

My Body, My Bravery Unapologetically Me

For Girls,
ages 5 - 11



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 picking a body positivity skill lesson from the set provided. Each lesson helps you grow your own self-image and understanding!

Step 2: Learn and Practice

Go through the lesson with a parent, teacher, or friend. Try using the body positivity skill in different situations to practice being kind to yourself and understanding of others!

Step 3: Master the Skill

Once you've learned a body positivity skill, you'll feel more comfortable and can use it whenever you need to stay calm and kind.

Step 4: Get a Sticker

Now, it's time to celebrate your achievement! Find the sticker on the sheet that matches the body positivity skill you learned. Peel it off carefully!

Step 5: Stick It to Your Bottle

Stick your sticker on your water bottle in the matching spot! It's a fun way to remember how awesome you are at using your body positivity skills!

Step 6: Repeat and Collect

Great job! Keep building your body positivity skills—choose another lesson to learn, practice, and master. Plus, collect more fun stickers along the way!

Tolerance Skill Lessons:



I Love How I Move

Celebrate all the fun ways your body can move! Every day, try moving your body in a few different ways—maybe you jump, stretch, spin, dance, crawl, or wiggle. Notice how strong and amazing your body is while you move. You can draw a picture of yourself doing one of your favorite movements and finish this sentence: "My body helps me _____." Place your sticker when you can share at least one thing you love about how your body moves. Let's celebrate our bodies and all the wonderful things they can do!



My Body Helps Me Explore

Go on a mini adventure and explore something new! It could be taking a short walk outside, going on a small scavenger hunt, or exploring a room in your home or classroom. As you look around, pay attention to what your body helps you notice—things you see, hear, touch, or smell. Draw or list three new things you discovered during your adventure. Place your sticker after sharing one new thing you noticed. Remember, even small adventures can help you learn something new about the world around you!



I Can Do Anything

Try to build your movement confidence by doing a fun movement challenge. You might try 10 jumps, 5 stretches, or a silly wiggle dance to get your body moving. After you finish, say out loud, "I can do hard things!" to remind yourself how strong and capable you are. Place your sticker when you try something that felt challenges. Remember, trying new movements helps your body grow stronger and your confidence grow bigger. Let's celebrate every brave try!



Strong Like A _____

Think about an animal that makes you feel strong and powerful. It could be a lion, an eagle, a bear, or any animal you like. Imagine how that animal moves, acts, and shows its strength. When you find one that feels right to you, you can draw a picture of it or act like that animal. Then finish the sentence: "I am strong like a _____ because _____." Place your sticker when you name your strength. Just like animals have special strengths that help them survive and thrive, you have strengths that make you strong too!



Every Size Is the Right Size

Every body is different and special. When you look around at other people, you'll notice that no two people are exactly the same—and that's something to celebrate! Think about one thing that makes you unique. It could be something about how you look, something you're good at, or something you love to do. Write it down and be proud of it. Place your sticker when you celebrate a difference - yours or someone else's. Remember, our differences make us stronger. Every one's uniqueness is worth celebrating!



Kind to My Body, Kind to Others

Every day, try to do one small kind thing for yourself. It could be something that helps your body feel good, like drinking water, resting, or doing a gentle stretch. Say one kind sentence to yourself, just like you would say something nice to a friend. Place your sticker when you practice self-kindness. Remember, taking care of your body and speaking kindly to yourself is an important way to show self-love. Let's 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 we grow, we might get taller, lose baby teeth, and learn new skills like reading, drawing, or helping others. Think about how you looked when you were younger and how you look now. Draw a picture of yourself from before and a picture of yourself today. What things are different? Maybe you are taller, stronger, or can do more things by yourself. After you finish, place your sticker and say together, "Growing is good!"



My Feelings Belong in My Body

Each day, practice noticing how your body feels when you have different emotions. Think about times when you feel happy, nervous, or excited. Try to point to where you notice that feeling in your body—maybe your tummy feels fluttery, your heart beats faster, or you feel warm and smiley. Take three slow, deep breaths to help your body relax and focus. When you can name one feeling you noticed, place a sticker to celebrate your great thinking and feeling skills!



I Don't Compare - I Celebrate

Every person is unique, and that's something to celebrate! Take a moment to think of one thing you like about yourself—maybe it's your creativity, your kindness, or something you're good at. Then think of one thing you appreciate about someone else. It could be a friend's sense of humor, a classmate's helpfulness, or something that makes them special. Place your sticker when you celebrate differences. Remember, our differences help make our community stronger and more interesting!



My Body Deserves Respect

Your body belongs to you. It's important to notice your personal space bubble and respect the bubbles of others, too. If something doesn't feel right, you can practice saying "No" or "Stop" in a strong and confident voice. You can also make choices that help you feel safe and comfortable. When you honor your personal space and listen to your feelings, place your sticker to celebrate taking care of yourself!



Brave Enough to Be Me

Every day, remember that it's okay to be different. Each person has something special that makes them unique, and that's something to be proud of. Think about one thing that makes you different—maybe it's something you're good at, something you love, or a special part of who you are. Share it with others and stand tall as you say, "This is me!" When you show confidence in who you are, place your sticker and celebrate being uniquely you.



I Change. I Grow. I Shine

Think about how a chameleon can change its colors as it grows and adapts. Just like the chameleon, you are growing and changing in your own special way every day. Color a picture of a chameleon using your favorite colors to show how unique you are. Then say out loud, "I grow in my own way!" When you can name one way you've grown, place your sticker to celebrate your growth. 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.

