



**MIRROR,  
MIRROR**

1. Find a quiet place to be on your own. Get really comfy, then take the mirror and have a good look at your mouth. Write some notes about it.

2. Looking in the mirror again, imagine the things you'd like to see that mouth saying in the future. Write them down.

3. Look carefully at your hands. Write down some notes about them. Imagine what these hands might do in the future – what will they hold? It might be pens, phones, other people's hands, tools. If you could do anything at all with your hands, what would it be?

4. Where will you go with your mouth and your hands? What doors will they push open? What people, and how many people, will hear the words that leave your lips? Let your imagination run wild, and write it all down...



Artwork: Vicky Foster

