

# WHAT IS FOOD/ HEALTHY EATING?

Create a poster showing what having a healthy relationship with food means to you.

Here are some questions to think about when making your poster:

- What does food mean or look like to different cultures?
- How is food important in different celebrations?
- How do I know when I'm hungry or how hungry I am?
- How do I know when I'm full or how full I am?
- Not everyone can eat all food, think about why someone might not be able to eat all types of foods (tips: the cost of food, religion, medical reasons)



# ALL BODIES ARE GOOD BODIES!

Create a collage on the theme “All Bodies are Good Bodies”.

- Choose some photos of different types of athletes of different shapes, sizes, ethnicities, ages, and genders to include in your collage.
- Include some affirmations – some ideas ‘I believe in myself’ ‘I am capable’ ‘I have many talents’ ‘I listen to my body’
- Think about cultural traditions in relation to sport, such as traditional sports and dance performances. Do some research online about a traditional sport or dance that interests you!



# WHAT CAN MY BODY DO?

My body is my home.

Draw a picture of yourself below and label it with all the wonderful things your body can do for you every day:

# WHAT IS 'BODY IMAGE'?

Body image is ... the way that I think and feel about my body and its appearance.

What things, places, or people in my life influence my body image?

What things can I do to protect my body image?

## Body Positive Affirmations

I am valued and good enough just the way I am.

I appreciate my body for everything it does for me.

Add your own...

# CHOOSE KINDNESS

## What is the Choose Kindness movement?

One kind act can spark another. It can brighten a grey day, touch a stranger's heart and inspire a chain reaction of kindness.

Doncaster's Choose Kindness movement celebrates and champions kindness across the city and the fantastic community spirit that has shone through in the toughest times.

There is no limit to the benefits of choosing kindness and the powerful difference this makes to people, place and planet.

Take the Choose Kindness Pledge!

I pledge to complete an act of kindness on a regular basis.

This act of kindness will be:

**Tell us about your Pledge or Kind Act, and find out more at:**

**[www.yourlifedoncaster.co.uk/choose-kindness](http://www.yourlifedoncaster.co.uk/choose-kindness)**