My Amazing Body

My body is not a decoration. It is the home that carries me through every day.

Name: _____ **Date:** _____

1 What my body can do

Tick the things your body helps you do

- [ ] Run and jump
- [ ] Give hugs
- [ ] Dance or swim
- [ ] Taste yummy food
- [ ] Hear music
- [ ] Heal a scrape
- [ ] Build and draw
- [ ] Something else

2 What I like about me

Not about looks. Tick what is true, or ask someone who loves you

- [ ] I am kind
- [ ] I am funny
- [ ] I am brave
- [ ] I am creative
- [ ] A good friend
- [ ] I am curious
- [ ] I keep trying
- [ ] Something else

3 When I hear body talk

Mean words about bodies are not okay. Here is what I can do

- [ ] Say "stop"
- [ ] Walk away
- [ ] Tell a grown up
- [ ] Change the topic
- [ ] Think of my body's jobs
- [ ] Stick up for a friend
- [ ] Take a screen break
- [ ] Something else

4 Thank you, body

For me and my grown ups

Today my body helped me: _____

Something fun I want to try: _____

I want grown ups to know: _____

Draw something fun your body helped you do:

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My Body Kind Plan

All kinds of bodies are good bodies. I can be kind to mine, inside and out.

Name: _____ **Date:** _____

1 Swap the body thought

Catch an unkind thought about your body. Then try a kinder, true one

An unkind body thought I had: _____

Where it came from (TV, a friend, me): _____

A kinder, true thought: _____

What my body did for me today: _____

2 My body kind habits

Choose a few with your grown up

- ☐ Eat meals and snacks
- ☐ Move in ways I enjoy
- ☐ Sleep well
- ☐ Drink water
- ☐ Comfy clothes
- ☐ Fewer screens
- ☐ No comparing
- ☐ Something else

3 My body kind week

Color a star for each one you did today

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
I thanked my body	☆	☆	☆	☆	☆	☆	☆
I said a kind thing	☆	☆	☆	☆	☆	☆	☆
I moved for fun	☆	☆	☆	☆	☆	☆	☆

4 For the grown up helper

Talk about what bodies do and who your child is, not weight or shape

Skip weight talk, diet talk and comments about your own body or anyone else's. Never tease about weight.

If teasing about looks happens at school or online, take it seriously and tell the school.

See your pediatrician if your child diets, skips meals, hides food, makes themselves sick or worries a lot about weight.

US: crisis, call or text 988. Emergency, call 911. These pages do not replace professional care.

Grown up notes: words we use at home, what to share with the school

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