

Body Image Activity Guide Grade 6-12



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) Perceiving or believing your weight is significantly different than what it actually is may be a symptom of which eating/body image issue:

- A. Bulimia Nervosa
- B. Anorexia Nervosa
- C. Body Surveillance
- D. Exercise Addiction

5) Saying negative body comments or “fat talking” yourself or others is called:

- A. Exercise addiction
- B. Body shaming
- C. Bulimia Nervosa
- D. Positive Body Image

6) 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 perception based on culture
- B. Creating unrealistic expectations
- C. Added unneeded stress and worry about body shape
- D. All of the above

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

Become a Youth Leader

Check out the Dove Project Youth Leader information at

www.dove.com/us/en/dove-self-esteem-project/self-esteem-resources-for-youth-groups.html

Use the Dove Self-Esteem Project tool to host a positive body image artwork or song contest, body confidence group or event, or peer mentoring program for your school or community group.