*“Think about what your body DOES for you rather than what it looks like.”*

My bod allows me to express love to those I care about (hugs, kisses, etc)

My body allows me to play and have fun.

My body gets me from point A to point B.

(write out your own messages)

My body \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

My body \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

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*”It’s time to change the way we talk about ourselves and others. Compliment someone on something other than their looks.”*

That was really brave of you to speak up in class today.

Your strength showed through when you stood up for what was right.

I love your laugh.

Thanks for buying my coffee. You are so kind.

(write out your own messages)

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Remember, the more we can be kind to ourselves, watch how we talk about our bodies and other people’s bodies, and focus on food and exercise as self-care practices, the easier it is for us to maintain our emotional wellbeing and have a positive relationship with ourselves.