

Parent Guide



@twinklparents

We're excited to share this activity with you. If you are interested in finding more exciting, fun and interesting activities for you and your children, then check out these links to different areas of the Twinkl Parents website.

games



crafts



puzzles



experiments



word searches



What is this resource and how do I use it?

Children can struggle with their body image and self-esteem just like adults. Helping your child find positive self-worth early in life sets them up well and helps them develop healthy relationships. This workbook has a range of activities for you to enjoy together that will help your child to become more self-aware and more self-compassionate.

Body Positivity

Self-Compassion

Self-Awareness

Further Ideas and Suggestions

Look out for:

- [Encouraging Your Child to Express Themselves in Different Ways](#)
- [Yoga for Children](#)
- [Stress Levels Thermometer](#)

Parents Blog



Twinkl Kids' TV



Homework Help



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Parents
Hub



Body Positivity
and **Body Image**
Activity Workbook

Introduction

Children can struggle with their body image and self-esteem just like adults do. Helping your child find positive self-worth early in life sets them up well and helps them develop healthy relationships. This workbook has a range of activities for you to enjoy together that will help your child to become more self-aware and more self-compassionate.

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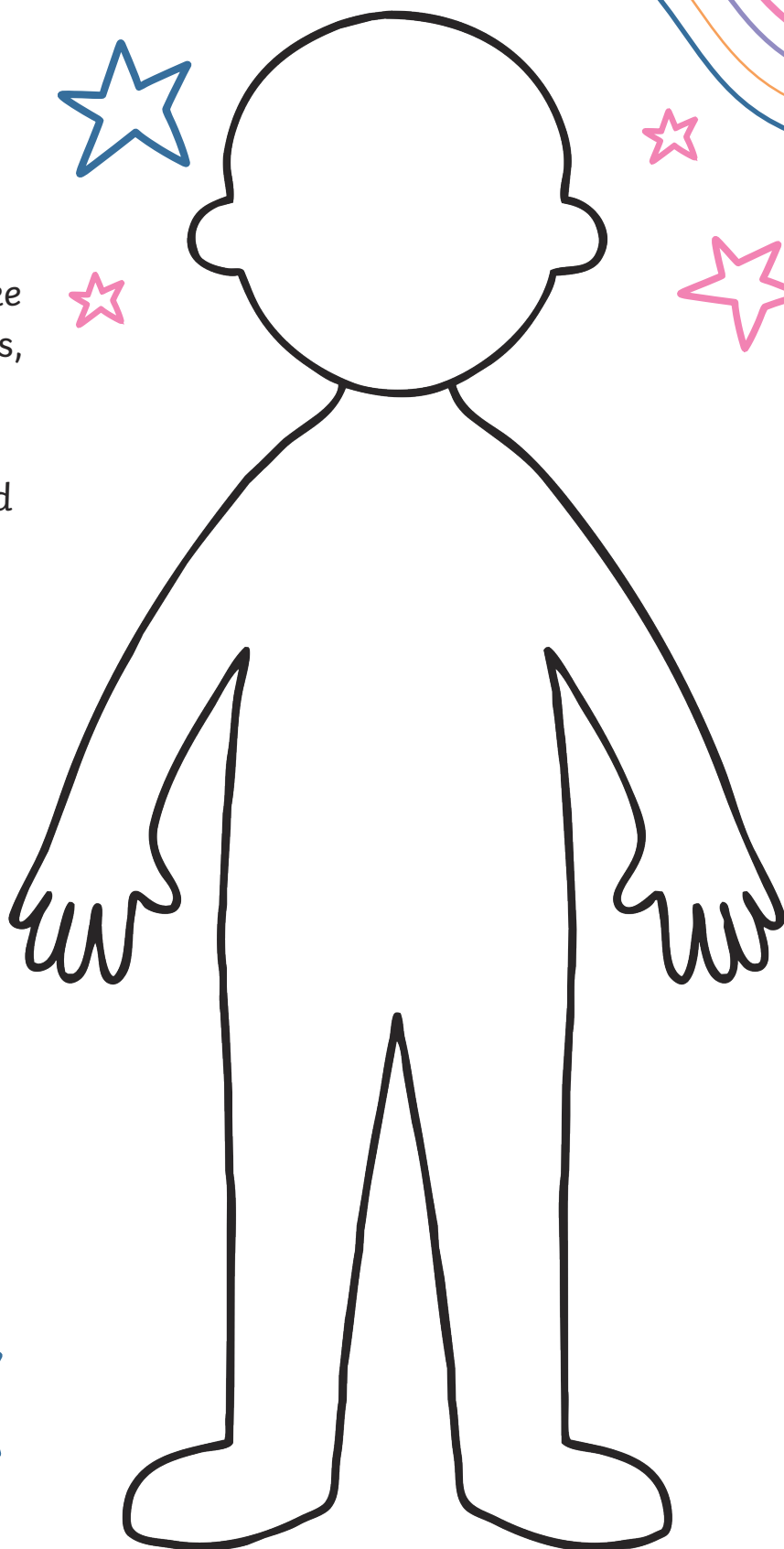
Page 12 My Beautiful Body



My Self-Judgements

Go around the body outlines and write down the judgments, positive and negative, about your body. Really open up to what you think. You might find you like your ankles, hate your thighs, think some bits are too big, others too small; you might notice colour and texture and you might reflect on what others think as well as your own thoughts. Note it all down.

Once completed, use this page to increase your self-awareness. You can use this to guide you through changing any negative judgements and being grateful for your positive ones.



A Healthy Life

Use this page to set some healthy targets to increase your ability to enjoy your body and life

Activity

How it went

Take a nature walk

Play ball

Dance at home

Food & Drink

How it went

Make a healthy meal from scratch

Reduce sugar

Increase vegetables



Sleep	How it went
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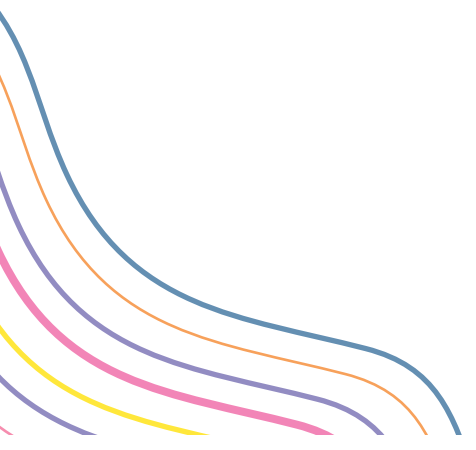
Go to bed half an hour earlier and read	
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Have a bath before bedtime	
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Calm	How it went
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Do yoga breathing	
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Take a break from social media	
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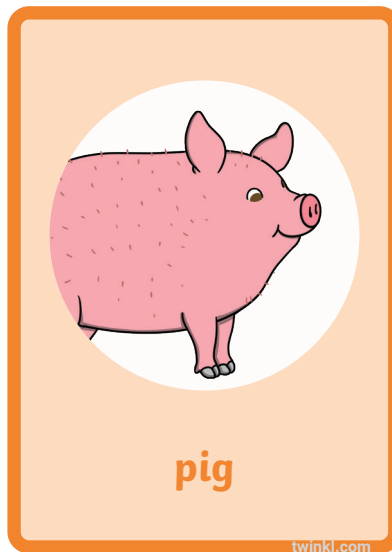
Mirror Play

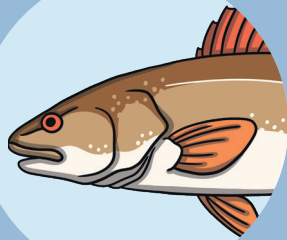
Make fun shapes and exercises with your body in front of the mirror. Draw a stick figure in the boxes below to make up your own fun exercise routine. You could include jumping jacks, running on the spot, arm circles or balances.

Charades

Play animal charades where you have to act out different animals with your bodies. Remember: no noises! The first to guess correctly gets to do the next charade.

Print out the animal cards below and cut them out. Then lay them in a pile face down on the table. Pick the top card - this is the animal you must try and act as! How long will it take the other players to guess which animal you are?





fish

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cat

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chicken

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eagle

twinkl.com



cow

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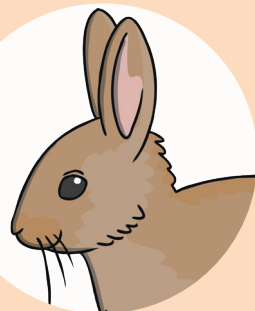
horse

twinkl.com



deer

twinkl.com



rabbit

twinkl.com



bee

twinkl.com



crab

twinkl.com



bat

twinkl.com



chimpanzee

twinkl.com



kangaroo

twinkl.com



koala

twinkl.com



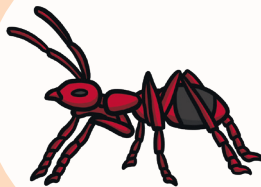
caterpillar

twinkl.com



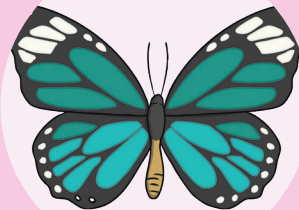
shark

twinkl.com



ant

twinkl.com



butterfly

twinkl.com

Storytelling

Ask your child to make up a story about their body. It could be a fantasy story of how they got red hair, a particular scar or how they got strong legs. **Write and illustrate the story below.**



Simon Says

Play a game of body positive Simon Says. Ask your child to follow your movements and instructions. The rule is that they should copy any positive statement but not copy the negative body statements.

Positive Examples

Touch your lovely toes

Touch your elegant eyes

Negative Examples

Touch your gloomy eyes

Touch your stinky toes

Make your own examples together below:

Positive Examples

Negative Examples

Freeze Dance

This game is like musical statues. When the music is playing, you have to dance. When the music stops, the dancers must freeze.

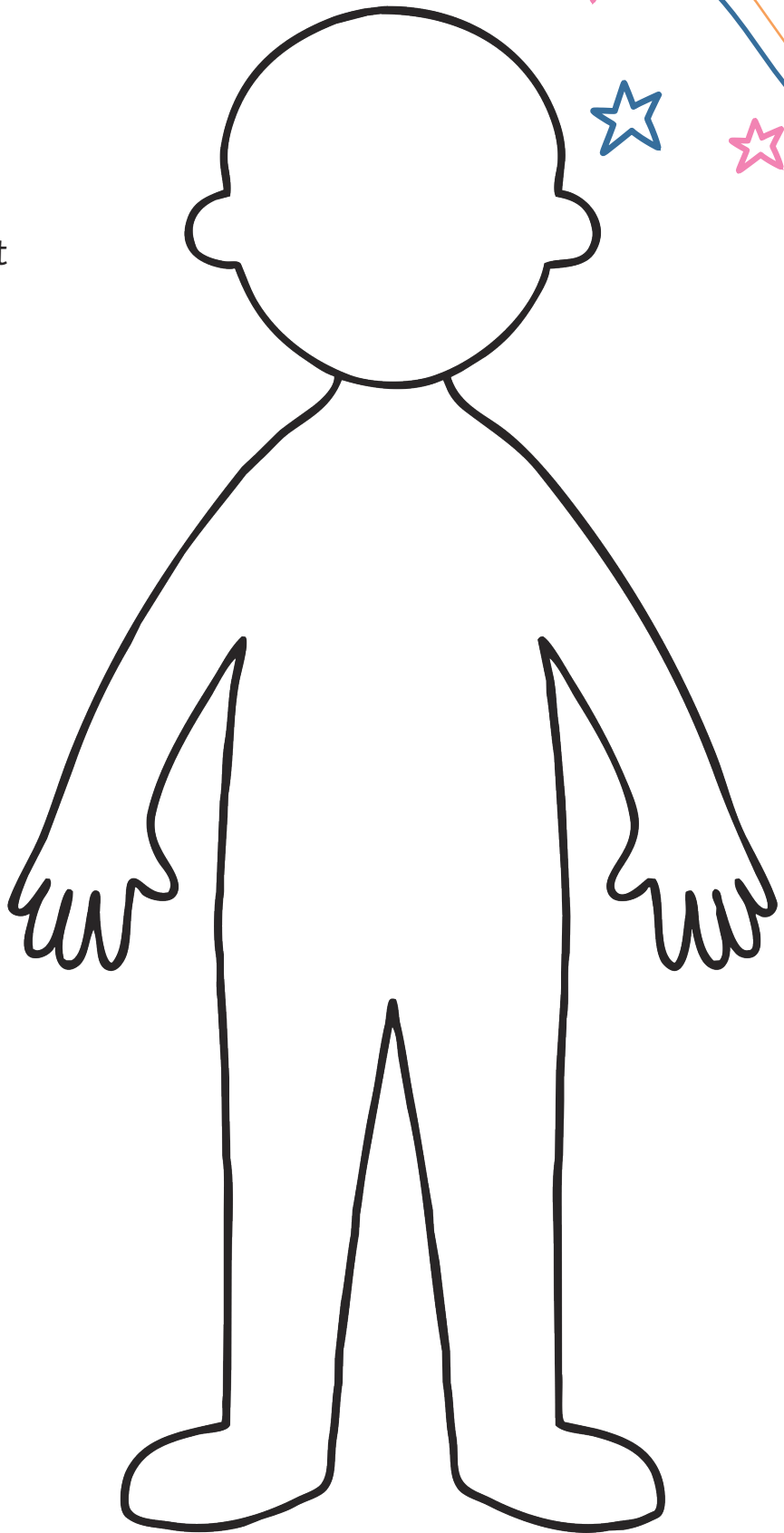
The addition is, that once frozen, the dancers must verbalise how their body or a body part feels. So someone might say 'my legs are jangly', 'I feel very alive' or 'I feel bright and bouncy'. The person in charge of the music can reflect and elaborate on the phrase to help the child develop their positivity and positive body image.



Round The Body

Think about your body and how each area is feeling. How do your legs feel? Feet? Arms? You might think of what animal each area feels like, or what colour or shape the movement is.

Go through each area and draw what you notice. Enjoy it, go a little wild and creative.



Positive Words

Use these positive words to describe an aspect of your body

Natural

Optimistic

Legendary

Generous

Good

Creative

Superb

Powerful

Quiet

Divine

Marvellous

Brave

Amazing

Distinguished

Graceful

Handsome

Efficient

Heavenly

Instinctive

Effective

Trusting

Stunning

Calm

Lucky

Special Kind

Quick

Agreeable

Energetic

Cute

Masterful

Perfect

Charming

Joyful

Healing

Dazzling

Soulful

Successful

Genuine

Impressive

Adorable

Beautiful

Healthy

Funny

Wholesome

Cool

Fabulous

Skilful

Sparkling

Awesome

Yummy

Feeling Good

Feeling good about your body is based on doing things where your body feels great. When you spend time doing things you love, and things where you enjoy the feelings in your body, it transforms your view of your body from a thing you judge visually to a thing you use to bring you joy. The joy of enjoying life in your body changes your perception of your body.

Make a list of the things that bring you joy - things that are physically active and those that are not. You might include drawing, going to the beach, yoga or dancing.

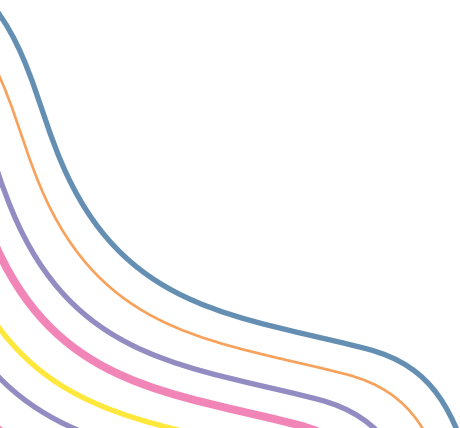
Not Physically Active	Physically Active	How it Felt



Now add some things below that you've not tried but might enjoy, such as surfing or horseriding.

I've Not Done it Yet	How it Might Feel

Now aim to do all of the above in the next few months. Give each that you have done a big star and note overall how your body felt when doing it.



My Beautiful Body

Use this page to write down what is beautiful and wonderful about each area of your body. You could say what wonderful things this area does, how it feels or what you like about the way the area looks. You might use adjectives like full, amazing, strong, flexible, freckled, happy or vibrant.

There will be some areas that you find more difficult. Stay with it and find your positives, these areas are particularly important.

Hands _____

Arms _____

Shoulders _____

Feet _____

Legs _____

Knees _____

Thighs _____

Tummy _____

Chest _____

Back _____

Waist _____

Neck _____

Head _____

Eyes _____

Cheeks _____

Mouth and lips _____

Chin _____

Forehead _____

Ears _____

Heart _____