

My Body, My Bravery Unapologetically Me

Leader & Caregiver Guide

Girls ages 5 - 11



Thank you for helping your Girl Scout build valuable life skills through the Body Positivity Skills Program! This guide is designed to support you as you walk through each skill with your troop or Girl Scout. After completing each activity, they earn a matching sticker to place on their water bottles as a fun reward for mastering each new concept.

Instructions:

Step 1: Choose a Lesson

Help your Girl Scout to choose the body positivity skill lesson that interests them most. Each one is designed to help them grow their own self-image and understanding!

Step 2: Learn Together

Review the lesson together and encourage them to talk about what they learned. Help them find opportunities to practice body positivity in different situations to practice being kind to themselves and understanding of others!

Step 3: Practice

Encourage your Girl Scout to practice this skill in everyday situations so they can build confidence and use it when they need to stay calm and kind.

Step 4: Celebrate

Once they complete the activity, help them find and peel off the matching sticker so they can add it to their water bottle as a reminder of how awesome they are at using their body positivity skills!

Tolerance Skill Lessons:



I Love How I Move

Encourage your Girl Scout to explore different ways of moving each day—they might jump, stretch, spin, dance, crawl, or wiggle. Invite them to notice how strong and amazing their body is while they move. Ask them to draw a picture of themselves doing one of their favorite movements and help them finish this sentence: “My body helps me ____.” Once they can share at least one thing they love about how their body moves, they can place their sticker. Celebrate together and remind them of all the wonderful things their body can do!



My Body Helps Me Explore

Go on a mini adventure and help your Girl Scout explore something new! This could be taking a short walk outside together, going on a small scavenger hunt, or exploring a room in your home or their classroom. As they look around, encourage them to notice how their body helps them observe the world—things they can see, hear, touch, or smell. Ask them to draw or list three new things they discovered during the adventure. After they share one new thing they noticed, they can place their sticker. Remind them that even small adventures can help them learn something new about the world around them!



I Can Do Anything

Guide your Girl Scout through a fun movement challenge to help build their movement confidence. Invite them to try 10 jumps, 5 stretches, or even a silly wiggle dance to get their body moving. After they finish, encourage them to say out loud, “I can do hard things!” to remind themselves how strong and capable they are. They can place their sticker when they try something that felt challenging to them. Remind them that trying new movements helps their body grow stronger and confidence grow bigger. Let’s celebrate every brave try!



Strong Like A ____

Think about an animal that might help your Girl Scout feel strong and powerful. It could be a lion, an eagle, a bear, or any animal they like. Invite them to imagine how that animal moves, acts, and shows its strength. When they find one that feels right to them, encourage them to draw a picture of it or act like that animal. Then ask them to finish the sentence: “I am strong like a ____ because ____.” Have them place their sticker when they name their strength. Remind them that just like animals have special strengths that help them survive and thrive, they have strengths that make them strong too.



Every Size Is the Right Size

Encourage your Girl Scout to look around and notice that no two people are exactly the same—and that’s something to celebrate! Ask them to think about one thing that makes them unique. It could be something about how they look, something they’re good at, or something they love to do. Invite them to write it down and feel proud of it. Have them place their sticker when they celebrate a difference—their own or someone else’s. Remind them that our differences make us stronger. Everyone’s uniqueness is worth celebrating!



Kind to My Body, Kind to Others

Every day, invite your Girl Scout to do one small, kind thing for themselves. It could be something that helps their body feel good, like drinking water, resting, or doing a gentle stretch. Encourage them to say one kind sentence to themselves, just like they would say something nice to a friend. Have them place their sticker when they practice self-kindness. Remind them that taking care of their body and speaking kindly to themselves is an important way to show self-love. Let’s help them practice self-kindness a little bit every day!



I Am Changing - and That’s Okay

Growing means our bodies and minds change a little every day. As your Girl Scout grows, they might get taller, lose baby teeth, and learn new skills like reading, drawing, or helping others. Invite them to think about how they looked when they were younger and how they look now. Ask them to draw a picture of themselves from before and a picture of themselves today. Encourage them to notice what things are different. Maybe they are taller, stronger, or can do more things by themselves. After they finish, have them place their sticker and say together, “Growing is good!”



My Feelings Belong in My Body

Each day, guide your Girl Scout to practice noticing how their body feels when they experience different emotions. Encourage them to think about times when they feel happy, nervous, or excited. Ask them to point to where they notice that feeling in their body—maybe their tummy feels fluttery, their heart beats faster, or they feel warm and smiley. Have them to take three slow, deep breaths to help their body relax and focus. When they can name one feeling they noticed, help them to place their sticker to celebrate their great thinking and feeling skills!



I Don’t Compare - I Celebrate

Every person is unique, and that’s something to celebrate! Invite your Girl Scout to take a moment to think of one thing they like about themselves—maybe it’s their creativity, their kindness, or something they’re good at. Then encourage them to think of one thing they appreciate about someone else. It could be a friend’s sense of humor, a classmate’s helpfulness, or something that makes that person special. Have them place their sticker when they celebrate differences. Remind them that our differences help make our community stronger and more interesting!



My Body Deserves Respect

Their body belongs to them. It’s important to help them notice their personal space bubble and to guide them in respecting the bubbles of others, too. If something doesn’t feel right, encourage them to practice saying “No” or “Stop” in a strong and confident voice. You can also support them in making choices that help them feel safe and comfortable. When they honor their personal space and listen to their feelings, invite them to place their sticker to celebrate taking care of themselves!



Brave Enough to Be Me

Every day, remind your Girl Scout that it’s okay to be different. Each person has something special that makes them unique, and that’s something to be proud of. Invite them to think about one thing that makes them different—maybe it’s something they’re good at, something they love, or a special part of who they are. Encourage them to share it with others and stand tall as they say, “This is me!” When they show confidence in who they are, have them place their sticker and celebrate being uniquely them.



I Change. I Grow. I Shine

Explain to your Girl Scout that, just like a chameleon, they are growing and changing in their own special way every day. Invite them to color a picture of a chameleon using their favorite colors to represent how unique they are. Then encourage them to say out loud, “I grow in my own way!” When they can name one way they’ve grown, have them place their sticker to celebrate their growth. Remind them that everyone grows at their own pace, and every step forward is something to be proud of!

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

