You've been **watching your own** "mirror" all week.

 **Ask yourself:**

- Which **"version"** of you showed up **most often** this week?
- **What did you like** about how you acted or reacted?
- What's one **tiny shift** that **helped**?
- Is there a **pattern** that **surprised you**?

Draw or write below



Share Your Spark

Connection Moment

Ask someone you trust:

"What's one way you've seen me grow lately?"

Then **share something** you've noticed in them, too. Growth is easier when we **mirror it for each other.**



Bonus Mirror Challenge

Pick one day this week to pause before reacting.

Write a sticky note or **draw** a reminder symbol on your hand:

"Mirror check."

Use it to **pause** and choose how you want to show up before **acting.**

End of Week Check-In:

3 Mirror Check-Ins

For the next three mornings, before you start your day, take 60 seconds to look in the mirror and ask:

- What kind of **energy** do I want to **bring today**?
- How do I want people to **feel after being around me**?
- What's one **small action** I'll try to match that intention?
- You can jot down a **word** or **draw** a symbol that matches your answer each day.
- By the end of the three days, **reflect**: Did **pausing** change how your day felt?



Bonus Fun!

What Did You Learn From Your Mirror?

This week, you paid attention—to your emotions, choices, and wins. You didn't just react—you noticed. You asked: Who am I when it counts? That kind of awareness is powerful. It helps you choose who shows up next time—especially when it matters.

Want to take it one step further?

Pick one “**mirror moment**” and turn it into a **comic**.



Draw or **write** about what happened—and **how it turned out**. Show who you were then... and who you're becoming.

