

Body Image Activity Guide Grade 3-5



Know Your Neuro

Quiz Time!

- 1) How we think about our physical appearance when we look in the mirror or picture ourselves in our mind is called our _____.
- 2) Signs of a positive body image are all of the following EXCEPT:
 - A. Believing you are beautiful regardless of shape
 - B. Feeling ashamed, self-conscious, or anxious about your body all the time
 - C. Appreciating and celebrating your natural body shape
 - D. Feeling proud and accepting of your unique body
- 3) A mental health illness related to abnormal eating habits and distorted body image which cause significant emotional and physical health problems, and an increased risk of death.
 - A. Eating disorder
 - B. Perfectionism
 - C. Body Surveillance
 - D. Chronic worrying



- 4) The beauty, diet, and food industries combined with what is seen on TV and online greatly shape expectations of body shape in what ways:
 - A. Shaping ideas of the perfect body based on culture
 - B. Creating unrealistic body shape expectations
 - C. Added unneeded stress and worry about body shape
 - D. All of the above
- 5) On average, how many pounds do teenagers gain as their bodies naturally fill out during middle and high school?
 - A. None, they are supposed to stay exactly the same
 - B. About 40lbs.
 - C. No more than 5.26lbs.
 - D. Definitely as much as their parents did
- 6) It is normal to worry about your weight and appearance but not overly worry or obsess. True or False
- 7) Because of the brain's rule, use it or lose it, having negative thoughts about your body may develop into long networks of brain cells that get used so often that it has a negative affect on your development. True or False

Activities

Letter to Your Body

Write a letter to your body specifying the following:

- What do you like about the way that you look?
- In what ways do you appreciate your body for how it looks?
- In what ways do you appreciate your body for what it does for you?
- What positive things you can say to appreciate your unique body shape?

A Unique Work of Art

Create a piece of artwork or song that illustrates the values and behaviors for creating a positive body image:

- I will respect and celebrate differences in myself and others.
- I will accept and honor my body.
- I will value what is natural, unique, and beautiful about my body.
- I will take good care of my body
- I will learn to eat a balanced diet
- I will stay active to keep my frontal lobe and body healthy

Thankful Body Outline

On a blank sheet of paper, draw an outline of your body. Label the parts of the body with a sentence or word that describes how thankful you are to that part and why. Examples:

- My arms help me to hug my family and friends.
- My legs help me run, play and walk.
- My ears hear the kind words me and my friends say.
- My stomach helps me eat healthy, nutritious food.

