

Body Image Workshop



What to expect:

A short puppet show (10 minutes) with Valerie and Joanne followed by an interactive workshop. In the workshop, students will be in small groups and play a version of Jeopardy. Categories are Media, Nutrition, Body Image and Making Healthy Choices. Total workshop time: 60 minutes.

Key Program Points:

- Body Image is our own mental picture of our own body
- Body confidence is important: a feeling of being appreciated, accepted and happy about our own body
- What we see in the media is a manipulation of the truth and images are usually altered
- Positive self-talk is important and body-confidence can be increased
- Proper nutrition is important for a healthy body and mind
- Body-confidence impacts physical, mental well-being and school performance and confidence to participate in activities
- What each culture holds as a beauty ideal is different and changes over time

Resources:

<https://www.dove.com/us/en/dove-self-esteem-project/school-workshops-on-body-image-confident-me.html>

<http://mediasmarts.ca/body-image/resources-teachers-body-image>

<https://www.tolerance.org/classroom-resources/tolerance-lessons/reshaping-body-image>



For more information about our programs or ways we support families, please visit VermontFamilyNetwork.org or PuppetsInEducation.org or call (800) 800-4005

