



Explore Body Positivity

Explore the importance of having a positive perspective about our bodies, and how it can affect our sense of self-worth. Learn skills to develop positive thoughts and feelings associated with having a loving acceptance of our unique selves.

GUIDELINES: Based on the grid, complete the number of activities for your grade level.

	DISCOVER	CONNECT	TAKE ACTION	ANY ACTIVITY UNDER ANY KEY	TOTAL NUMBER OF ACTIVITIES
Girl Scout Daisy	1	1	1	0	3
Girl Scout Brownie	1	1	1	1	4
Girl Scout Junior	1	1	1	2	5
Girl Scout Cadette	1	1	1	3	6
Girl Scout Senior	1	1	1	4	7
Girl Scout Ambassador	1	1	1	5	8

DISCOVER

- With a caregiver or leader discuss what body positivity is.
- What are negative and positive body images? Draw what you believe is a positive body image and what is a negative body image (side by side). Discuss your drawings with your leader or a caregiver and why you believe one is positive and one is negative.
- With a caregiver explore ways to avoid bullying in relation to body image.
- With a caregiver discuss ways to change conversations about body image.

CONNECT

- Talk to an adult or counselor about their viewpoint on body image.
- Visit a local art museum to view how cultures shape our viewpoints about body image.
- Go to your local library and look through fashion magazines, both old and new, to understand how fashion media influences our viewpoints on body image.
- Have a caregiver contact a local eating disorder and body dysmorphic support group to learn more about how these issues are affecting people in your community, and how they are helping.

TAKE ACTION

- Work with another troop to host a community fashion show and invite community involvement with a modeling expert, makeup artist or skin care expert, and or clothing designer.
- Make five Imperfectly You boxes that include a journal, writing pen, stickers or notes with positive sayings, and a bracelet with a positive message. Then, pass these boxes out to people you think could benefit from this gift, such as a friend, kid at school or someone who is part of your faith group, or someone in your troop.

This patch program was created by Girl Scout Elizabeth Hernly to bring awareness to body positivity. To receive your patch [complete this survey here](#) or scan the QR code and email dancesingact@yahoo.com to order patches.

