

# Mia and the Magic Mirror

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## Mia and the Magic Mirror

This book is made for young children to start learning about self-care. With Mia and her magic mirror, they discover the importance of health, skin care, and safety.

An educational fairytale about self-care and cosmetic safety





# *Mia and the Magic Mirror*

**AN EDUCATIONAL FAIRY TALE ON SELF-  
CARE AND COSMETIC SAFETY**

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# Message to Children

Dear readers!

This book was written for you, little dreamers who are just beginning to discover the world. It's about how self-care is not just about washing your face or applying cream, but about knowing how to love and listen to yourself. We want you to feel warmth when you open it, and to know that you are important, you are loved, and your health and happiness are what's most valuable.

## Chapter 1. Soapy Trouble

Outside the window, little birds were singing. Soft sunlight slipped through the curtains and filled the room. In her cozy bed, a little girl woke up. Her name was Mia. She had honey-colored hair and bright, clear eyes. Yawning, she slid her feet into slippers with tiny wings and padded into the bathroom.





Mia smiled at her reflection in the mirror. She wet her hands, picked up some soap, and began to wash her face.

But suddenly her eyes began to sting and turn red.

“Ow! It hurts!” Mia cried.

The mirror suddenly sparkled with light and... spoke!

“Wait, Mia! Don’t worry. Everything will be fine. Rinse your eyes with warm water.”

Mia froze in surprise, but she listened. She splashed her eyes again and again, and the pain slowly faded.

“Who are you?” she whispered.

“I’m your magic mirror,” it replied gently. “I watch over you. And I give advice only when you really need it.”

“What did I do wrong?” Mia asked, worried.

“You washed your face with hand soap. It’s too strong and can hurt your delicate skin. It makes it dry and itchy. It’s better to use a special face cleanser. Here, I’ll give you one.”

The mirror’s surface rippled like water. Mia reached out carefully and pulled out a white bottle with a picture of a water drop.

“Here it is! A gentle foam, made just for children’s skin. Lather it in your hands, rub it softly on your face, and rinse with warm water.”

“Thank you!” Mia said happily, following the instructions.



Soon, her face was clean and fresh, without redness.

“I’m ready!” she laughed, running out of the bathroom.

## Chapter 2. Sun’s Hidden Needles

The next morning, a sunbeam slipped through the curtains and tickled Mia’s nose. She yawned, stretched, and jumped into her winged slippers.

“Mirror, mirror! Today my family is going on a picnic by the sea! I love the sun so much!” she cheered.



The mirror glowed with warm light.

“A beautiful day for a picnic,” it said. “But Mia, have you forgotten something?”

Mia tapped her chin.

“I brushed my teeth, combed my hair, packed my socks... What else?”

The mirror twinkled.

“You forgot your sunscreen. The magic cream with SPF!”

“Why do I need that? The sun is nice, isn’t it?”

“The sun is wonderful,” the mirror said kindly. “It gives light and warmth. But it also hides invisible rays—ultraviolet rays. They are like tiny little pins. If you don’t protect yourself, they can hurt your skin.”

“Hurt me?!” Mia gasped.

“Yes. Your skin can burn, turn red, itch, or peel. And if you stay in the sun too much without cream, your skin grows weaker and ages faster. But SPF cream is like an invisible umbrella—it keeps your skin safe.”

“Wow,” Mia whispered. “Do you have one?”

The mirror shimmered, and a small jar appeared in front of Mia. The label read:

“SPF 50 – For brave travelers and little sunbunnies.”

Mia fell into thought:

“Wow! But how do I know how much cream to use?”

“Easy,” said the mirror. “Remember the two-finger rule. Make two strips of cream: one on your index finger, one on your middle finger. The cream from one finger goes on your face, the other on your neck and ears. No more, no less. And don’t forget—put it on 15 minutes before going outside!”



Mia nodded seriously. She spread the cream just as the mirror said.

“All done! Now my skin is protected!” she smiled.

The mirror sparkled with approval.

## Chapter 3. Dry Little Lips

The next day after the picnic, Mia woke up smiling. But when she stretched, her lips felt tight and sore.

She ran to the mirror. Her lips looked dry and cracked.

“Mia, you look worried,” said the mirror. “What happened?”

“My lips hurt when I smile... they feel so dry!”

“That’s normal after a windy day in the sun.

Lips are delicate. They don’t have natural oils like the skin on your face. That’s why they get dry and cracked. But don’t worry—there’s an easy way to help.”

“Really?”

“Yes. Keep them moisturized with a lip balm. Don’t lick your lips—that makes it worse. Use a simple balm with no smell or taste. It’s just for care.”

The mirror rippled, and a tiny tube of lip balm slid into Mia’s hand.



“Wow! From you?”

“Just for you. Glide it over your lips once. That’s enough.”

Mia carefully put it on. Soon her lips felt soft again.

“Oh! It really works! My lips can breathe now!”

“See? Use it every day, especially in cold or windy weather. And remember: put it on 15 minutes before going outside.”

“Thank you, mirror,” Mia said, smiling without pain.

“Beauty begins with care, not with candy-smelling jars,” the mirror reminded her gently.



## Chapter 4. Don't Share Makeup

That evening, Mia invited her friend Sarah to play “beauty salon.” They found Mia’s mom’s makeup palettes.

“Wow, you have such pretty mascara! Can I try it?” Sarah asked.

“Of course,” said Mia. “I always share.”

She brushed her lashes and kept playing. But soon her eyes started to itch. Redness appeared, and Mia grew scared.

Sarah’s mom, who was a dermatologist, came to help. She rinsed Mia’s eyes with water and calmed her down.

“Everything is okay, but remember: never share makeup, especially for eyes and lips.



Even if it looks clean, it may have germs. That can cause irritation, inflammation, or even infection.”

Mia nodded. Sarah looked guilty.

“I didn’t know... I thought it was just fun.”

“Fun should also be safe,” Sarah’s mom said with a smile.

“Next time, use your own things or play with makeup stickers instead.”

## Chapter 5. Clear Skin Plan

The next morning, Mia's older brother Ayan was standing sadly in front of the hallway mirror.

"What's wrong?" asked Mia.

"My face is full of pimples!" he groaned. "I ate too many chips and soda yesterday. And I have an important meeting next week... now I look like a hedgehog!"

Mia hurried to her magic mirror.

"My brother has pimples. What should he do?"

"Don't worry," the mirror said. "It's not scary. Sometimes skin reacts to junk food, sweets, lack of sleep, or stress. It's not 'bad skin.' It's just telling you it needs care."

How can we fix it?"

"Wash your face every morning and evening with a gentle cleanser. Eat more vegetables, porridge, and drink water. Sweets and soda are okay—but only in small amounts. And never touch your face with dirty hands."



Mia shared the advice with Ayan. Together they made a little care plan. After a few weeks, his skin looked much clearer.

“This is amazing!” Ayan said. “How do you know all this?”

Mia just smiled.

“That’s a secret...”

A whole month passed this way. Mia learned how important it is to take care of yourself, and not just to "look pretty." After all, true magic is knowledge, attention, and self-love. And her mirror will always be there to help her when she needs it.





# **“Ava and the Cyanobuddy”**

## **KCIS-Xiugang-Taipei (Taiwan)**

Ava, an 11 year old girl from Taiwan, loved skin care and cyanobacteria. One afternoon, Ava was walking in the park.

“Why does my cheeks feel itchy?” thought Ava.

She pulled out her mirror to check her face. She found her face was as red as her apple she was eating earlier.



She pulled out her mirror to check her face. She found her face was as red as her apple she was eating earlier.

At the pond, Ava noticed that it was extra glistening today. Then, a cyanobacteria jumped out of the pond onto the bench beside her. Ava jumped back, shocked by the little creature.

“Hi, I am cyanobuddy. Wow your cheeks are red”

“I don’t know what happened.” replied Ava

“It is probably the increased carbon dioxide emissions, which make the air more polluted.” it said.

“What do you mean?” asked Ava. “Think of pollution as a very messy room, and CO2 like a heater. When it gets hotter in the room, it becomes even more dirty.” answered cyanobuddy.

Ava and her cyanobuddy went home to treat her skin.

“Use a gentle cleanser first, then put on some non-alcoholic moisturizer.” it said.

Ava listened and it worked, her face turned into a more pinkish tone. “Wow it really worked, thank you cyanobuddy!” exclaimed Ava.

Ava went on her day, this time indoors, away from that evil air pollution affected by CO2.

The next day just when Ava was about to go out to the lab to finish her biology project, cyanobuddie jumped out once again.

“Hi again, just before you go out, put on some sunscreen to protect your skin from sunlight and dirty air.” it said.

Ava listened as she put on sunscreen.

“Thank you! Bye, until next time!” Ava replied.

## “Mia and the Cookie Cream Allergy” Saint-Joseph (Turkey)

Mia was spending her summer holiday in Turkey. One sunny afternoon, she went to the park and met Selin, a 10 year old girl who loved tasty scented creams and shiny lip balms.



“Look, Mia! I just bought this new hand cream. It smells like cookies!” Selin said happily, opening the lid.

Let’s try it!” Mia giggled. They both rubbed some cream on their hands and arms then smelled the sweet scent.

At first, everything was fine. But after a few minutes, Selin frowned. “My arm feels weird,” she whispered. She started scratching her arm. Red spots appeared on her skin, and it felt itchy and hot.



“Ouch! It hurts a little!” Selin said, looking worried. Her skin was turning red and it was very uncomfortable.

Mia said, “Maybe you are having an allergic reaction. Let’s check the cream!”





They turned the tube around and started reading the small letters. "Ingredients..." Mia read slowly. "Wheat extract?"

Selin's eyes opened wide. "Oh no! I have a wheat allergy! I can't have anything with wheat in it. I didn't know creams could have wheat too!"

The girls quickly walked to a nearby pharmacy. The pharmacist listened to their story and smiled kindly.

"You did the right thing by coming here," the pharmacist said. "Some creams, lip balms, or shampoos can have ingredients like wheat or nuts. These can cause allergies or sensitivities."

Selin asked, "How can I know next time? The letters are so small!"

The pharmacist pointed to a part of the package. "Look here! This is the ingredients list. It tells you everything that is inside. Always read this part before using a new product."

Selin nodded seriously. "Thank you! From now on, I will always read the ingredients, not just in food, but also in creams and shampoos."

Mia smiled and said, "Me too! We learned something very important today."

The girls left the pharmacy, saying: "We learned that smart girls always read the ingredients!"

**"Lila and the Fairy of Clean Hands"**

**DelNorte-SD (USA)**

Lila is 10 years old and loves riding her bike and playing basketball with her friends after school. One afternoon, she came home all sweaty, wiped her face with her hands, and noticed a small red bump forming on her cheek.

“Oh no, a pimple!” she whispered, poking it lightly.

She was very sad when she heard a pop behind her. She turned around and saw a fairy.

“A Fairy Godmother?!” Lila exclaimed

“Yes, Lila, I’m here to help you!” said Fairy Godmother, “it looks like a breakout is starting. Sometimes germs from dirty hands can travel to your face and cause pimples.”

“Germs? But I was just playing outside!” Lila said.

Fairy Godmother explained, “It’s not about playing. Whenever we touch our face with unwashed hands,

bacteria can get in and block pores. That’s why washing hands is so important.”

Lila nodded and ran to the sink. She washed her hands carefully with soap and water, then gently cleaned her face with a mild cleanser and patted it dry with a clean towel.

“Also,” the fairy added, “Don’t pop or touch your pimples, letting your skin heal naturally, keep your pillowcases and towels clean, drink plenty of water, eat healthy snacks, and get enough sleep. Your skin heals best when you take care of your whole body.”

The next day, Lila reminded her friends at school to wash their hands before eating or touching their faces.

Together, they made a fun chant:

Wash those hands and keep skin bright,  
Take good care, you’ll feel just right!”

From that day on, Lila learned that simple habits like handwashing can keep her skin happy.

# **“The Rice Guard and the Rainbow Foods”**

## **WIST (Taiwan)**

Mia’s day began with rice porridge for breakfast.

“My skin feels rough recently,” Mia said as she stirred the rice in her bowl.

POOF! Suddenly, a tiny piece of rice jumped out of her rice bowl jumped.

“I am the Rice Guard! My mission is to guard your health.”

Really?” asked Mia.

“Yes!” said Rice Guard.

“Rice gives your body energy to play all day. It also has protein to keep you strong.”

Mia thought about yesterday.

“I ate a lot of candy and chips last night...”

Rice Guard shook his spoon.

“Eating too many sweets makes your skin grumpy! But foods like carrots, fish, and fruit are skin’s best friends.”

“Carrots?” Mia asked.

The rice guard waved his spoon, and suddenly foods came to life around them.

Carrots danced in orange capes.

“We bring vitamin A!” they sang.

“We help skin heal.”



A shiny fish splashed in a silver coat.

"I bring omega-3!" the fish called.

"I keep skin smooth and stop it from getting too dry."

Fruits twirled in rainbow dresses.

"We bring vitamin C!" they chimed.

"We make skin bright and strong."

Mia clapped her hands.

"So if I eat these foods, my skin will shine?"

"Exactly!" said the Rice Guard.

Mia smiled.

"I'll eat these healthy foods more often from now on!"

"Good choice!" said Rice Guard.

That night Mia ate rice, fish, and fruit. Soon her skin felt fresh and bright.

"Thanks, Rice Guard!" she cheered happily. The Rice Guard winked and jumped back into the bowl with a sparkle.

## **"Mia and the Glasses Lesson"**

### **HK-HCY-PCMS (Hong Kong)**

It's a new day at school. Mia noticed something different about her friend, Jacky.

"Did you have glasses on?" Asked Mia.

"Yes" said Jacky. "Like I have been telling you for a few weeks, I started having trouble focusing on distant objects, felt like something's wrong with my eyes."

"I remembered that! I figured that you might have some eye diseases but wasn't sure of it," Mia said

Jacky continues:

"Then I looked it up online, and it said that I have brain cancer! How ridiculous is that!"

Mia laughed,

"Right! You texted me about your concerns that day and it really freaked me out, but then I asked my mother, and she told me that I might have shortsightedness. She comforted me and made an appointment with the optometrist."

Seeking guidance from a doctor is always the best choice, isn't it?" said Mia.

Jacky said, "Of course! I went to the optometrist this Saturday, and it turns out I really got shortsightedness! Then, as you can see, I now have my glasses on."

"Sometimes things you looked up online may completely freak you out with insanely exaggerated information about your health. Things you search online may not always be true."

"In my case, it has been proved that I actually have shortsightedness instead of brain cancer."

Mia replied "I did have this kind of concern too! When I first had acne on my face, I freaked out and desperately looked for a solution online.

They sounded confusing and unreliable somehow, and my conditions kept getting worse. Then one day I finally went to a dermatologist, and she gave me medicine. I recovered right in a week!"

"Yeah, it proved that trusting things online blindly may not always be a good idea," said Mia's friend.

"So, no matter what, whenever we feel unwell, finding the doctor for consultation is always the best choice!" Said Mia.

## Dear Readers!

Thank you for joining the heroes of this book on their journey filled with discoveries, laughter, and wonder.

Each page truly comes alive thanks to your curiosity and imagination.

May you always keep a spark of curiosity in your heart, believe in kindness, and bravely dream of beautiful things.

We hope that every new day brings you fresh stories, true friends, and little miracles.

## Gratitude to Our Partners

Our heartfelt thanks go to our partner teams:

WIST iGEM

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HK-HCY-PCMS

These teams not only wrote additional chapters and translated the book into their own languages, but also helped share it so that children and families around the world could read it.

Thanks to you, this book has become a bridge of friendship, learning, and inspiration across countries and cultures.