

About Eating Disorders & Body Image - Level 1 Staff Activity Guide



What's Included:

The purpose of this guide is to support teachers in empowering students to make positive choices even when faced with high-risk situations. In this guide you will find a Student Video Viewing Guide, Student Activity options, and a Brain Quiz with an answer guide. Each of these resources can be used independently or in conjunction with one another as time allows. For your planning purposes, please find the estimated time needed for each activity below.

- **Viewing the Video**

Without Student Video Viewing Guide - 4:41 minutes

With Student Video Viewing Guide - 10 minutes

- **Student Activities -**

Write About It Prompt - 5-10 minutes

Group Activity - 6 minutes

Independent Practice - 8 minutes

Extended Learning - 10 minutes

- **Brain Quiz - 5-10 minutes**

Student Video Viewing Guide Strategies:

- **Before the video (3-5 min) -**

Have students complete the **Do Now** question box to get the wheels turning

Ask students to **"pair and share"** with a classmate, and/or have a brief class discussion

Remind students to **"preview"** the Video Viewing Guide so that they know what they are listening for

- **During the video (3-5 min) -** Pause the video to talk about Check for Understanding (CFU). You can call out a few students to answer, and/or have them pair and share.

Pause the video to talk about for CFU Question 1 - What does it mean to have a negative body image?

Pause the video to talk about for CFU Question 2 - Why is it important that you don't compare yourself to people on ads and/or on social media?

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Student Activity Options:

- **Write About It Prompt (5-10 minutes) -**

- a. How can you create a positive body image for yourself? Include specific details that will help you learn to love your own body!

- **Independent Practice Activity (8 minutes) -**

- a. **Materials needed:** Thought Bubbles and Writing Utensil. **Directions:** Use the quote bubbles below to write three statements you could say to yourself, or to someone else, that will increase a positive body image!

- b. **Criteria for Success:** Students have filled out at least 3 quote bubbles with positive body image statements.

- **Group Lesson Activity (6 minutes) -**

- a. **Materials needed:** Copy of thought bubbles from Independent Practice. **Directions:** Students will get into groups of 2-3 and practice using statements that build each other up/become bucket fillers. Each student will take a 30 second turn discussing/ stating a way that you can help build confidence in peers.

- b. **Criteria for Success:** Each student takes 2 minutes to share their thought bubbles aloud

- **Extended Learning Activity (10 minutes) -**

- a. **Materials needed:** Copy of questions in activity. **Directions:** When you get home today ask your adult the following questions to help maintain a positive body image. Write down your answers and bring them back tomorrow.
- b. **Criteria for Success:** Student shows teacher their parent survey to check for completion.

- **Brain Quiz Answer Key (5-10 minutes)**

1. True
2. C.
3. Change your weight or diet in unhealthy ways/body