



GRADES
4-5

Confronting Comparisons to Build Body Confidence

APPRECIATING OUR BODIES

Timing

20 minutes

Materials

- Construction paper or cardstock
- Coloring materials and other art supplies
- **Examples of Positive Body Affirmations**
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 about size, weight, and shape from parents and family increase body dissatisfaction. Body dissatisfaction is linked to depression, low self-esteem, and eating disorders.²

Parents can help support their children by providing positive comments to celebrate the uniqueness of each person's body. Parents can also model body positivity and acceptance in the home by avoiding negative comments about their own bodies.

Activity Overview

In this activity, families will have an open and honest discussion about the way they talk about physical appearance and expectations in the home. Then, family members will create signs of positive body affirmations to hang around the home to help each member feel comfortable and confident in their own unique body.

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

² Evans et al., 2012

Learn & Grow Together

Discuss

With your family, discuss the ways body type and appearance are referenced in the home. How does each family member talk about their own body? How does each person talk about the bodies of others? It may be useful to incorporate some “I statements” to clearly express feelings and allow for open discussion between children and parents. For example, “I feel pressured when you mention how adorable I look because it seems like you always expect me to look a certain way,” or “I feel hurt when you compare my body to my brother’s body because we look different.”



Do

- Using construction paper or card stock, work together to create positive body affirmation posters to hang around the house.
- Each person should create at least one sign and decide where to place it so it can be easily seen. Some examples have been provided for you.
- After one week, meet to discuss how the affirmations may have changed the feelings in your household. Has everyone been more aware of the comments they make about themselves and others? How has this affected the rest of the family?



Examples of Body Affirmations

1. I am beautiful.
2. I respect my body.
3. I love my body just the way it is.
4. My worth is not determined by my weight.
5. I use food to nourish my body.
6. I thank my body for carrying me through my day.
7. I am beautiful and unique.
8. I will take good care of this body.
9. I am surrounded by love.
10. My body radiates kindness.
11. I am learning to love my body.
12. I can be a good example for my children and show them how to love themselves.
13. My body deserves to be treated with love and respect.
14. I am conscious of my choices.
15. I will not let anyone tell me how I am supposed to look.



I am beautiful and
UNIQUE!

