

REAL BODIES

I N H E R T S

EVERY BODY **FOR** EVERYBODY

A JustTalk Campaign, working with young people in Hertfordshire

Introduction:

One of the most common concerns for Children and Young People, is concerns with their body image. As part of our Just Talk Body Image campaign, we are encouraging schools to have conversations with their students to celebrate the differences and special unique qualities each individual has.

We have developed a creative activity, to aid this conversation and message with your students, a celebration chain, to creating something visually special from all in the class.

Preparation:

There is a chain template on the next page, print the document and cut into four strips along the dotted line. (Print enough copies for each student and teacher to have a strip of paper each)

You will also need:

- Colouring pens/pencils
- Pritt stick glue

Activity:

Everyone has a plain strip of paper, on this strip use words, colouring and drawings to show your unique qualities, from physical appearance, to hobbies, interests and talents. For example, curly hair, can roll my tongue, tall, loves dance, likes bright colours. Etc.

Once everyone has designed their strips, they are connected to make a celebration chain. Using the Pritt stick, to make one strip into a circle, then add the other links one at a time, folding the paper through the whole of the other. Once complete, you have a unique decoration for the classroom.

[DIY Paper chain Backdrop for Parties | Paper Chain Wall Hanging | Simple DIY Home Decor Ideas - YouTube](#)

Once complete, the key message for the children to understand and take away:

“We are all different, but the same. Just like this paper chain, all of the links (people) are made of the same materials, but all look/read different to each other. Although the links are all different, when they are connected to each other, they create something special, representing all of our unique differences and qualities.”

For more information about body image, visit www.justtalkherts.org

justtalkherts.org/realbodies



0808 196 2228



Young people, parents/carers and professionals can call First Steps ED for free with any body image questions or concerns they have.



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