

My Sassy Self

Positive Body Image



## Connect!

# My Sassy Self: Positive Body Image

### *Time*

10 minutes

### *Objective*

For each girl to say something positive about her body

### *Materials*

Container or cup

Slips of paper and pencil

### *Preparation*

Write a different body part (*hair, eyes, legs, arms, hands, ears, etc.*) on separate slips of paper. Fold the slips and place them in the container or cup.

### *Activity*

Have the girls stand or sit in a circle. As the container or cup is passed around the circle, each girl picks out a slip of paper. Each girl then describes something positive about the body part that she picked.

### *Process Questions*

- ✿ Did you think it was hard to think of something positive about the body part you picked?
- ✿ Talk about why every part of our bodies and our appearance is special.

# Proud to Be Me

## OBJECTIVE

Girls will think about and learn to discuss the importance and uniqueness of their bodies and physical appearance.

## MATERIALS

A copy of the Heart Handout for each girl  
Scissors  
Crayons or colored markers  
Tape or paperclips

## PROCEDURE

1. Begin this activity by talking to the girls about the uniqueness of every person's body and appearance. Talk about how uniqueness is not always respected or appreciated by ourselves or others. However, it is often this uniqueness that makes us the special, talented people that we are.  
  
For instance, someone may feel self-conscious about wearing glasses, but glasses help the person have great vision.  
Someone may be embarrassed about having big feet, but big feet may help a person be a faster swimmer.  
Someone may be really tall and may wonder about how this can be wonderful. Being tall can help the person see well in a crowd.
2. Ask everyone to think about something that is unique about her body or appearance. It may be something that makes her feel self-conscious.
3. Give each girl a copy of the Heart Handout and distribute the art supplies.
4. Instruct the girls to cut out the heart and to complete the sentence "I am proud of my \_\_\_\_\_ because \_\_\_\_\_ !" naming a body part and the reason. Encourage the girls to decorate their hearts.

5. Have the girls tape or paperclip their hearts near the body part that makes them proud. For example, someone who is now proud of her braces can tape the heart next to her mouth!
6. Have the girls stand in a circle, look at one another's hearts, and share what makes them proud.
7. After sharing, instruct the girls to remove the hearts. Encourage them to take the hearts home and tape them on a mirror or somewhere else they will see them daily, as a reminder to be proud of their bodies and themselves.

### **CLOSING QUESTIONS**

- ✿ How does it feel to say great things about your body and appearance?
- ✿ What did you learn about yourself in G.I.R.L.S. today?
- ✿ How will you use what you have learned today in the future?

### **Grades 3–5 Alternative**

Give girls two or three hearts to complete and share.

# Heart Handout

I am proud of my \_\_\_\_\_  
because \_\_\_\_\_!

I am proud of my \_\_\_\_\_  
because \_\_\_\_\_!

# What You See Isn't Always What You Get

## OBJECTIVE

Girls will gain knowledge about how the media function to increase their understanding of how advertising techniques affect them.

## MATERIALS

Magazines including plenty of advertisements for toys, games, and clothing that are appealing to girls

Scissors

Glue

Crayons or colored markers

Drawing paper

## PROCEDURE

1. Talk to the girls about the meaning of the word *advertisement*. Discuss commercials on television and in catalogs and magazines. Ask the girls to talk about things they have seen advertised that they would like to own.
2. Give the girls the magazines and art materials. Instruct them to go through the magazines and cut out the advertising images they like.
3. When they have cut out a number of images, have them each create a collage on a separate piece of paper. Encourage them to decorate the collages as well as glue the images to them.
4. When they are finished, have each girl display her collage to the group and describe what she likes about it and why she picked the images she did.
5. Ask the girls the closing questions to help explore the critical and mixed messages that the media project.

## CLOSING QUESTIONS

- ✿ What did the facial expressions look like on the people in the advertisements? Were they happy?
- ✿ Have you ever wanted something because everyone else had one or you thought you would be happy if you owned it?
- ✿ Have you ever gotten something you wanted, only to be disappointed because it did not work or look the way you thought it would?
- ✿ What did you learn about yourself in G.I.R.L.S. today?
- ✿ How will you use what you have learned today in the future?

# Feeling Fine

## OBJECTIVE

Girls will learn that everyone possesses beauty within and gain respect for themselves and others.

## MATERIALS

A lunch-sized paper bag for each girl  
Index cards and pencil  
Drawing paper  
Crayons or colored markers

*Prior to the meeting, write each girl's name on an index card and place it inside a paper bag.*

## PROCEDURE

1. Ask the group about girls (they may be famous or simply girls they know) who are popular or who they admire. Ask them to share the reasons they admire these girls. Often girls will talk about the attractiveness or "coolness" of these girls.
2. Give each girl the paper bag with her name in it. Tell the girls that inside their bag they will find the name of the coolest girl that there is. Instruct them not to open the bag. Encourage the girls to brainstorm names of people they believe will be inside.
3. Open the bags together.
4. After the girls have opened their bags and found their own names inside, talk about how they felt seeing themselves described as the coolest girl there is.
5. Give each girl a sheet of paper and distribute the crayons or markers.
6. Instruct the girls to draw themselves and decorate their drawings with words, symbols, and other pictures showing all the great things about them.

7. After the girls have finished drawing, have them share their pictures with the group.

### **CLOSING QUESTIONS**

- ✿ What can you do to remind yourself of all the great things about you?
- ✿ What did you learn about yourself in G.I.R.L.S. today?
- ✿ How will you use what you have learned today in the future?

### **Grades 3–5 Alternative**

Instruct the girls to include a short paragraph on their sheet of paper describing the great things about themselves.

# Fill Me Up!

## OBJECTIVE

Girls will learn to center their body thoughts positively and focus on all of the great things their bodies do for them.

## MATERIALS

A body-length sheet of paper for each girl  
Magazines and newspapers  
Scissors, glue  
Crayons or colored markers

## PROCEDURE

1. Begin by asking the girls what they like about their bodies—ask them to refrain from saying anything negative.
2. After the discussion, place the girls in pairs.
3. Give each girl a long sheet of paper: One girl lies down while her partner traces around her body, then the girls reverse positions. Assist the girls in tracing each other's bodies. (It may be difficult for some.)
4. When the girls have completed tracing around each other's bodies, instruct them to use the magazines, newspapers, and art supplies to fill their bodies with positive images, thoughts, colors, and phrases.
5. Encourage the girls to discuss their body collages with their partners while they work.
6. Upon completion, have the girls present their body collages to the group. Focus on what an incredible machine the body is and how we need it for everything we do: moving, thinking, breathing, and so on.

## CLOSING QUESTIONS

- ✿ How do you see your body differently now?
- ✿ What did you learn about yourself in G.I.R.L.S. today?
- ✿ How will you use what you have learned today in the future?

## Girl Talk

# My Sassy Self: Positive Body Image

1. What are your thoughts and feelings about your body?
2. Has anyone ever made a negative remark about your body? How did you respond? What were your thoughts and reactions?
3. What do you think about when you see a beautiful, smiling girl wearing the latest fashion in a television commercial? Does it make you want to buy those clothes?
4. What are qualities you admire in others?
5. What are qualities you admire in yourself?
6. Are you affected by other people's opinions about your appearance?
7. If someone laughed at the way you look, how would you feel? Would you want to change something, or would you accept yourself as you are?
8. Do you compliment others on the way they look or about something they can do? Why or why not?
9. Do you have an adult female role model that you admire? What makes her so great?
10. Is it difficult to talk about the great things about your appearance? Why or why not? Tell the group what you like!

## Today in G.I.R.L.S.

# My Sassy Self: Positive Body Image

Dear Parent or Guardian:

Thank you for allowing your daughter to participate in the G.I.R.L.S. group. We have had a great time exploring our perceptions and beliefs about our bodies and physical appearance. Girls often struggle with accepting themselves and embracing their positive qualities. From an early age, girls need to be reminded about how beautiful they are and what an incredible machine their body is! They need to learn to appreciate what their bodies do for them and respect themselves, regardless of shape, size, color, and so forth.

Here are some fun ideas for you to try at home:

- ❁ Over dinner or in the car, have the whole family share something great about themselves and one great thing about everyone else in the family. Encourage your family to continue to compliment themselves as well as one another.
- ❁ Help your family focus on health, rather than body size or shape. Together, you can take an after-dinner walk or visit the park on the weekends. Swimming, running, even throwing the Frisbee are fun ways to promote health and strength.

### *Reading Resources*

*Stand Tall, Molly Lou Melon*, by Patty Lovell, illustrated by David Catrow (New York: Putnam Juvenile, 2001)

*It's Okay to Be Different*, by Todd Parr (New York: Little, Brown Books for Young Readers, 2004)

*Incredible You! 10 Ways to Let Your Greatness Shine Through*, by Wayne W. Dyer and Kristina Tracy, illustrated by Melanie Siegel (Carlsbad, CA: Hay House, 2005)

*I Like Me*, by Nancy Carlson (New York: Puffin Books)

*Chrysanthemum*, by Kevin Henkes (New York: Puffin Books)

***Thank you again for your support, involvement, and concern for making a difference in your child's life!***

Sincerely,

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## Just for Fun

# My Sassy Self Seek-and-Find

T A D M I R E C Y R  
P B E R T F J I I O  
Q R O W Y S F N P L  
L N S D H A E S N E  
W O U A Y H B I F M  
A M O U T S I D E O  
Y F L K A L M E R D  
H E M D S K L P D E  
A B E A U T Y Y E L  
S D M A K V Y U W S

### *Directions*

Find the following words:

**ADMIRE**      **ROLE MODEL**      **BEAUTY**      **BODY**  
**LOOKS**      **INSIDE**      **TV**      **OUTSIDE**

- \* Words can be horizontal, vertical, or diagonal.
- \* Think about the meaning of these words and how they have been used in our G.I.R.L.S. group.

*Answer on page 187.*

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