

The "Psalm 139" Mirror Work

A Faith-Based SEL Activity for Identity & Deep Self-Awareness (Grades 4–8)

Target Audience: Grades 4 - 8

Core SEL Competency: Self-Awareness

The Foundational Text

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well." — Psalm 139:14 (NIV)

This activity helps students move from *what I do* to *Whose I am*.

1. The "Full Well" Internalization

In the discussion, focus on the last part of the verse: **"I know that full well."**

SEL Connection: We often know facts in our heads, but **"knowing it full well"** means believing it in our hearts even on bad days.

- **Task:** Have students underline the word **KNOW** and discuss the difference between *feeling valuable* and *knowing you are valuable* because of your **Creator**.
- **Ask:** "What is something you know is true—but don't always feel is true about yourself?"

2. The Mirror Station (Visual Addition)

If you are doing this in a classroom or group setting, place a mirror at the center of the room with the scripture taped to the bottom.

- **The Action:** Have participants look at their reflection and read the verse aloud. After reading it the first time - **Ask:** Now say it again—but this time, say it like you believe it.
- **The Shift:** Instead of looking for flaws (hair, skin, clothes), they are tasked with looking for "God's wonderful works" in their own features and character.

3. Creative Bordering

On the "Masterpiece Reflection" drawing from the previous step, have them write the verse as a border around the entire page.

- **Symbolism:** The Word of God acts as the "frame" that protects and defines the image of who they are.

Reflective "Whose" Connection

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You can add this specific prompt to the journaling section:

- **Scripture Focus:** *"Your works are wonderful."*
- **Reflection Question:** If you are God's "work," and His works are "wonderful," what is one thing about yourself you will begin to appreciate to honor the One who made you?

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Reflection Response

1. What is one truth about yourself you want to believe “full well”?

2. What is one negative thought you will replace with truth?

3. How will you remind yourself of this truth this week?

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