

Body Tracing Part I

GRADES

4-8

TIME

20 minutes

TOPIC

Defining Health

SPACE

Classroom

MATERIALS

- Writing tools for all students
- Tracing paper rolls (brown craft paper)
- Projector (or bright light source)

OUTLINE

1. Using the projector light to create a silhouette, have partners trace each other onto the brown paper.
2. Have students draw apples, hearts and stars on the areas/ elements of their physical, emotional and mental selves that they like or feel positive about.
3. Allow time for students to share their thoughts (always allowing the right to pass).

As an additional activity, you can have students add to others' tracings (but this requires a safe classroom atmosphere).

Body Tracing Part II

GRADES

4-8

TIME

20 minutes

TOPIC

Self Esteem
Social Comparison

SPACE

Classroom

MATERIALS

- Complete Body Tracings from activity above
- Writing tool per student

OUTLINE

1. Using the body tracings that were created previously, allow students the opportunity to write positive comments on their peers' tracings.
2. Stress how this activity is designed to help build self-awareness and self-esteem, positive comments only.
3. Be sure to encourage students not to write about appearance (but they can be included; i.e., ___ smiles. ___ is good at math. ___ makes the class laugh.).