



GRADES
4-5

Confronting Comparisons to Build Body Confidence

POSITIVE AFFIRMATIONS

Timing

20 minutes

Materials

- Sticky notes or small pieces of paper with tape
- Pens, pencils, colored pencils, or markers
- **Positive Affirmation Examples** family handout

Did You Know?

Body image can be defined as a person's thoughts, feelings, and behaviors related to appearance. In other words, body image is how we view our bodies.¹ Many things can affect body image, including family, friends, and the media. Research has found that comments and criticism of size, weight, and shape from parents and family contribute to kids feeling bad about their bodies. This body dissatisfaction can lead to depression, low self-esteem, and eating disorders.² As parents, you can help support your children by providing positive statements that focus on qualities and skills and not on appearance. For more resources including articles and activities, visit www.dove.com/selfesteem.

Activity Overview

In this activity, each member of the family will leave positive messages for other family members to see each morning. Families will then meet to discuss how seeing the daily messages affected their feelings or mood for the rest of the day.

¹ Cash & Pruzinsky, 1990; Cash & Smolak, 2011

² Evans et al., 2012

Learn & Grow Together

Discuss

With your family, discuss the concept of positive affirmation, or positive thoughts that help you fight against any negative thoughts or feelings you have. As a family, how often do you freely offer positive comments that are not about appearance? How might the feelings in your home change if each family member received at least one positive comment or note every morning before leaving the home?

Do

- Each family member should use a sticky note or small piece of paper to write at least one positive affirmation note for every other family member.
- Notes should focus on positive affirmations that are not connected to physical appearance. Some examples have been provided for you.
- Leave these notes for others to find. Examples include in the person's lunchbox, taped to the bathroom mirror, or stuck to the coffee maker.
- After 2–3 days, meet to discuss how each person felt when he or she received a positive affirmation and how it changed the course of his or her day.



Positive Affirmations Examples

1. I believe in you!
2. There's only one you—celebrate!
3. You'll do great on your test today!
4. I can't wait to see you after school!
5. You are kind and brave.
6. I am so happy I am your _____ (mom, dad, sister, brother).
7. Every day is a fresh start.
8. I am so excited to _____ with you this weekend!
9. You're on the right track in _____.
10. I know it's hard, but your work will pay off!
11. You know what to do!
12. Have a great day.
13. I love you!
14. Thank you for your help with _____.
15. Embrace the adventure today!



There's only one
YOU!

