



GRADES
4-5

Bullying & Teasing and Their Effect on Body Confidence

MY BODY CAN...

Timing

30 minutes

Materials

- Paper or poster board
- Markers
- Scissors
- Tape or glue
- Magazines, catalogues, mailers, etc.
- Optional: device with internet and printer access
- Optional: Steven Universe “[Your Magic Mind and Body](#)” e-book www.stevenuniverse.selfesteem.com/storybook.html
- Optional: [Your Magic Mind and Body](#) Family Handout and answer key

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. Negative body image refers to having negative feelings and behaviors related to the body’s appearance and functionality. Positive body image is love and respect for the body that allows individuals to appreciate functions the body performs for them.²

Parents can help support their children by focusing less on appearance and more on the amazing things that our bodies can do.

Activity Overview

In this activity, families will discuss all of the things that their bodies allow them to do. Family members will collect images, words, or pictures to describe the things their bodies allow them to do that they appreciate and create collages.

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

² Wood-Barcalow, et al., 2010; Tylka & Wood-Barclow, 2015

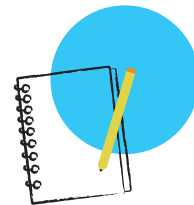
Learn & Grow Together

Discuss

With your family, discuss the concept of body functionality, or what your bodies are capable of doing rather than how they look. As a family, what things do you like to do together to stay active? What do you like to do together to have fun? Discuss unique skills you each have.

Do

- Each member of the family should write “My Body Can...” across the top of a sheet of paper or poster board. Brainstorm things that your bodies can do. Examples can range from basic bodily functions like breathing and digesting food for energy, to gross motor skills like walking, to specialized skills like recognizing different music notes or doing a handstand.
- Search through available materials to find pictures, words, etc. that represent all of the things your bodies can do. Family members can also draw or find and print images from the computer.
- Each family member should glue or tape their collection of words and images into a collage on their paper. Each member can show their collages to the rest of the family and explain all of the amazing things his or her bodies can do.
- Consider displaying your collages in a place of prominence in your household.



Take it Farther (Optional)

- Direct your internet browser to the Steven Universe “[Your Magic Mind and Body](http://www.stevenuniverseselfesteem.com/storybook.html)” e-book (www.stevenuniverseselfesteem.com/storybook.html).
- Provide each member of the family with the opportunity to work through the e-book, entering his/her name and customizing the story for his/her preferences. Each family member should read through the story he/she created with his or her customizations..
- After each member has had the opportunity to create and read his or her custom e-story, use the optional discussion sheet to reinforce what the family has learned.

Your Magic Mind and Body

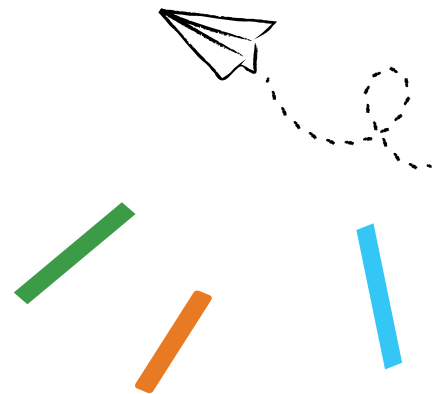
The main idea of the “Your Magic Mind and Body” e-book is that every human is _____!

All of the topics talked about in “Your Magic Mind and Body” relate to:

1. Body Talk
2. Body Functionality
3. Body Confidence
4. Body Odor

What are some of the unique skills and functions that human bodies have that have nothing to do with how they look?

Give each member of the family the opportunity to write his or her favorite thing about his or her body that has nothing to do with how it looks:



Your Magic Mind and Body: Answer Key

The main idea of the “Your Magic Mind and Body” e-book is that every human is unique!

All of the topics talked about in “Your Magic Mind and Body” relate to:

1. Body Talk
2. Body Functionality
3. Body Confidence
4. Body Odor

What are some of the unique skills and functions that human bodies have that have nothing to do with how they look?

- Automatic functions like breathing, reflexes, and heartbeat
- Healing from illness and injuries
- Sleeping and growing
- Digest food for energy and nutrients
- Combine DNA to form a baby
- Grow a human inside of another human
- Ability to love and feel emotion

Give each member of the family the opportunity to write his or her favorite thing about his or her body that has nothing to do with how it looks:

- Answers will vary: I am Kind. I am funny. I am smart. I am hard working. I am good at spelling. I am good at riding my bike.

