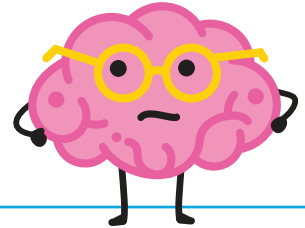




# About Eating Disorders & Body Image - Level 1 Activity Handout

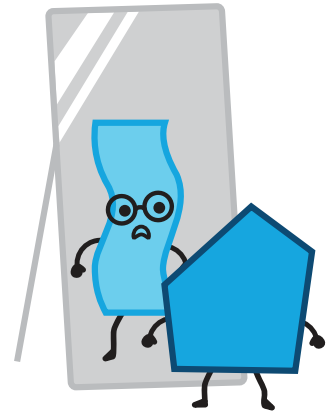
## Video Viewing Guide

**Do Now:** Write 1-2 sentences in the box below in response to the question- Have you ever heard the words "body image?" What do you think "body image" means?



## Fill In The Blank

1. Body Image is \_\_\_\_\_.
2. Teasing or bullying someone about their weight or shape could cause more \_\_\_\_\_ feelings about our body.
3. Photoshopping and using filters can create unrealistic images and make you think there is a perfect or ideal body type. Why is important not to compare yourself to these unrealistic images?



### Stop and Think...

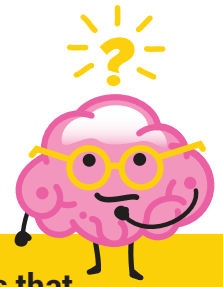
CFU #1 - What does it mean to have a negative body image?

### Stop and Think...

CFU #2 - Why is it important that you don't compare yourself to people on ads and/or on social media?

## Write About It Prompt

**Directions:** Write 5-10 sentences in response to the following question.  
Use the box at the bottom to draw out your thoughts.



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

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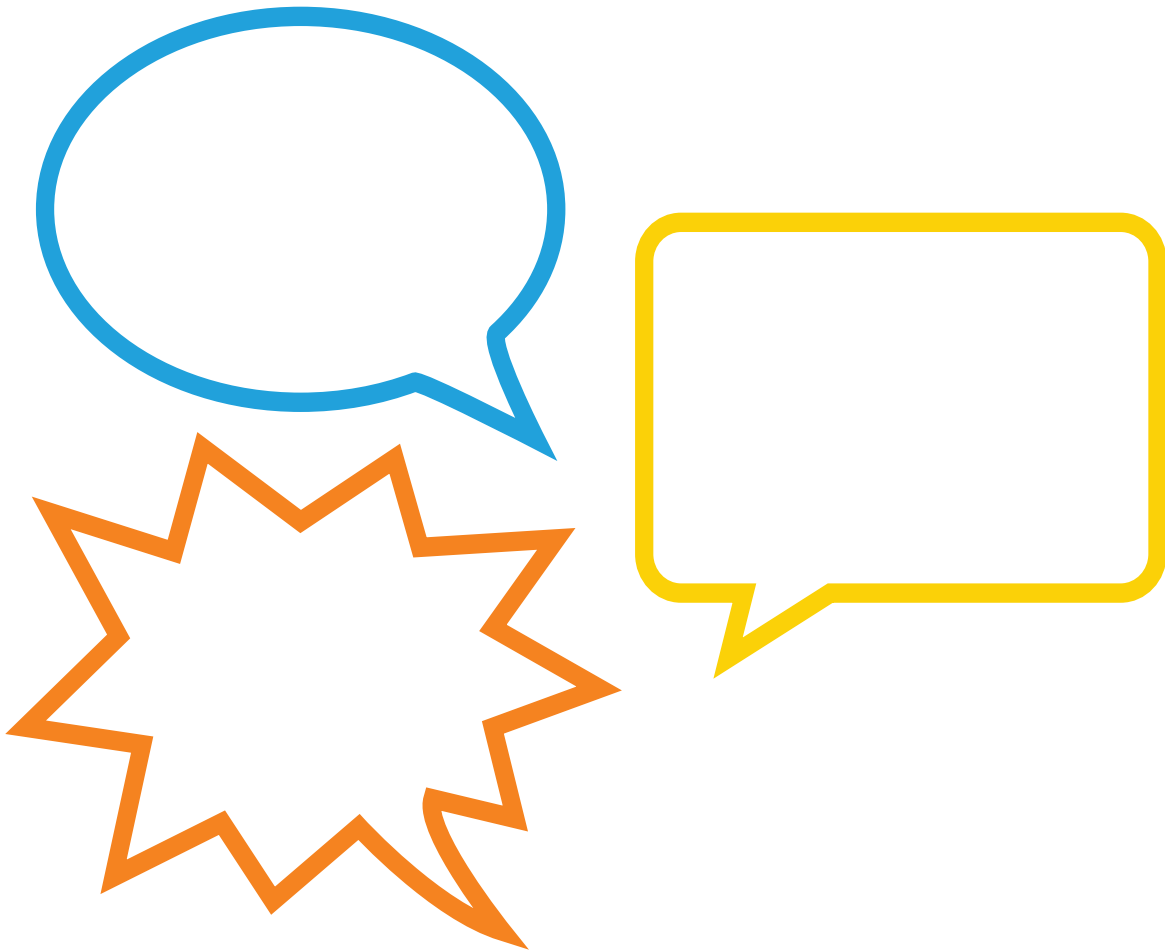
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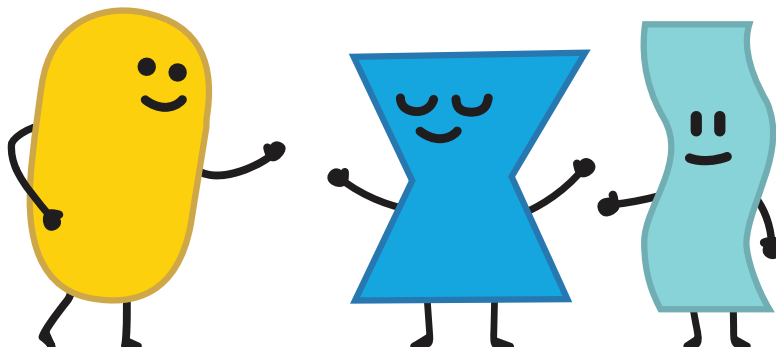
## Activity #1 - Independent Practice

**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!



## Activity #2 - Group Activity

Get into groups of 2-3 and practice using statements that encourage each other. Take a 30 second turn discussing and stating a way that you can help build confidence in your peers.



## Activity #3 - Extended Learning

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.

1. What habits do we have at home to help us stay happy and confident in our body image?
2. Why is it important that we do not compare ourselves to people we see on TV or on Social Media?
3. When I go through puberty, what changes might my body go through that could affect my body image?



## Brain Quiz

1. **True or False:** Photoshopping and using filters can create unrealistic images and make you think there is a perfect or ideal body type.
2. What is an eating disorder?
  - A. When you love all food but you do not let yourself eat certain foods.
  - B. Eating whenever you feel like it and whatever food you feel like.
  - C. A mental illness where people don't eat enough, vomit their food, eat too much or exercise too much.
3. Negative body image may cause you to want to change your \_\_\_\_\_  
\_\_\_\_\_.

