

Body Image Boosters

Recommended Age: 12+

Goal

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

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 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/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.
- Pens.

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, features, 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:

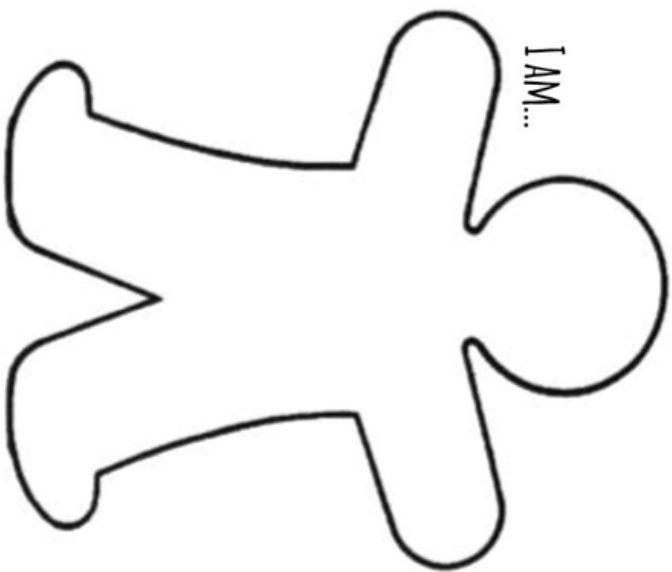
BODY IMAGE BOOSTER

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



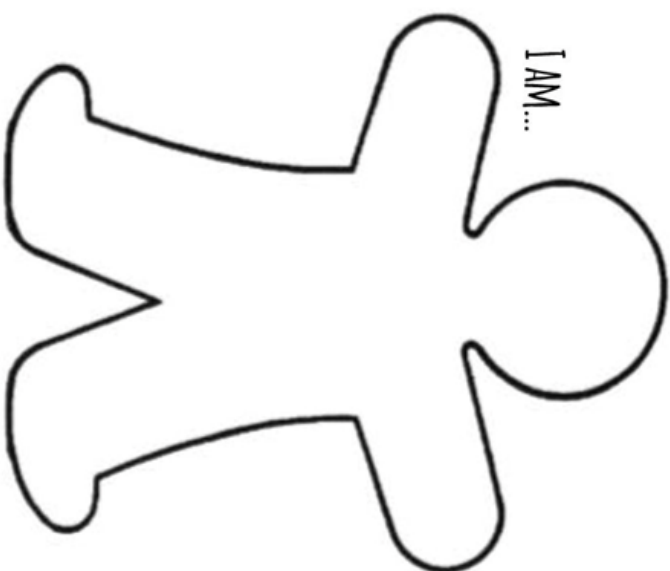
Take a minute to turn this figure into you by drawing in hair, clothes etc.

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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