

My Body, My Bravery Unapologetically Me

For Girls,
ages 12 - 18

girl scouts
of california's
central coast



Welcome to our Body Positivity Skills Program! This kit is designed to help you learn and practice important body positivity skills. Each time you master a new skill, you get to add a cool sticker to your water bottle. **Let's get started!**

Instructions:

Step 1: Choose a Lesson

Start by choosing a body positivity skill lesson from the set provided. Each lesson helps you appreciate and respect your body just the way it is—an important step toward confidence and self-love!

Step 2: Learn and Practice

Review the lesson with a parent, teacher, or friend. Practice applying the body positivity skill in different situations to build confidence in appreciating and respecting your own body and the bodies of others.

Step 3: Master the Skill

Once you've mastered a body positivity skill, you'll feel more confident in your own skin and can draw on it whenever you need to treat yourself with patience, kindness, and understanding.

Step 4: Get a Sticker

Now, let's celebrate your accomplishment! Find the sticker that represents the body positivity skill you practiced. Carefully peel it off.

Step 5: Stick It to Your Bottle

Place your sticker on your water bottle in the matching spot as a reminder of your commitment to practicing body positivity skills every day!

Step 6: Repeat and Collect

You're doing amazing! Strengthen your body positivity skills by taking on another lesson—learn, practice, and master it. And don't forget to collect more stickers as you grow!

Tolerance Skill Lessons:



I Love How I Move

Take time to appreciate what your body can do by focusing on its abilities rather than its appearance. Choose a form of movement that feels right for you—this could be a walk, stretching, a workout, or playing a sport. Afterward, take a moment to reflect by journaling about how your body felt during the activity and what it allowed you to do. Then write one statement expressing appreciation for something your body helped you accomplish. When you can name a function you're grateful for, place your sticker and celebrate what your body makes possible.



My Body Helps Me Explore

Step slightly outside your comfort zone by trying something new, speaking up in a conversation, or exploring an idea you've never considered before. Notice how your body feels before you take that step—maybe nervous, unsure, or excited. Afterward, take a moment to reflect on how it feels once you've done it. Each time you challenge yourself and try something beyond what feels easy or familiar, you're practicing growth. Place your sticker when you recognize yourself growing in action.



I Can Do Anything

Think about something you've wanted to try but haven't been sure you could do. Write about what might be holding you back and how those worries make you feel. Then imagine what could happen if you tried anyway—what might you learn, even if it's difficult? Choose one small step you could take toward that goal and describe how you might start. Every time you act with courage and try something new, you grow your confidence and strengthen your ability to learn. Place your sticker when you take that brave step.



Strong Like A ____

Take time to recognize the different kinds of strength you carry inside you. Think about moments when you stayed calm during something difficult, kept going when something felt challenging, or used your creativity to solve a problem. Write down three strengths you have then choose one moment in your life where you showed strength quietly. You can write about supporting a friend, not giving up on a hard assignment, or any time you showed your strength. Each time you reflect on your own strength, you learn more about the power you have within yourself. Place your sticker when you recognize your own power.



Every Size Is the Right Size

Think about body standards and comparison culture by reflecting on the messages you see about beauty. Where do these standards come from—social media, advertisements, celebrities, cultural expectations, etc.—and how can they shape the way people see themselves and others? How can comparison affect confidence, self-worth, and the way we treat our bodies? Write your own definition of beauty based on what truly matters to you, such as kindness, strength, creativity, or individuality. When you choose comparison-free thinking, place your sticker. Celebrate appreciating yourself and others just as they are.



Kind to My Body, Kind to Others

Reflect on how you speak to yourself and the expectations you place on your own mind and body. Try writing down a negative thought you've had about your body and rewrite it as a kinder, more supportive statement. Think about the boundaries that help you feel respected and safe, and identify one boundary you can honor this week. When you choose self-respect, compassion, and healthy limits, you strengthen your relationship with yourself. Place your sticker after practicing kindness toward yourself.



I Am Changing - and That's Okay

Take time to reflect on the changes you've experienced over the past year as you grew. Think about how you may have changed physically, emotionally, or socially during this time. Write about one way that this growth has helped you better understand yourself or handle new situations. When you accept that change is a natural part of becoming who you are, place your sticker.



My Feelings Belong in My Body

Take time to notice how stress shows up in your body and how you can care for your nervous system. You might write about what stress feels like for you—maybe your shoulders get tight, your stomach feels uneasy, or your thoughts start racing. Think about what helps your body calm down. Practice a simple strategy like taking slow breaths, stretching or moving your body, or pausing for a moment before responding. When you notice yourself responding thoughtfully instead of reacting right away, place your sticker to celebrate taking care of your mind and body.



I Don't Compare - I Celebrate

Start noticing when you begin comparing yourself to others, especially while using social media. When you catch that feeling, pause and reflect by writing about what triggered the comparison and how it made you feel. Then think about what truth you can remind yourself of instead—such as your own strengths, progress, or the fact that social media rarely shows the full picture. When you interrupt a moment of comparison and replace it with a healthier thought, place a sticker to celebrate choosing self-kindness.



My Body Deserves Respect

Take a moment to reflect on consent, boundaries, and autonomy by writing about what respect means to you. You might describe a moment when you asked for or gave consent or when you noticed someone respecting another person's boundaries. Think about a boundary you want to strengthen and how you can communicate it clearly. Each time you practice making your own choices and respecting the choices of others, you help create a community built on trust and respect. When you enforce one of your boundaries, place your sticker!



Brave Enough to Be Me

Reflect on authenticity in your friendships, leadership, and identity. Write about a time when you felt pressure to fit in or change who you were in order to be accepted. What was that experience like, and how did it affect you? Then imagine what authenticity could have looked like in that moment. How might things have been different if you had felt comfortable being your true self? Place your sticker when you practice being your true self even if it seems hard. Every time you choose honesty about who you are, you help create spaces where others can feel safe to do the same.



I Change. I Grow. I Shine

Take time to reflect on your journey and the strength you've built along the way. Think about moments in your life that helped you grow or change. Create a "growth timeline" that shows important experiences that shaped who you are today. Try writing about a challenge you faced and how it made you stronger or helped you see yourself differently. Each time you recognize your resilience and the ways you've reinvented yourself, you celebrate your own unique kind of beauty. When you feel proud of that strength, place your sticker to mark the moment.

Explore valuable strategies for building body positivity and handling challenging situations with resilience by scanning the QR code.

