

Warm up game

What's in a Name?

With your partner(s) share about your name:

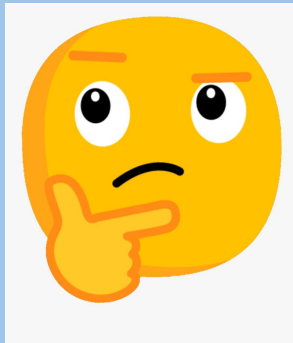
- ❖ Something you like or dislike about your name
- ❖ A different name that you wish you had
- ❖ Any family links to your name
- ❖ A meaning, what culture/place it comes from
- ❖ A nickname you have? Who gave it to you? Like it? Dislike it?
- ❖ Someone you know with the same name
- ❖ A story, anything else that you want to share



What can
you share
about
your
partner's
story?

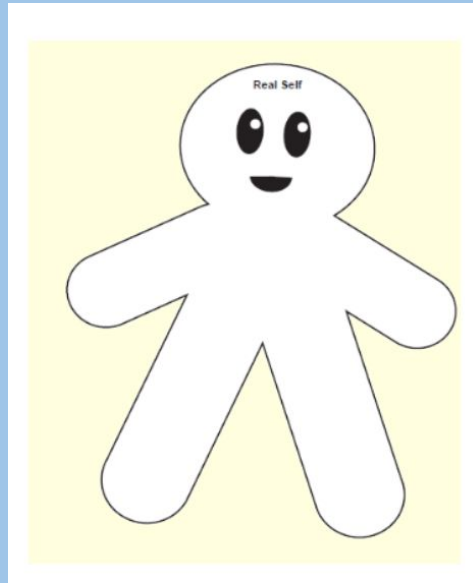
Can I reflect on '**body image**' and '**self esteem**'?

What do the words
in **bold** mean?



Can I reflect on **'body image'** and **'self esteem'**?

Warm up...



What words can you think of
to describe yourself -
physical and characteristics?

Can I reflect on '**body image**' and '**self esteem**'?

My Ideal self



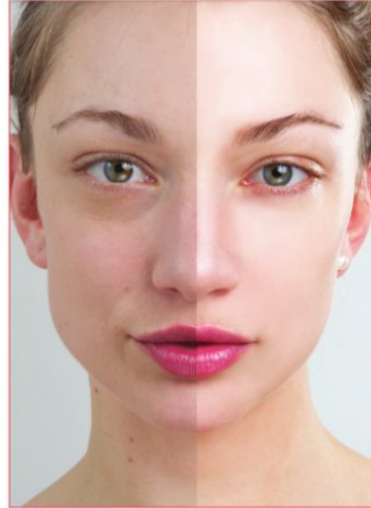
What is your **ideal** self?

Write down your ideas.

Are there any words that relate to **body image**? Underline them

Can I reflect on **'body image'** and **'self esteem'**?

Real



Ideal



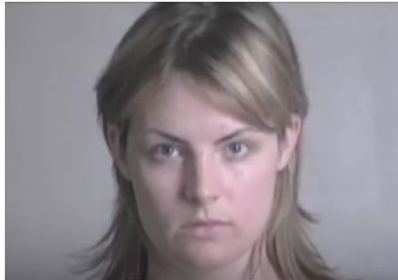
Can I reflect on 'body image' and 'self esteem'?

Why do you think some people's **real self** and **ideal self** might be very different?

What and **who** can influence this?

[YouTube - Dove Evolution](#)

How does the **media influence** young people?



Can I reflect on 'body image' and 'self esteem'?



The media show **their** version of beauty.

How does this make you feel?



Can I reflect on 'body image' and 'self esteem'?



Think Pair Share

As you watch the video, **note** any comments you think **boost self esteem** / are damaging.



self esteem
< boost damage >



Can I reflect on 'body image' and 'self esteem'?

Think Pair Share



How do you react when people say unkind things?

How might other people react?

I smile to hide the hurt.
I laugh to chase away
the tears.
But if you look into my eyes,
you will see all my pain
hidden there.

BookOfQuote

Everyone thinks I've gotten better.

I haven't.

I've just gotten better at hiding it



self esteem

< boost

damage >



Can I reflect on 'body image' and 'self esteem'?

If you can't say something kind or in a kind way, say nothing!

1. Select a name from the lolly pop pot OR [Kindness Activity outline](#)
2. On a piece of paper, write a sensible compliment about that person's image to help boost their self-esteem.
3. Think about some of the compliments you heard in the video clip.



Appearance – clothes, hair, smile

Can I reflect on 'body image' and 'self esteem'?

<p>if someone compliments you, don't dismiss it!</p> <p>you're great at drawing! not really...</p> <p>oh... </p> <ul style="list-style-type: none">✗ downplays yourself✗ may make giver feel bad✗ dismisses giver's opinion	<p>you should accept compliments!</p> <p>you're great at drawing! thank you!</p> <p></p> <ul style="list-style-type: none">✓ boosts your confidence✓ shows you appreciate them✓ improves self esteem <p>chibird</p>
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