

Body Image Boosters

Goal

- To brainstorm qualities that help youth feel good about themselves.

Senior 1-4 Education Curriculum Connections

This activity contributes to the following Student Specific Learning Outcomes:

Guidance Education GLOs under Personal/Social Component.

Physical and Health Education

- *K.4.S1.A.1 Examine personal strengths, values, and strategies for achieving individual success and a positive self-image.*
- *K.4.S2.A.1 Assess personal attributes and talents across a variety of domains, and assess how each contributes to self-esteem/self-confidence.*
- *11.MH.2 (Grade 11 Module C) Examine media influence(s) on self-image and behaviour.*

Option 1: Body Image Booster

Have Ready

- Body Image Booster handout.
- Pens

Instructions

- Ask youth to fill out the Body Image Booster (see the following page for copies).
- Give the youth the following instructions: **1. Think about three things that you like about your body. It can be difficult to think of those things. Are we supposed to like ourselves? Of course! Liking ourselves is incredibly healthy.**
- **2. Write down three of your best personality traits. We all have strengths. Is anyone here a good friend? Think about the things about your personality that you really like, or that make you a good friend, and write them down.**

- **3. Write down a compliment someone gave you that made you feel good. It can be about how you look, or write down something about what's great about you on the inside. You can also write down something you are good at/or proud of.**
- **4. Lastly, write down a piece of clothing or accessory that makes you feel good.**

Option 2: I Am: Body Image Booster

Have Ready

- I Am: Body Image Booster handout.

Instructions

- Ask youth to fill out the Body Image Booster (see following page for copies).
- We are exploring the positive qualities that make up who we are as a person. Take a moment to turn this figure into a drawing of yourself by adding basic things like hair, feature, clothing etc.
- Now, list all the qualities, abilities, and roles you have that make up who you are. Fill in the figure with all these positive labels.
Note: If youth need examples suggest things like I am a good friend or I am creative etc.

Debrief

- We are all made up of more than how we look on the outside. We all have skills, abilities and roles that help us in feeling healthy in our bodies, minds and hearts. **If you are ever feeling down on yourself, it can be helpful to take a moment and reflect on your gifts. If we are struggling to remember the gifts we have, ask someone close like a friend or family member as they often know our gifts even when we forget.**

BODY IMAGE BOOSTER

3 things about your body that you enjoy:

3 of your best personality traits:

A compliment you received that made you feel good:

A piece of clothing or an accessory that makes you feel good:

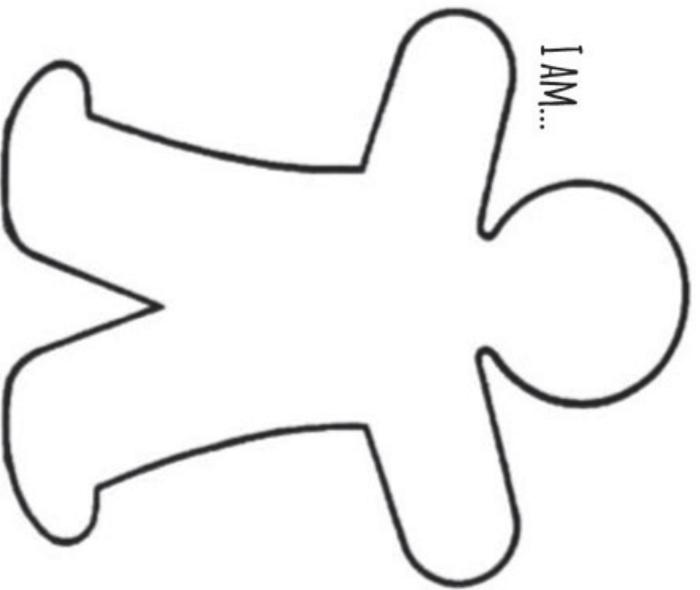
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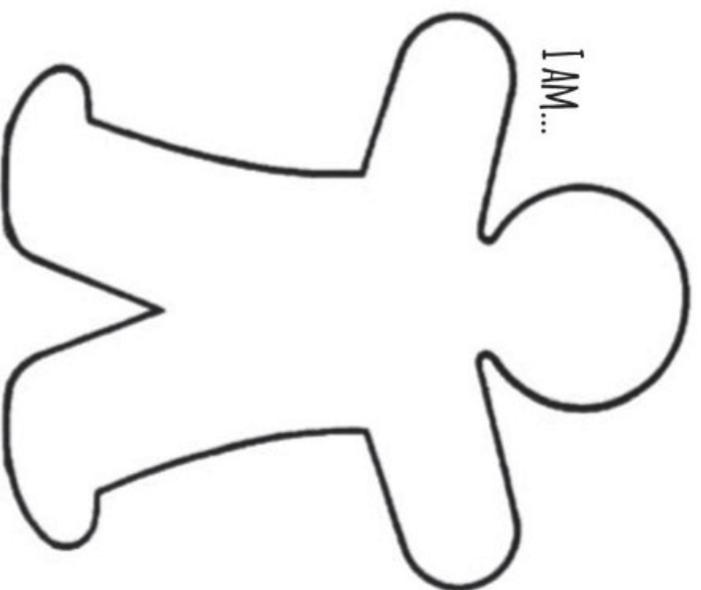
Take a minute to turn this figure into you by drawing in hair, clothes etc.

Now, write all the positive qualities, abilities and roles you have, etc. on and around the drawing.

Some examples could include

- | | | | |
|---------------|----------|-----------|---------------|
| A good friend | Funny | Caregiver | Sporty |
| Creative | Reliable | Smart | Compassionate |

You can see how we are much more than just how we look on the outside



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