

All Bodies Are Good Bodies - Positivity

EXPLANATION:

The book, *All Bodies are Good Bodies* by Charlotte Barkla explores different body features and types. All types of bodies are celebrated – ‘bold and beautiful, loud and proud’. Through this fun rhyming book, the development of body acceptance, inclusivity and individuality is promoted building positive thoughts and attitudes.

YEAR LEVELS: Prior to school

STUDENT GROUPING: Whole group

ACTIVITY LENGTH: 30 mins approx.

LINK TO CURRICULUM:

Early Years Learning Framework:

Learning Outcome 1: Children have a strong sense of identity

- 1.1 Children feel safe, secure, and supported.
- 1.2 Children develop their emerging autonomy, inter-dependence, resilience and sense of agency.
- 1.3 Children develop knowledgeable and confident self identities.

Learning Outcome 3: Children have a strong sense of wellbeing

- 3.1 Children become strong in their social and emotional wellbeing.
- 3.2 Children take increasing responsibility for their own health and physical wellbeing.

Learning Outcome 5: Children are effective communicators

- 5.1 Children interact verbally and non-verbally with others for a range of purposes.
- 5.2 Children engage with a range of texts and gain meaning from these texts.

SCOPE OF TASK

The aim of this activity is to provide an opportunity for children to celebrate the amazing things their body can do, promoting a positive body image and self-acceptance. This activity connects with another kindness attribute – self-acceptance! Some facts about self-acceptance and a positive body image include:

- Self-acceptance promotes an understanding of individual's strengths and weaknesses
- Self-acceptance supports self-care and positive attitudes
- Self-acceptance means you love, respect, and trust yourself
- Body image is part of self-acceptance and self-esteem
- Having a positive body image means that you:
 - feel comfortable about your body and the way you look
 - feel good about the things your body can do
 - feel empowered to take good care of your body
- Exploring and building positive body image should start when children are young!

1. Ask children to brainstorm a list of ways people are different from each other. Include physical differences (such as eye or hair colour) and non-physical (such as favourite foods, activities, colours etc). For younger children describing physical differences will be the most obvious. Ask questions about differences:

- Why are people different?
- What makes people different? What are some examples of difference?
- Is it OK to be different?

Express positivity as children discuss differences!

2. Show the children the book, *All Bodies are Good Bodies* by Charlotte Barkla. Read the title and show the front cover to the children. What do they think the story will be about?

3. Read the story to children or listen to Kath Koschel narrate the story in the YouTube video:

<https://youtu.be/6aJTER3HKgo>



4. Reflect on the story with the children and ask them to tell you what the story was about. Sitting in a circle ask each child what parts of their bodies do they love?

5. Each page in the book begins with 'I love...'. Show them the worksheet which also asks the question 'I love'. Provide each student with a worksheet and allow 15mins approx. for them to

draw their features that they like. Suggest that students sit together so that they can discuss and share ideas.

6. Once worksheets are completed provide time for students to share their work. Sit in a circle and provide each student an opportunity to share tell others what it is that they like about themselves. Reinforce concepts of positive body images, positive thoughts and attitudes.

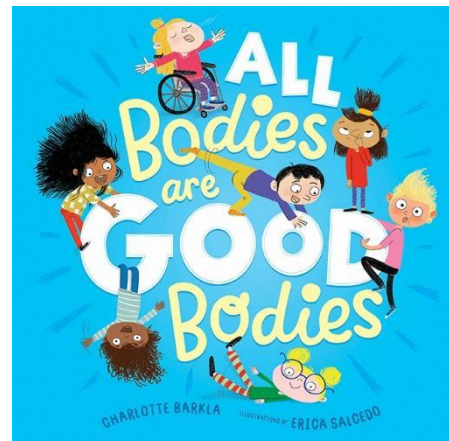
RESOURCES

- Worksheet attached below, or one can be created by teacher or students
- Whiteboard

Barkla, C. (2020). *All Bodies Are Good Bodies*, Hardie Grant Children's, Publishing Victoria, Australia.

Online video: The Kindness Curriculum- All Bodies Are Good Bodies, Read by Kath Koschel sourced from:

<https://youtu.be/6aJTER3HKgo>



All Bodies Are Good Bodies

Name:

I love my...

