



FAMILY ACTIVITY

**GRADES
4-5**

Confronting Comparisons to Build Body Confidence

LET'S "THINK!"

Timing

20 minutes

Materials

- Toothpaste
- Disposable plate
- **"THINK"** Family Handout
- Optional: bracelet-making materials, including string and beads

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 influence body dissatisfaction. Body dissatisfaction is linked to depression, low self-esteem, and eating disorders.²

Parents can help support their children by avoiding body talk. When paying a compliment to a child, focus on attributes other than appearance. Families can also practice the **"THINK"** strategy before speaking or writing about another person by asking the following questions: Is it true? Is it helpful? Is it inspirational? Is it necessary? Is it kind?

Activity Overview

In this activity, families will discuss the power of words and share a time that they said or posted something they later regretted. They will then do a demonstration illustrating how hurtful words cannot be "taken back," and pledge to **"THINK"** before they speak or post. As an option, families can choose to create bracelets to wear that will help remind them to carefully consider their words and the way they affect others.

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

² Evans et al., 2012

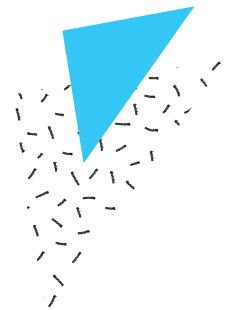
Learn & Grow Together

Discuss

With your family, discuss times when each person has said or posted something and later regretted it.

Do

- Squeeze a large amount of toothpaste onto the disposable plate. Hand the tube to a family member and ask that person to put all the toothpaste back in the tube. If the first member says it is impossible, ask another member until consensus has been reached that it is not possible to put the toothpaste back in the tube.
- Share with the family that just as the toothpaste cannot be put back in the tube after you've squeezed it out, their words cannot be forgotten after they have said them to another person or posted them online.
- Read the **"THINK"** handout together as a family and discuss how this might help the family consider other people's feelings before they speak, text, or post online?
- As an option, each member of the family can create a bracelet that spells the letters **"THINK"** using beads and string and wear it as a reminder. If your family decides not to make bracelets, brainstorm other ways they can remember to use this strategy each day, like posting the handout in a strategic place in the home.
- After 3–5 days, meet to discuss how the **"THINK"** strategy has worked for each family member. Have comments been more carefully considered?



Is what I am about to say...

TRUE?

HELPFUL?

INSPIRATIONAL?

NCESSARY?

KIND?

