



About Body Image - Level 3

Student Activity Guide

Think About It

1. What does it mean to have a healthy body image?

Brain Quiz!

1. How we think about our physical appearance when we look in the mirror or picture ourselves in our mind is called our _____.

2. Signs of a positive body image are all of the following EXCEPT:

- a. Believing you are beautiful regardless of shape
- b. Feeling ashamed, self-conscious, or anxious about your body
- c. Celebrating and appreciating your natural body shape
- d. Feeling proud and accepting of your unique body

3. Excessively checking one's appearance:

- a. Bulimia Nervosa
- b. Anorexia Nervosa
- c. Body Surveillance
- d. Exercise Addiction

4. Signs of a negative body image are all of the following EXCEPT:

- a. Being convinced that only OTHER people are attractive
- b. Seeing parts of your body as different than they are
- c. Feeling continually ashamed, self-conscious or anxious about your body
- d. Understanding that your unique body shape is a beautiful representation of you

5. A negative body image may be caused by:

- a. Positive Self-Esteem
- b. Healthy Parenting
- c. Being teased or bullied for how you look
- d. Positive Peer Relationships

Activity #1 Write About It:

Journal: What do you like about the way that you look? In what ways can you appreciate your body for how it looks and what it does for you? Write a love letter to your body.



Activity #2 Group Activity:

Music can be a powerful mood-setter. In groups of 3-5 students, brainstorm songs that promote a positive body image and/or self-esteem. Write notable lyrics from these songs and share the groups favorites with the class. Listen to music that helps you feel positive about yourself when you notice that you may be feeling negative about your self-image.



Activity #3 Art Activity:



Create Artwork that illustrates the checklist for creating a positive body image. Feel free to modify the list:

- I will respect and celebrate differences in myself and others.
- I will accept and honor my body.
- I will tell my body what I appreciate about it.
- I will value what is natural, unique, and beautiful about my body.
- I will analyze how media images may negatively affect my body image.
- I will take good care of my body.
- I will learn to eat a balanced diet.
- I will stay active to keep my frontal lobe and body healthy.

