

Let's Get Creative

Creating a Body-Inclusive School using Art



Creating a school
community where
every *body* belongs

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Today...

We're going to review messages we learned about body image.
With these in mind, you will each create a poster that sends a
message that all bodies are welcome at our school.

Which of these statements are true?

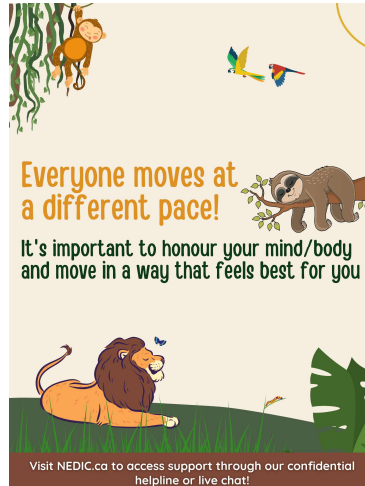
We all have a body, and so we all have body image.

Our body image changes.

Body image is part of self-concept - how we see ourselves (our physical appearance, abilities, attributes, and aspects that make us who we are).

Notes

- Answer: all are true!
- For point 2 (our body image changes):
 - It's both a trait (generally feeling good or not good about our bodies)
 - and a state (our immediate feelings can change from one day to the next)



Note

- Let's look at some examples of different styles of messages and artworks to help us get started.

Source

- NEDIC - [NEDIC.ca](https://nedic.ca)




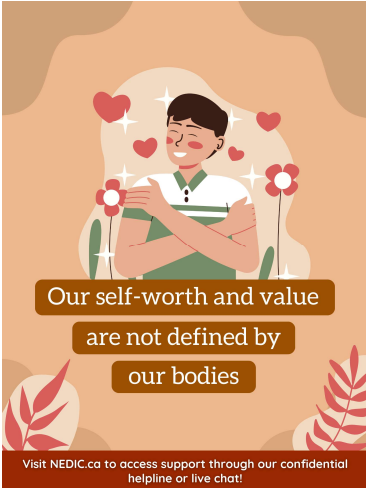
Note

- Let's look at some examples of different styles of messages and artworks to help us get started.

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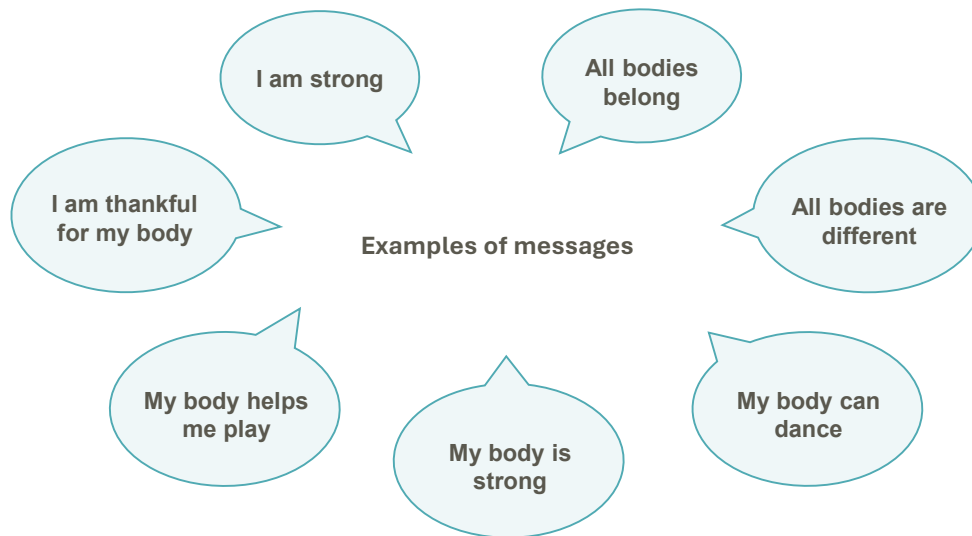
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Note

- Let's look at some examples of different styles of messages and artworks to help us get started.

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Note

- Let's look at some examples of different styles of self-talk messages.
- This can help you think about what types of messages you may want to add to your poster.

Source

- <https://rozmacleen.com/tag/body-positive/>



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